

# Healthy CONNECTIONS



## Straight Talk From Your Health & Welfare Fund

### Hot Topics

- Turn Your Back on Pain..... 1
- How to Save on Doctor Bills ..... 2
- Health Fairs Scheduled This Fall..... 2
- It Just Keeps Getting Better ..... 3
- Feel Better With Chronic Condition Care..... 4

### Alaska Electrical Health & Welfare Fund

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## Turn Your Back on Pain

### Several Strategies May Bring Relief

Back pain can happen suddenly and last a short time, or it can be chronic and never go away. Either way, when you experience it, all you want is relief.

There are many effective ways to reduce and manage pain, without the harmful side effects that often come with medication. These three strategies may work best:

#### 1 Minimize acute pain (an injury that lasts up to one month)

- **Apply cold or heat.** Use ice for recent injuries to reduce swelling, and heat for muscle pain or stiffness.
- **Keep moving.** You'll recover quicker if you resume normal activity and do gentle stretches; at the very least, walk a few minutes every hour.
- **Try pain relievers.** Use over-the-counter ibuprofen or naproxen (follow dosage and duration instructions carefully).

#### 2 Get exercise

- **Start slow.** Simple exercises (like a cat stretch or knee-to-chest stretch) for 15 minutes a day can bring relief. Gentle water exercise can also be a great option for pain relief if you have access to a pool.
- **Physical therapy.** A therapist can help you strengthen your back and restore range of motion.
- **Regular workouts.** When pain subsides, maintain an exercise routine to strengthen your back and reduce your risk for re-injury.

#### 3 Try something completely different

- **Spinal manipulation.** Chiropractors, osteopaths and massage therapists are trained to move the joints of the spine, reducing pain and improving function.
- **Acupuncture.** Many people experience significant relief from this treatment, which involves inserting very thin needles into specific points on the body. (Choose a state-licensed acupuncturist.)



- **Cognitive behavioral therapy.** Working with a therapist, you can develop new thought patterns that give you relief from ongoing pain.
- **Biofeedback.** Electrical sensors can help you learn to control and make subtle changes in your body—such as relaxing certain muscles—to reduce pain.
- **Yoga and tai chi.** These ancient Eastern traditions are widely practiced in the West for their gentle movements that strengthen

Continued on page 2

## Turn Your Back on Pain

Continued from page 1

the core and improve flexibility. Look for a class at a local fitness center.

- **Meditation.** This technique of focusing attention has been shown to help people manage pain.

Any one of these strategies may help, but when you integrate more than one—for example, work with a physical therapist, learn biofeedback techniques and also take up yoga—you are more likely to achieve a better outcome.

Talk with your doctor about what's right for you. Your Health Plan covers chiropractic, acupuncture, osteopathy and many mental health therapies; please see your Plan documents (available on [aetf.com](http://aetf.com)) for details.

Learn more at [prevention.com](http://prevention.com); search "back pain."

## How to Save on Doctor Bills

### Put the Aetna PPO to Work for You

One of the great things about your Health Plan is that you may choose any doctor ... you are not required to choose physicians from a Preferred Provider Organization (PPO). However, when you choose a doctor in the Aetna PPO, you'll save money because in-network doctors charge a discounted rate.

You'll find just about every kind of provider in the Aetna PPO network, for example:

- **Behavioral Health:** Counselors, therapists, psychiatrists
  - **Alternative Medicine:** Chiropractors, acupuncturists, massage therapists, dieticians
  - **Dental:** Dentists, orthodontists, periodontists, oral surgeons, endodontists
- **Doctors:** Primary care physicians, pediatricians, cardiologists, OB/GYNs
  - **Specialists:** Neurologists, oncologists, gastroenterologists

### Here's how to search for a provider:

- 1 Go to [aetf.com](http://aetf.com) and click **Health & Welfare, Medical Benefits, Using Preferred Providers, All of Alaska, and Aetna's Choice POS II Network.**
- 2 Under "Already a Member?" click **Find a Provider.**

## Health Fairs Scheduled This Fall

### Preregistration Required at All Locations

Preregister for Health Fair services at [coalitionhealthfair.org](http://coalitionhealthfair.org) (starting August 8). Appointments are "first come, first served," so register early.

**Seasonal flu vaccines\*** and the following **preventive care tests** are available at no cost to you:

- Chemistry/Hematology Profile (a comprehensive blood test)
- Thyroid Screen (determines how well the thyroid is working)
- Prostate Disease Screen (measures PSA levels in men)
- Vitamin D Screen (measures your Vitamin D levels)

*\* The Quadrivalent flu vaccine will be offered to eligible participants age 9 and over. The high dose vaccine will not be available.*

City	2018 Dates (8 a.m.-12 noon)	Location
<b>Anchorage</b>	Saturday & Sunday October 13 & 14	Ted Stevens Int'l Airport / North Terminal 4600 Postmark Drive
	Saturday November 3	<i>Free parking is provided</i>
<b>Fairbanks</b>	Saturday & Sunday September 15 & 16	Carlson Center 2010 Second Avenue
<b>Juneau</b>	Saturday October 27	Centennial Hall 101 Egan Drive
<b>Mat-Su Valley</b>	Saturday, September 22	Mat-Su Regional Medical Center 2500 South Woodworth Loop (Palmer)
<b>Soldotna</b>	Saturday, October 27	Central Peninsula Hospital 250 Hospital Place

*The Health Fairs are brought to you by your Plan through its participation in HCCMCA dba the Pacific Health Coalition (PHC).*

- 3 Register with your member ID (on your ID card) or social security number.
  - When you register and log in, your searches will be within your network.
  - If you search as a guest (without signing in), select **Aetna Choice POS II (Open Access)** under “Aetna Open Access Plans.”
- 4 Enter your city or zip code.
- 5 Search by category.

