

Healthy CONNECTIONS



Straight Talk From Your Health & Welfare Fund

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Feeling Stressed? Anxious? Worried? Depressed?

Know when to get help for yourself or someone you know

Worry and stress over COVID-19 has impacted the mental health of nearly one in two adults in the U.S.

Positive lifestyle changes, like eating healthy, getting exercise, avoiding self-medicating with alcohol or drugs, and practicing relaxation techniques may help you feel better. But sometimes, that's not enough.

These early warning signs may indicate that you need professional help:

- **Loss of interest in daily activities.** You don't care anymore about things you've always enjoyed doing.
- **Appetite or weight changes.** You have had significant weight loss or gain.
- **Sleep changes.** You either can't sleep...or sleep way too much.
- **Anger or irritability.** You feel agitated, restless and short-tempered.
- **Feeling overwhelmed.** You are plagued with excessive worry, sadness or loneliness.
- **Loss of energy.** You feel fatigued, sluggish and physically drained.

COVID-19 & Your Benefits

These temporary benefit changes continue to be in effect:

- Cost-free COVID-19 testing
- Increased telehealth benefits

Please visit aetf.com for the latest information.

45%

of U.S. adults say worry and stress over COVID-19 has had a negative impact on their mental health.

Source: Kaiser Family Foundation

- **Concentration problems.** You have trouble focusing, making decisions or remembering things.
- **Unexplained aches and pains.** You have headaches, back pain or stomach pain.
If any of this sounds like what you're going through, we encourage you to talk with a therapist. Sometimes a few sessions are all you need to get back to feeling like yourself again.
Your benefits cover confidential counseling by phone, video chat or in person:
- **Teladoc** gives you access to professional counselors online or by phone from the convenience of your home, 24 hours a day, seven days a week. There's no cost to you. Go to Teladoc.com, download the app, or call (800) TELADOC (835-2362).
- **Any qualified provider**, such as a psychiatrist, psychologist or licensed therapist, is covered by your benefits. A provider in the Aetna network may save you

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Feeling Stressed? Anxious? Worried? Depressed?

Continued from page 1

money. Search for one on aetf.com. Click on **Health & Welfare**, **Medical Benefits**, and then **Using Preferred Providers Outside of Alaska** and choose Aetna's Choice POS II (Open Access) network.

In a crisis, here's how to get help fast.

- **The Disaster Distress Helpline: (800) 985-5990.** This federal crisis hotline provides immediate counseling for anyone experiencing emotional distress related to a disaster, such as COVID-19.
- **CrisisTextline.org: Text HOME to 741741** to connect with a crisis counselor by text message.
- **National Suicide Prevention Lifeline: (800) 273-8255.** Free and confidential support for people in distress, plus prevention and crisis resources for you or your loved ones.

Get Instant Access To Your Personal Benefit Information

Wondering about the status of a claim? Need to see your enrolled dependents? Now you have on-line access to that information—and more—through Participant Edge.

Simply register and log in to Participant Edge (edge.zenith-american.com) or click the link on the Fund's home page at aetf.com.

How's Your Immunity?

It's time to do all you can to stay healthy

Now more than ever it makes sense to help your immune system do its job of preventing illness and healing infections. It's easy to boost immunity with these healthy habits:

- **Start with basic hygiene.** Wash your hands for 20 seconds, wear a face covering and take social distancing seriously. If that's all you do, you'll be well on your way to staying healthy.
- **Eat healthy.** Choose a diet high in fruits and vegetables and maintain a healthy weight. Take a daily multivitamin and mineral supplement to fill in any gaps missing in your diet.
- **Exercise regularly.** Aim for 30+ minutes a day. And try to reduce sitting time, which can negatively impact overall health.
- **Reduce and manage stress.** Even low levels of stress can increase your body's cortisol level, which reduces immunity. Practice relaxation techniques, like meditation, deep breathing or prayer.
- **Make sleep a priority.** Most healthy adults need between 7 to 9 hours of sleep per night to function at their best.
- **Don't smoke.** If you do smoke, quit with help from Quit for Life, provided by the Fund at no cost to you. To get started, call (866) QUIT-4-LIFE (784-8454) or go to quitnow.net.
- **If you drink, be responsible.** Limit it to 1 drink per day for women and 2 drinks per day for men.
- **Keep smiling.** Positive thoughts reduce stress and increase resilience, while negative emotions can make you more susceptible to illness.



Workout apps put a gym in your pocket

If you've been couch surfing since your gym closed due to COVID-19, these apps can help you get going again. (On the other hand, if you've been working out all this time, workout apps can also help you take it to the next level.)

