

Healthy CONNECTIONS



Straight Talk From Your Health & Welfare Fund

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Sleeping Under the Midnight Sun

You *Can* Get the Rest Your Body Needs



During the long summer days in Alaska, round-the-clock sunlight can disrupt your internal clock and make it difficult to fall—and stay—asleep.

Adults need 7-8 hours of sleep every night for good health. If you don't get enough sleep, you may have an increased risk of heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity and depression.

Try these strategies to get some shut eye when it's still light outside:

- Go to bed and wake up at the same time every day to maintain your body's natural sleep cycle. Even if you can't get to sleep at night, get up at the same time every day. And, if you wake up early, stay in the dark until it's time to get up.
- Create a dark zone for sleep with light-blocking curtains or use an eye mask.
- Turn on a fan or sound machine to drown out background noises or try ear plugs.
- Avoid artificial light from TVs and electronics the hour before bed. Wear sunglasses in the evening to block out sleep-disrupting light.
- Spend time outside every day and get regular physical exercise (just not right before bed).
- Say no to caffeinated soda, coffee, tea and chocolate late in the day.

- Avoid alcohol close to bedtime; it may help you fall asleep, but it can disrupt your sleep, causing you to wake up frequently during the night.
- Calm down before bed with a hot bath or relaxation techniques like meditation or journaling.
- Try melatonin or valerian, mild supplements that may help you fall asleep. If you occasionally use over-the-counter sleep aids, beware of side effects, and medication interactions for other health conditions.

Still Can't Sleep?

If you've tried everything and still don't get 7-8 hours of sleep, wake up frequently, or are excessively tired during the day, you may have a sleep disorder. Make an appointment with your primary care doctor, who may:

- Ask about your sleep habits and what your sleep partner (if you have one) says about your sleep.
- Do a physical exam and/or blood test to rule out other conditions that could interfere with sleep.
- Refer you to a Sleep Medicine Specialist who may conduct a sleep study to measure how much and how well you sleep.

Summer Care Options

Get Back to Having Fun

Getting sick happens fast...so should getting well. To get you back in the action fast, your Health Plan gives you several options to take care of minor and urgent care issues.

- **Teladoc** (800)835-2362, teladoc.com. Get **minor care** wherever you are by phone, online video or mobile app, 24 hours/day, 365 days/year—at no cost to you. (Note: Not available to Medicare plan participants.)
- **The Coalition Health Center** (907)264-1370 (Anchorage), (907)450-3300 (Fairbanks), coalitionhealthcenter.com. Drop in for **urgent care** Mon–Fri, 8:30 a.m.–4:30 p.m.; or call ahead for **minor care**—same day appointments are often available. (Now open for Saturday

appointments from 8:00 a.m.–2:00 p.m.) You pay a \$20 copay; no deductible required. Effective 1/1/2019, the CHCs charge your Plan a \$75 “no show fee” for appointments not cancelled at least 24 hours in advance.

- **Wellness and Minor Care Plan** Visit aetf.com for providers and contact information. For **minor care**, you can usually get a same-day appointment. You pay a \$20 copay; no deductible required.
- **A doctor in the Aetna network** Visit aetf.com to see how to search for an in-network provider, or search for an **urgent care** clinic or doctor’s office for **minor care**. You pay 20% of the discounted (in-network) fee (100% until you meet the annual deductible). *



- **Your doctor’s office.** For **minor care**, your doctor or another practitioner in the office may be able to see you the same day. You pay 20% (100% until you meet the annual deductible). *

SUMMER FUN: FACT OR FICTION?

Bee sting reactions get worse with every sting.

Fiction. Reactions actually lessen with each sting. (Office of Environment, Health, Safety & Security)

Suntans, as opposed to sunburns, are healthy.

Fiction. Suntans (and sunburns) are sustained skin cell damage and can lead to premature aging and skin cancer. (American Academy of Dermatology)

It’s dangerous to drink out of a garden hose.

Fact. Water from garden hoses may contain harmful levels of lead, phthalates and BPA. (The Ecology Center)

Mosquitoes bite some people more than others.

Fact. Some people produce more of certain chemicals in their skin that attract mosquitoes. (Entomological Society of America)

Choosing the Right Care

- **Minor issues** require care but can wait for an appointment. For example, cold and flu symptoms, sore throats, allergies, digestive issues, skin rashes, eye infections, and headaches or migraines.
- **Urgent care** means prompt treatment is needed, but it’s not a life-or-death situation. This includes cuts that need stitches, muscle and joint sprains, minor burns, insect or animal bites, eye irritation, and ear or sinus pain.
- **Emergency care** is required for immediate medical attention to

Planning a Vacay Outside of Alaska? No Problem.

