

Healthy CONNECTIONS



Straight Talk From Your Health & Welfare Fund

Hot Topics

Get Surgery Smart..... 1
 Healthy Reminders 1
 Frequent Heartburn 2
 What's in Your Family Tree?..... 3
 Get Well Soon 3
 Using the Wellness and Minor Care Plan..... 4

Alaska Electrical Health & Welfare Fund

Employer Trustees	Labor Trustees
Larry Bell	Knute Anderson
Jesse Hale	Pamela Cline
Paul Lantz	Dave Reaves
Chuck Platt	Diana Ruhl
Diedre Williams	Doug Tansy

(800) 478-1246 or (907) 276-1246
 www.aetf.com

Get Surgery Smart

BridgeHealth Care Coordinators Help You Understand Your Options

Preparing for surgery isn't easy. But what if you had an expert you could rely on to take care of every detail? With BridgeHealth, you'll have that person: a dedicated Care Coordinator to help you during every step of your surgery planning.

"We understand that people need compassionate support when facing surgery. BridgeHealth's highly trained Care Coordinators step in at these moments and guide patients through the surgery process," says Kathy McGrath, BridgeHealth's Vice President of Member Operations. "We often hear from patients that the relationships they build with our Care Coordinators are special and make going through surgery so much easier."

Your personal Care Coordinator will:

- Handle plan approvals and pre-certifications.
- Match you with a top-rated surgeon and surgical facility for your procedure.
- Book appointments, from your preoperative visit through discharge.
- Make your travel arrangements, if necessary. BridgeHealth pays for your airfare and hotel for you and a companion.
- Process surgical bills; you'll never see a bill from your surgeon, surgical facility, or anesthesiologist. All costs for your surgery are covered at 100%.
- Act as a liaison between you and your surgical team.

BridgeHealth gives participants another option for surgery, in addition to the Plan's preferred provider

network. Contact BridgeHealth first to ask if it's a covered procedure:

- Phone: (888) 387-3909
- Email: AETF@bridgehealth.com
- Online: bridgehealth.com; use code WSQX0 to register

Don't just take our word for it.

Watch this video to discover why Alaskans rave about their BridgeHealth experience: go to the aetf.com home page, scroll down to **BridgeHealth**, then click the link.

Healthy Reminders

Didn't get a flu shot at the Health Fair? No problem.

Your Health Plan covers seasonal flu shots at 100%. For your convenience, you can get one at any CVS/caremark participating pharmacy. Search for one near you at cvs.com.

While it's ideal to get a flu shot before the flu starts spreading in your area, it can still be beneficial to get one during the flu season, even in January or later.

Did you have tests done at the Health Fair?

Be sure to mail the lab results to your doctor to review and keep in your file. Make an appointment, if you have any concerns about your results.

Keep Your Holidays Happy

Frequent Heartburn Could be More Serious Than You Think



For many of us, the holidays mean indulging in delicious foods, rich treats and seasonal drinks. When we combine these traditions with late-night parties and overeating, we have the recipe for an upset stomach.

Occasional indigestion usually isn't a concern, and readily available antacids (like Tums® and Rolaids®) can help ease discomfort. And if you know you're going to eat something that will probably cause heartburn, consider taking an over-the-counter H2 blocker (like Zantac® and Pepcid AC®) in advance.

However, if indigestion happens often, see your doctor. You may be among the 20% of Americans who have gastroesophageal reflux

disease, or GERD, a condition where stomach acid flows back up into the esophagus. Common symptoms of GERD include:

- Frequent heartburn (once or twice a week)
- Chest pain
- Difficulty swallowing
- Regurgitation of food or sour liquid
- A feeling like there is a lump in your throat
- Chronic cough
- Laryngitis
- New or worsening asthma
- Disrupted sleep

Over time, GERD can damage the esophagus, causing pain and difficulty swallowing, and even lead to an increased risk of esophageal cancer. Your doctor may prescribe a type of

Don't Play with Fire

Take steps to avoid heartburn in the first place with these simple strategies:

- Keep caffeinated drinks and alcoholic beverages to a minimum.
- Eat smaller portions, and only eat until you're satisfied, not stuffed.
- Skip deep-fried and high-fat foods.
- Avoid spicy foods, garlic, onions, tomatoes and citrus fruit.
- Pass up full-fat dairy products and creamy dressings, sauces and gravies.
- Say, "No thanks" to mint-flavored candy, gum and breath mints.
- Avoid lying down for at least 3 hours after eating.
- If you smoke, quit.
- Lose weight if needed, and stay active.

drug called a proton pump inhibitor, or PPI (like Prilosec® and Prevacid®), to help keep GERD under control. These highly effective medications limit damage to the esophagus by reducing stomach acid.

Learn more at aboutgerd.org.

What's in Your Family Tree?

Uncover Any Health Issues that Run in Your Family

You might have inherited your dad's dimples and your mom's curly hair ... along with an increased risk for certain health conditions.