Here are a few to try:

- **All Out Studio** gives you access to hundreds of workouts at every skill level, from top certified trainers.
 - **Aaptiv** pairs audio cues from instructors with songs you love, which makes working out a lot of fun.
 - **Freeletics** has 900+ High Intensity Interval Training (HIIT) workouts that take only 10 to 30 minutes.
 - **SworKit** lets you choose a workout based on activity, goal and time—from 5 minutes to an hour.
 - **Seven** gets you into shape in seven minutes a day using only a chair, a wall and your body weight.
- Important tip: If you are being treated for a medical condition, it's a good idea to check with your doctor before starting any new exercise program.

Health Care the Way You Want It

Your Health Plan has you covered, any way you access care

By Phone, Online Video or Mobile App

Teladoc gives you access to a doctor 24/7 who can diagnose and prescribe medication for minor illnesses or skin conditions. You can also talk to a therapist through Teladoc. There is no cost to you. Go to Teladoc.com, download the app, or call (800) TELADOC (835-2362).

Telehealth benefits allow you to meet with your regular doctor by phone or online to diagnose and treat minor illnesses. You'll pay your usual office visit copay.

Low-Cost Clinic Care

The Wellness and Minor Care Plan offers routine and preventive care at a low cost. You pay just \$20; \$0 for preventive care. See the list of Wellness and Minor Care providers on aetf.com; click **Health & Welfare**, then **Medical**, then **Wellness and Minor Care**.

The Coalition Health Center is a Wellness and Minor Care provider and *also* provides urgent care for unexpected injuries and illness, plus care for chronic conditions. Visit coalitionhealthcenter.com to schedule an appointment or view walk-in hours.

In-Person

Any qualified physician is covered by your benefits (and there's no physician network, so you won't have out-of-network penalties in the state of Alaska). A provider in the Aetna network may save you money because they charge discounted rates. Search for one on aetf.com. Click on **Health & Welfare**, **Medical Benefits**, and then **Using Preferred Providers Outside of Alaska** and choose Aetna's Choice POS II (Open Access) network.



Manage Your Condition Before It Manages You

Chronic Condition Care helps people feel better more often. The program is available to participants and covered dependents who are diagnosed with asthma, COPD, congestive heart failure, coronary artery disease and diabetes.

The program's one-on-one approach empowers people to take

control of their condition and lead a healthier life. There is no cost to eligible participants; however, those who decline to participate will have decreased benefit coverage.

Learn more at aetf.com (click **Health & Welfare**, then **Chronic Condition Care**), or contact HealthFitness at hfit.com or call (877) 478-1246, option 6.

Want to Know How to Add Years to Your Life?

It's easy. Get an annual checkup.

Checkups give your doctor the opportunity to prevent and detect diseases—from flu to cancer—in their earlier, more treatable stages, significantly reducing your risk of illness, disability, and early death.

What's even better? Your Health Plan pays 100% for recommended preventive services, which includes annual checkups, recommended screenings, and immunizations.

It's easy—AND it's free. Yet many still aren't getting the preventive care that could save their life. Are you?

92% of Americans say it's important to get an **Annual Physical**
ONLY 62% actually get one.

Source: Kaiser Family Foundation

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



Potential spread of COVID-19 if social distancing is ignored

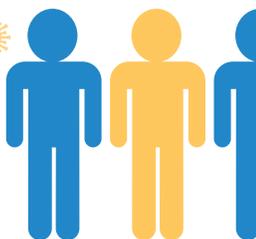
COVID-19

Don't be That One

People who have no Coronavirus symptoms can be infected and unknowingly spread the virus. As it passes from person to person, one person's unknown infection can spread to up to 406 people in 30 days.

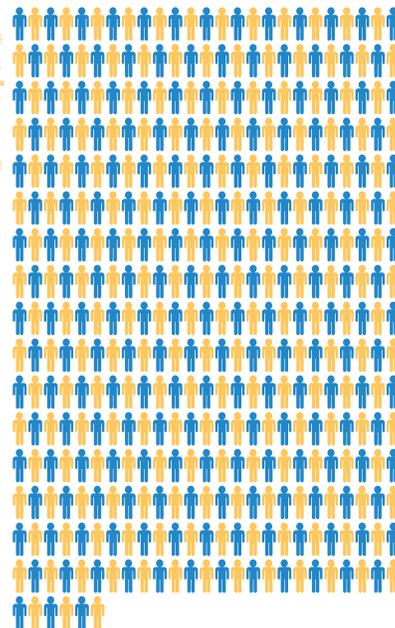
That's why keeping a 6 foot social distance to limit exposure to others is so important. We can also help prevent the spread of the virus by wearing face coverings and washing or sanitizing our hands often.

NOW
1 Person Infected



AFTER 5 DAYS
2.5 People Infected

AFTER 30 DAYS
406 People Infected



Source: WHO.org