

Healthy CONNECTIONS



Straight Talk From Your Health & Welfare Fund

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Alaska Electrical Health & Welfare Fund

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(800) 478-1246 or (907) 276-1246
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Virtual Care Offers Many Services

It's Not Just for When You're Sick

Many AETF participants have discovered that virtual doctor visits are a convenient way to get care when you're sick. But did you know virtual care is an option for many other kinds of health services?

Prescriptions: Request a refill for an expired prescription, talk about drug alternatives, or ask if a specific medication is right for you. Prescriptions are sent to the pharmacy of your choice for you to pick up.

Dermatology: Upload a photo of a rash, mole or other skin condition, and a dermatologist can virtually diagnose the condition and recommend a treatment plan. (Best of all, you don't have to wait weeks for an in-person dermatology appointment.)

Follow-up Visits: A virtual visit with your doctor after surgery or to evaluate your recovery from an illness is just as effective (and more convenient!) as an in-person visit. Ask your doctor if this is an option for you.

Chronic Conditions: Virtual visits reduce time-consuming in-person visits and offer better access to specialized care. Your doctor can help you with lifestyle changes, quickly treat new symptoms, and help you stay out of the hospital.

Behavioral Health: Have a confidential virtual visit with a therapist from the comfort—and privacy—of your own home when it's convenient for you, without waiting weeks for an in-person visit.



80%

of people say that virtual care has improved their ability to receive access to care from a variety of providers.

Source: International Virtual Reality Healthcare Association

It's easy to use virtual care. Here's how:

- **Teladoc.** Go to [Teladoc.com](https://www.teladoc.com), download the app, or call 1 (800) TELADOC (835-2362). There is no cost to you. (Teladoc is not available to Medicare Prime Retirees.)
- **Telehealth.** Call your regular doctor's office for a virtual visit, if available.
- **An Aetna provider.** Go to [aetf.com](https://www.aetf.com), click **Health & Welfare, Medical Benefits, Using Preferred Providers**, choose **All of Alaska** or **Outside Alaska**, then click on the link to Aetna's Choice POS II Network. Contact the doctor's office to ask if virtual visits are available.

Make a Fresh Start

It's Time for a Reset

As we begin to return to life as we knew it before the pandemic, it's a great opportunity to create or re-establish healthy habits. To get started, choose just one area to focus on. Set small, realistic goals.



Think Positive. A more positive outlook on life can provide you with some important

health benefits such as improved immune function, reduced pain, better cardiovascular health, and less stress and distress. If your inner dialogue is too negative, shift it by practicing positive self-talk every day. Need help breaking out of the pandemic funk? A few sessions talking to a counselor can make all the difference. Talk from home with a virtual Teladoc visit at 1 (800) TELADOC (835-2362) or make an in-person visit with a local therapist.



Get Moving. Begin by walking around the neighborhood every day. Build up to a mile. Then aim for 10,000

steps in a day. Soon you'll be ready to go on a hike, sign up for a 5k, or climb that mountain! Need a friendly push? Partner with a Health Fitness coach online or by phone.



Drop the Extra Pounds. Trade high-calorie foods for healthier options. Eat fruit

instead of chips at lunch. Drink water instead of soda. Small changes like these will add up to lost pounds on the scale. Need some healthy suggestions? Connect with a Health Fitness coach. Your Medical benefits may also cover working with a dietician or obesity surgery.

42% of U.S. adults say they gained weight during the pandemic, with an average **29 POUNDS** INCREASE OF

Source: American Psychological Association



Quit Smoking.

If you smoke, quitting is the best thing you can do for your health.

Within minutes of that last cigarette, your body begins to recover, reducing your risk for cancer, heart disease, and lung damage. Need a solid quit plan? Ongoing support and nicotine replacement medications increase your chances of success. Talk to your doctor or go to AlaskaQuitline.com.



Get Vaccinated.

You'll reduce your risk of getting COVID-19, stop variants from taking hold, and protect the vulnerable. Do your part to help everyone be safe. Need an appointment? Schedule one at dhss.alaska.gov or check with your local pharmacy.