When you're traveling out of state, you'll get the best benefits when you choose an Aetna provider.

Search for an in-network doctor, urgent care clinic, hospital or other provider wherever your travels take you. Go to aetf.com, then click on **Health & Welfare, Medical Benefits**, and then **Using Preferred Providers Outside of Alaska** and choose Aetna's Choice POS II (open) network. Outside of Alaska, if you use a facility or provider that is not in this network—but it is within 25 miles of a network provider—the Plan will reduce your reimbursement rate by 20%.

prevent death or permanent injury. Call 911 or go to a hospital emergency room for chest pain, stroke, head injury, abdominal pain, loss of consciousness, difficulty breathing, seizure, bleeding that won't stop, broken bones, major burns and suspected poisoning.

*These examples apply to Plan 500. For participants in Plans 551–554, COBRA Plans 590–593, 570, and all Retiree plans, please refer to your plan's documents on aetf.com for details.

Stop Going to the Drugstore

Take Back Your Time

If you take an ongoing medication everyday—for example, to manage blood pressure or cholesterol, for birth control, or to treat diabetes—here are four good reasons to switch to the CVS Caremark Mail Service Pharmacy:

- 1 Save money.** Enroll in 90-day refills by mail and save an average of \$71/year.
- 2 Save time.** With 90-day supplies, you only need to refill four times a year, not once a month. No more monthly refills or waiting in line at the drug store.
- 3 Worry-free shipping.** Refills will be delivered in secure, discreet packaging. Standard shipping to your door is always free.
- 4 Set easy reminders.** Get text messages sent to your mobile device when your prescription is ready or needs a refill.

You can use the convenient CVS Caremark app to order refills, check on orders, pay online, and much more. Or, reorder by phone or on caremark.com. To get started, submit an order form and the original prescription. Get details on aetf.com.

How to Dispose of Old Meds

Please Don't Leave Them Lying Around

More than half of people who misuse opioid pain relievers get them from a friend or family member. Instead of letting your leftover medication fall into the wrong hands, dispose of unused medication in one of these safe and environmentally friendly ways:

- **Take-back programs.** Many communities have DEA-registered collection sites. Check with your pharmacist, hospital local law enforcement agency for one near you. Or, go to getsmartabout-drugs.gov to find a drop off location during the next National Prescription Drug Take-Back Day on October 26.
- **Put it in the trash.** If there are no collection sites in your area, mix

medicines with dirt, cat litter or used coffee grounds, then put the mixture in a sealed plastic bag before putting it in your household garbage. (Be sure to remove personal information before tossing old pill bottles or packaging.)

- **Flush it.** Some medicines are especially harmful or fatal if used by someone else and may come with instructions to flush them down the toilet when no longer needed.

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse and overdose. Proper disposal of unused drugs saves lives and protects the environment.

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
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ADDRESS SERVICE REQUESTED



Remember...

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



Health Fairs Are Coming

Preregister Starting August 7

The annual Health Fairs will soon be here. If you'd like to get preventive care tests—at no cost to you—you must preregister at

coalitionhealthfair.org. Pre-registration begins August 7 and continues through midnight the Sunday before the Health Fair.

Non-fasting lab tests are available at the Anchorage, Fairbanks and Juneau health fairs; if you do not plan to fast for 8 hours prior to your test at one of these locations, please schedule a late-morning appointment.

These are the tests are available for you and your enrolled dependents 18 years or older:

City	2019 Dates (8 a.m.-12 noon)	Location
Anchorage	Saturday & Sunday October 5 & 6	Ted Stevens Int'l Airport / North Terminal 4600 Postmark Drive
Fairbanks	Saturday & Sunday September 14 & 15	Carlson Center 2010 Second Avenue
Juneau	Saturday October 19	Centennial Hall 101 Egan Drive
Mat-Su Valley	Saturday September 21	Mat-Su Regional Medical Center 2500 South Woodworth Loop (Palmer)
Soldotna	Saturday October 19	Central Peninsula Hospital 250 Hospital Place

- 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)

Seasonal quadrivalent flu vaccines are available for participants 9 years and older. The high dose flu vaccine will not be available.

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