A family history of disease can be a strong influence on your risk for developing illnesses such as cancer, heart disease, stroke, diabetes or asthma (and more). This is particularly true in families with:

- Diseases that occur at an earlier age than usual
- Disease in more than one close relative (grandparents, parents, siblings and children)
- Disease that does not usually affect a certain gender (for example, breast cancer in a male)
- Combinations of diseases (for example, heart disease and diabetes)

While you can't change your genetic makeup, knowing your family history can help you and your doctor identify potential health risks and take proactive steps to reduce your risks and watch for symptoms.

The holiday season usually includes family gatherings – the perfect opportunity to fill in the blanks on your family health history. Find out all you can about your grandparents, parents, aunts, uncles, nieces, nephews and siblings. Here are some good questions to ask:

- Are there any major medical conditions in the family (cancer, diabetes, heart disease, etc.)?
- Who had them and how old were they when the conditions were diagnosed?
- Regarding family members who have passed away, how long did they live and what was the cause of death?
- What countries did your relatives come from?

Track your discovery

The Surgeon General's "My Family Health Portrait" is an online tool that makes it easy for you to record your family health history. Go to familyhistory.hhs.gov to get started.

It takes about 15–20 minutes to complete your personal history, then you can:

- Print it or save it securely so you can update it over time
- Show it to your health care provider

- Share it with your family members, who may be able to provide information you didn't know

- Maintain a record for your adult children and their children

The information you enter is completely private—the Surgeon General's office does not keep any record. After you fill in your information, it is available only to you for printing or downloading. After that, it's up to you whether you want to share it with anyone else.

Get Well Soon

If you or a family member gets sick this fall, go to one of these clinics for fast, affordable care. Through the Fund's Wellness & Primary Care Plan, you only pay \$20 (\$0 at Coalition Health Centers for wellness and preventive care), with no deductible required.

ALASKA URGENT CARE

Anchorage: (907) 341-7757
300 East Dimond Boulevard, Suite 12
Walk-ins and appointments:
Monday–Friday 9 am–8 pm
Saturday–Sunday 10 am–6 pm

*Both locations—Walk-ins
(acute injury/illness only):
Monday–Friday 8:30 am–4:30 pm*

WASILLA MEDICAL CLINIC

alaskamedicalclinics.com
Wasilla: (907) 373-6055
1700 East Parks Highway, Suite 200
Walk-ins and appointments:
Monday–Friday 9 am–6 pm; Saturday 9 am–5 pm

PRIMARY CARE ASSOCIATES

primarycareak.com
Anchorage/Lake Otis: (907) 562-1234
4100 Lake Otis Parkway, Suite 322
Appointments:
Monday–Friday 7:30 am–5:30 pm

COALITION HEALTH CENTER (CHC)

coalitionhealthcenter.com

Anchorage: (907) 264-1370
2741 DeBarr Road, Suite C 210
(Ages 5 years and up)

Fairbanks: (907) 450-3300
575 Riverstone Way, Unit 1
(Ages 2 years and up)

Both locations—Appointments:
Monday–Friday 7:30 am–6:30 pm

Anchorage/Lake Otis Urgent Care:

(907) 563-4006
4100 Lake Otis Parkway, Suite 100
Walk-ins welcome:
Monday–Friday 8 am–9 pm
Saturday 9 am–4 pm

South Anchorage: (907) 345-4343
12350 Industry Way, Suite 160
Walk-ins and appointments:
Daily 8 am–9 pm

Eagle River: (907) 694-7223
17101 Snowmobile Lane, Suite 102
Walk-ins and appointments:
Daily 8 am–8 pm

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



Using the Wellness and Minor Care Plan

Convenient, Affordable Health Care is Available to You

Working with your doctor to stay healthy is as important as getting the right treatment when you're sick. That's why the Wellness and Minor Care Plan lets you get the care you need—at a price that's easy on your wallet.



You pay just \$20 per person per visit. If you make an appointment at a Coalition Health Center (CHC) for your wellness and preventive care, there's no cost to you! No deductible is required for Wellness and Minor Care Plan services, which include:

- **Routine and minor care** Treatment for colds, flu, minor illness or accident, general minor medical care and x-rays or lab tests
- **Preventive care for adults** Physical exams, mammograms, prostate-specific antigen (PSA) testing, annual women's exams and associated lab tests and x-rays
- **Preventive care for children** Physical exams, sports physicals and immunizations for kids over

two (five years and up at the Anchorage CHC)

- **Urgent Care** Drop in for treatment of non-threatening illness or at some clinics if you are unable to make an appointment
- **ONLY at the Coalition Health Centers—chronic care** Get help with ongoing issues, like chronic lower back pain.

For handy reference, we've listed the Wellness and Minor Care Plan providers on page 3. You can also find the list on the Fund's website at aetf.com: click *Health & Welfare*, then *Medical*, then *Wellness and Minor Care*.