A Coach Can Help You Reach Your Goals

Whether you want to lose weight, be more active, reduce stress or quit smoking, you can improve your chances of success by working with a HealthFitness coach. There's no cost to you and it's confidential and convenient to use. Talk with your coach via Live Chat during regular business hours, send private messages on TalkBoard, or both.

You can also visit the website for information on many health topics or join a free monthly 10-minute webinar to get tips for low back care, managing time, or other real-life challenges.

For more information, visit us.mywell.site/hfit/ **AlaskaElectrical** or call 1 (877) 290-9992.

This benefit is available to participants and dependents 18 years and older. (Medicare Prime Retirees are not eligible.)

Get Expert Advice with Teladoc

Need to Make a Serious Health Decision?



You have access—at no cost to you—to some of the world’s best specialists who can provide expert guidance to help you make the best decisions for yourself and your family. Teladoc medical advice services include:

- **Expert Medical Opinion:** When you’re unsure about a diagnosis or treatment options or have medical questions or concerns.
- **Find a Doctor:** When you need help finding a doctor who specializes in your condition.
- **Critical Case Support:** When you’ve been admitted to the hospital and need an expert to coordinate care from several providers.
- **Behavioral Health Navigator:** When you need help with a mental health condition or treatment that isn’t improving.

All services are confidential and provided by phone or online at no cost to you.

- 1 (800) TELADOC (835-2362)
- [Teladoc.com/MedicalExperts](https://www.teladoc.com/MedicalExperts)
- Download the Teladoc app

Life Happens

You Have 60 Days to Make Benefit Changes When it Does

Normally, you can only change your benefits or add dependents during the annual Open Enrollment period. But life events like these allow you to make midyear changes to your benefits:

- You get married or divorced
- You have a baby or adopt a child
- You retire
- You become disabled
- Your spouse’s or dependent’s coverage changes

The Health & Welfare, Life Events tab on the Trust Fund website at aetf.com provides a complete list of events that qualify for midyear changes and explains what to do when they happen.

Don’t miss the deadline! Generally, you’ll need to complete a new enrollment form and submit it to the Administrative Office within 60 days of the event.

Need Surgery?

Find Out if BridgeHealth Is Right for You

Imagine having planned surgery performed at one of the nation’s top-ranked hospitals, by an experienced surgeon with a track record of outstanding outcomes ... at no cost to you.

If the Fund’s Medical Plan is your primary medical coverage, BridgeHealth gives you another option for planned surgery. It:

- Covers all medical costs: You do not pay a deductible, copay, or coinsurance.

- Pays for your travel expenses, including airfare, lodging and food.
- Pays the travel expenses for a companion (whom you choose) to go with you as your caregiver.

If you are considering surgery, contact BridgeHealth to learn more:

- Go to bridgehealth.com. Click **Plan Member Login**, then register with company code WSQXO
- Call 1 (855) 423-1299
- Email aetf@bridgehealth.com

One million BridgeHealth members have experienced 80% fewer complications and a high quality of care.

Source: BridgeHealth blog post

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



Healthy Reminders

New Address?

Please make sure your claims are paid on time and you receive important benefit information by completing a Change of Address form: go to aetf.com, Health & Wellness, Forms.

Retirees and Medicare

Every person with Medicare has been assigned a Medicare Beneficiary Identifier (MBI). Please notify your providers of your MBI; claims submitted without your MBI will be rejected.

Traveling in the Lower 48?

If you get sick or have a minor injury (such as a sprained ankle or cut that needs stitches), to avoid excess charges, search online for a provider in Aetna's Choice POS II network. (Go to aetf.com, click *Health & Welfare, Medical Benefits, Using Preferred Providers*, choose *All of Alaska* or *Outside Alaska*, then click on the link to Aetna's Choice POS II Network.) If you need hospital care, be aware that you'll pay penalties for services received at an out-of-network hospital. Tip: Keep your Health Plan ID card with you and call the number on the back for assistance, wherever you are.

