

Healthy CONNECTIONS



Straight Talk From Your Health & Welfare Fund

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Guys May Seem Mad, Not Sad Men and Women Have Different Signs of Depression

Men can have depression, too. It just might not look like the depression a woman experiences. For example, men often feel excessively tired, irritable, and angry, instead of being sad.

Although depression occurs more often in women than in men, the number of men who die by suicide is four times higher than that of women. That's why it's important to recognize the signs and get help before it's too late.

Common symptoms for all genders may include:

- Feeling sad, tearful, low, guilty, or empty
- Losing enjoyment in pleasurable activities
- Appetite or weight changes
- Too little or too much sleep
- Feeling restless or agitated
- Having trouble concentrating

However, depression in men may look different:

- Increased anger, frustration, aggression, or irritability
- Headaches; tightness in the chest; joint, limb, or back pain; or digestive problems
- Drinking more or taking drugs
- Avoiding family or social situations
- Working obsessively without taking breaks
- Becoming more controlling or abusive in relationships
- Engaging in risk-taking behavior, such as gambling or unsafe sex
- Less interest in sex / trouble with sexual performance
- Thoughts of suicide / attempting suicide

Depression Is Treatable

Your benefits provide options for confidential, professional care to get back to mental wellness:

- **A medical doctor*** is a good place to start. They can rule out any physical causes and prescribe medication, if appropriate.
- **Any qualified behavioral health provider**, such as a psychiatrist, psychologist, or licensed therapist, is covered by your Health Plan. A few sessions may be all you need to start feeling like yourself again.

To find a qualified provider in your Health Plan network, go to aetf.com, click on **Medical Benefits**, then **Using Preferred Providers**.

- **Teladoc** allows you to talk to a professional counselor from the privacy of your own home. It's

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Healthy Reminders

COVID-19 and Your Benefits

Cost-free COVID-19 vaccines and testing continue to be available, as well as increased telehealth benefits. See details at aetf.com.

At-Home Tests

Every home in the U.S. is eligible to order a third round of free at-home tests at COVIDTests.gov.

Depression

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available seven days a week at no cost to you. Go to Teladoc.com, download the app, or call 1 (800) TELADOC (835-2362). (Not available to Medicare Prime Retirees.)

988 Is the New Lifeline

Dial or text 988 to reach the Suicide Prevention Lifeline if you or someone you know is having thoughts of suicide. Reaching out may save a life—studies show that callers feel less suicidal, less depressed, less overwhelmed, and more hopeful after speaking with a Lifeline counselor.

Now there are three ways to reach the Lifeline 24/7 for free and confidential support:

- 1 Dial or text 988.
- 2 Call 1 (800) 273-8255 (TALK), the original Lifeline number.
- 3 Online chat on the Lifeline website at suicidepreventionlifeline.org.

Accidents Happen

Epic Bike Ramp Into the Lake ... What Could Go Wrong?



EMERGENCY CARE: It's life or death.

Call 9-1-1 or go to the nearest emergency department, if the victim has a head injury, is unconscious or bleeding severely.



URGENT CARE: Serious, but not life-threatening.

For a broken bone or cut that needs stitches, choose an urgent care clinic. (Money-saving tip: Search for a provider in your Health Plan network on aetf.com, under *Health & Welfare, Medical Benefits, Using Preferred Providers*; then save it to your contacts for quick access when you need it.)

Be ready to choose the right type of care just in case there's a wipeout.



PRIMARY CARE: It can wait until morning.

Call a clinic in the Wellness & Minor Care Plan for fast, affordable care for minor injuries and sprains. See details on aetf.com.



VIRTUAL CARE: You need advice right now.

Just bumps and bruises? Call 1 (800) TELADOC (835-2362) or go to teladoc.com to talk to a board-certified doctor 24/7—at no cost to you.