### Tips for Using the Aetna PPO

**Within Alaska:** Use Aetna PPO providers and facilities near your home. The Plan pays the same benefit percentage whether you choose a PPO provider or not, but you’ll save with the PPO discounted rate.

**Within the Anchorage/Mat-Su area:** The Aetna PPO does not replace the Plan’s PPOs for services available at Alaska Regional Hospital, Mat-Su Regional Hospital, Chugach Physical Therapy, Ascension Physical Therapy and Alaska Hand Rehabilitation. To avoid the non-PPO penalty, use one of the above PPO facilities.

**Providers outside of Alaska:** Use Aetna PPO providers when you are away from home, either to get care for unexpected illness or injury, or for planned specialty care that’s not available near your home.

**Hospitals outside of Alaska:** Choose an Aetna PPO hospital for the best benefit. ***If you choose a non-PPO facility, and there is an Aetna PPO hospital within 25 miles, the Plan will reduce your benefit by 20% for the first \$50,000.*** Please see your Plan documents (available on aetf.com) for details.

## It Just Keeps Getting Better

### Coalition Health Centers Add New Services

More than nine out of 10 Coalition Health Center patients are fully satisfied with the services they receive, according to the CHC’s “Happy or Not” survey. With your input, the CHC is able to continually improve with conveniences like these:

- **Extended Hours:** The clinics are open 7:30 a.m. to 6:30 p.m., Monday–Friday
- **Walk-In Care:** No appointment needed from 8:30 a.m. to 4:30 p.m. for treatment of unexpected and sudden onset of illness or injury.
- **Schedule Ahead:** Make appointments for routine or preventive care
- **Website:** Schedule appointments online. (Coming soon, secure viewing of test results.)

### New! The CHC recently added these services:

- **Radiology Services:** X-ray
- **Minor Surgical Procedures:** For example, simple biopsies, IUD placement/removal, and wart removal

*Note:* There’s never a non-PPO penalty for CHC services within the Municipality of Anchorage.

### Wellness and Minor Care Plan

Enjoy the convenience and low cost—you pay a \$20 copay with no deductible—for Wellness and Minor Care Plan services, including:

- **Primary Care:** Illness or any health concern (pains, rashes, unusual symptoms, etc.)
- **Urgent Care:** Treatment for unexpected illness or injury (cuts, sprains, minor burns)
- **Routine Physicals:** Preventive care exams and services for adults and children

### Choose From Four Providers and Seven Locations

#### Coalition Health Centers

Make an appointment by phone or online at [coalitionhealthcenter.com](http://coalitionhealthcenter.com)

- Anchorage: 907-264-1370, 2741 DeBarr Road, Suite C 210 (at Alaska Regional Hospital)
- Fairbanks: 907-450-3300, 575 Riverstone Way, Unit 1 (Ridgeview Business Park)
- **Primary Care Associates** Schedule an appointment or walk in
  - Anchorage: 907-562-1234; 4100 Lake Otis Parkway, Suite 322
  - Eagle River: 907-694-7223; 17101 Snowmobile Lane, Suite 102
  - Anchorage (walk-in only): 907 345-4343; 12350 Industry Way, Suite 160
- **Wasilla Medical Clinic** 907-373-6055; 1700 East Parks Highway, Suite 200
- **Alaska Urgent Care** 907-341-7757; 300 E. Dimond Boulevard, Suite 12, Anchorage

# Healthy CONNECTIONS



Healthy Connections provides general information about the Alaska Electrical Health & Welfare Fund. For more information, please refer to the Summary Plan Description book available by calling the Administrative Office. In the event of conflicting information, Plan documents and Plan booklets will govern.

Alaska Electrical Trust Funds  
701 E. Tudor, Suite 200  
Anchorage, AK 99503

ADDRESS SERVICE REQUESTED



## Remember...

**If you are Medicare eligible, you must enroll in both Part A & Part B**



## Feel Better With Chronic Condition Care

### Manage Your Condition Before It Manages You

Chronic Condition Care helps people improve their health by learning to manage their conditions more effectively. Your Plan provides the program at no cost to participants and covered dependents who are diagnosed with any of these conditions:

- Asthma
- Chronic obstructive pulmonary disease
- Congestive heart failure
- Coronary artery disease
- Diabetes

The program is confidentially managed by HealthFitness and gives

participants extra support in addition to their doctor's treatment plan.

#### Here's How It Works:

- 1 Begin.** A HealthFitness representative will call and invite you to enroll if you (or your dependent child) have been diagnosed with one of the conditions listed above.
  - **If you choose to enroll**, the Plan will continue to pay the same coinsurance rate for your medical bills.
  - **If you decline to enroll**, the Plan's coinsurance rate will decrease by 10% for your future medical claims.
- 2 Get Informed.** The Program provides coaching by phone, where you'll talk with a health care professional about your symptoms and concerns; and information resources, helping you understand

your condition and learn how to manage it.

**3 Get Online.** HealthFitness's health portal gives you unlimited access to reliable and easy-to-understand health information and online tools to help you track your improvement.

**4 Feel Better!** Chronic Condition Care's one-on-one approach empowers you to take control of your health, feel your best and lead a healthier lifestyle.

#### For More Information

To learn more about Chronic Condition Care, visit the Plan's website at [aetf.com](http://aetf.com) (click Health & Welfare, Medical Benefits, then Chronic Condition Care), or contact HealthFitness:

- Phone: (877) 478-1246, option 6 (toll-free)
- Website: [www.healthfitness.com](http://www.healthfitness.com)