Benefits that Save You Money

Keep More Money in Your Pocket



These days, everyone is looking to save money. Here are a few ways you can reduce your out-of-pocket spending on health care services right now:

- **Get preventive care.** Your Health Plan pays 100% for recommended screenings (no copay or deductible required). Catch serious conditions early and save money by avoiding expensive care later.
- **Choose virtual visits via Teladoc.** You pay \$0. Get started on the Teladoc app, go to teladoc.com, or call 1 (800) TELADOC (835-2362).
- **Use the Wellness & Minor Care program.** Just pay a \$20 copay (no deductible required) when you need to see a doctor in person. For a list of clinics, go to aetf.com.
- **Find an Aetna provider in Alaska.** You'll avoid having to pay any billed amounts that exceed the Plan's allowed amount. Search for an Aetna provider on aetf.com under *Health & Welfare, Medical Benefits, Using Preferred Providers Outside of Alaska* and select the *Aetna Choice POS II (OpenAccess)* network.
- **Know the PPOs in Anchorage.** Avoid out-of-network penalties by ensuring you receive care from a

Preferred Provider Organization (PPO) within the Municipality of Anchorage.

- Order prescriptions by mail. Save money by getting medications you take on an ongoing basis delivered to your home. Get details on aetf.com.
- Make lifelong healthy habits. HealthFitness coaching (at no cost to you) can help you manage your weight and stay active, minimizing your risk for future, costly, chronic conditions. Get details at us.mywell.site/hfit/AlaskaElectrical or call 1 (877) 290-9992.

Get Major Surgery at No Cost to You

BridgeHealth is now called Transcarent Surgery Care. Only the name has changed; your benefits continue to allow you to have major surgery performed at one of the nation's top-ranked hospitals, by an experienced surgeon with a track record of outstanding outcomes ... all at no cost to you.

If you're planning surgery, find out if Transcarent Surgery Care is an option for you. Chat with a Health Guide on the Transcarent app or call 1 (855) 586-2744.

New Coalition Health Center

The Mat-Su Valley CHC—Now Open as of July 11, 2022

Now there is another Coalition Health Center (CHC) to serve! Along with the Anchorage and Fairbanks centers, the new Mat-Su Valley CHC in Wasilla gives AETF Health Plan participants easy access to high-quality care.

You pay a \$20 copay (no deductible required) for services like these:

- Primary care for illnesses, allergies, digestive issues, etc.
- Urgent care for injuries, cuts, sprains, minor burns, ear pain, etc.
- Preventive care services, including routine annual checkups

The CHCs are open by appointment Monday–Friday 7:30 a.m.–6:30 p.m. (Anchorage and Fairbanks); 8:00 a.m.–5:00 p.m. (Wasilla). Walk-ins are accepted 8:30 a.m.–4:30 p.m.; please call ahead when possible. Schedule an appointment by phone or online at coalitionhealthcenter.com.

- **Anchorage** (907) 264-1370
701 East Tudor Road,
Anchorage
- **Fairbanks** (907) 450-3300
570 Riverstone Way, Unit 3
(Ridgeview Business Park)
- **Mat-Su** (907) 206-4601
1700 East Bogard Road,
Wasilla (North Fork
Professional Building A,
Suite 103)

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



Health Fairs Are Coming

Get Screened at No Cost to You

Free preventive health screenings are an easy way for you to take health care into your own hands. Get tested, then discuss the results with your doctor to identify any issues. While you're at the Health Fair, you can also pick up healthy ideas and tips on how to make the most of your benefits.

Services Available at the Health Fairs

Comprehensive lab tests are available to enrolled participants 18 years and older:

- Chemistry/Hematology Profile (a comprehensive blood test; includes A1C)

2022 Health Fair Schedule

CITY	2022 DATES	LOCATION
Anchorage	Oct. 2, 8 am–1 pm Oct. 23, 8 am–1 pm	Romig Middle School 2500 Minnesota Drive
Fairbanks	Sept. 17, 8 am–1 pm Sept. 18, 8 am–11:30 am	Carlson Center 2010 2nd Avenue
Juneau	Oct. 15, 8 am–12 pm	Centennial Hall 101 Egan Drive
Mat-Su	Sept. 24, 8 am–12 pm	Mat-Su Regional Medical Ctr 2500 S. Woodworth Loop, Palmer
Soldotna	Oct. 8, 8 am–12 pm	Central Peninsula Hospital 250 Hospital Place

- 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)
Quadrivalent seasonal flu vaccines are also available for enrolled participants 9 years and older. (High

dose flu vaccine is not available.)

Preregister at coalitionhealthfair.org at least seven business days before the event. Appointments are “first come, first served,” so preregister early.

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

