

# Healthy CONNECTIONS



## Straight Talk From Your Health & Welfare Fund

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# Mental Wellness Matters

## You Have Behavioral Health Options

When the challenges of life impact your relationships, work, or wellbeing, your Health Plan provides multiple options for mental wellness care to help you get back to feeling like yourself again.

**IN-PERSON THERAPY** is ideal if you prefer to talk face-to-face.

- **Your medical provider** is a good place to start if you are struggling with stress, depression, or other challenges. Your provider can rule out any physical causes, prescribe medication, and refer you to a therapist.
- **A behavioral health provider** can meet with you in-person or online. Your Health Plan covers any qualified provider, but you may save money if you choose an Aetna in-network provider. At [aetf.com](http://aetf.com), click on **Medical Benefits, then Using Preferred Providers Outside of Alaska or All of Alaska** and select the “Aetna Choice POS II (OpenAccess)” network.

**VIRTUAL THERAPY** offers the convenience of talking with a licensed therapist from the privacy of your own home.

- **Teladoc (NEW!)**: The Fund has added mental wellness services through Teladoc. There is no cost to you for live video or phone sessions with a licensed therapist or psychiatrist. Schedule an appointment at [teladoc.com](http://teladoc.com), download the app, and click on **Mental Health** or call (800) TELADOC (835-2362). (Not available to Medicare Prime Retirees.)
- **Self-guided support** through videos, articles, and podcasts can help you learn strategies to stay mentally well.

**HEALTHFITNESS**: Choose a self-paced digital program at no cost to you. Log in at [us.mywell.site/hfit/AlaskaElectrical](http://us.mywell.site/hfit/AlaskaElectrical) or call (877) 290-9992. (Available to participants 18 years and older. Medicare Prime Retirees are not eligible.)

### Teladoc Mental Wellness Services

Did you know that 1 in 5 adults battles mental wellness challenges each year? \* If you are suffering, you're not alone! Now you can get mental wellness care by video or phone, any time from wherever you are, through Teladoc.

Teladoc's licensed therapists and psychiatrists are available to help you with all of your mental wellness challenges, whether big or small, such as:

- Managing your emotions in stressful situations
- Understanding and managing depression
- Handling relationship issues and family problems
- Controlling your anxiety caused by work or personal issues
- Working through past trauma
- Overcoming burnout

There is **NO COST** to you and your enrolled dependents for mental



wellness services through Teladoc. Schedule an appointment at [teladoc.com](http://teladoc.com) or download the app

(scan the QR code), and click on **Mental Health** or call (800) TELADOC (835-2362). (Not available to Medicare Prime Retirees.)

*\*Source: Mental Health by the Numbers, NAMI: National Alliance on Mental Illness*

# Endless Summer

## Get Fit for Life, Not Just Summer

Did you know that five lifestyle practices—maintaining a healthy weight, being active, eating healthy, managing your mental wellness, and not smoking—can reduce your risk for the top 10 health conditions in the U.S.?

There's something about summer that naturally brings out healthy habits in all of us. Plan now to keep the momentum of summer's healthy habits going into the fall and beyond. Try these tips:

- **Keep moving.** Hiking, cycling, and paddling easily transfer to exercise equipment at home or in a gym when the days get shorter.
- **Make it a family affair.** Keep family fitness a fun priority...switch to an indoor rec center to shoot hoops, run

a ninja course, or swim in an indoor pool.

- **Eat fresh fruits and vegetables.** Winter has its own bounty: pears, oranges, kiwis, squash, brussels sprouts, and sweet potatoes (to name a few). Aim for 8 servings every day.

- **Breathing fresh air.** If you smoke, quitting is the best thing you can do for your health—plus, you'll stop creating dangerous secondhand smoke for others.

**HEALTHFITNESS** is available at no cost to you through the Plan and can help you develop healthy habits, like

“One must maintain a little bit of summer, even in the middle of winter.”

—Henry David Thoreau

- **Wear a swimming suit.** Fact: It's easier to hide extra pounds under layers of clothing. Keep the pounds off by using a food tracker app to help you watch what you eat. Then try on your summer clothing throughout the winter months to stay on track.

eating well, exercising more, reducing stress, quitting smoking, and much more.

- **Choose a digital program.** For example, try “Movement Matters,” or “Keep Stress in Check.” Go at your own pace, and chat with a coach if you like.
- **Work with a coach.** Sometimes, talking to someone is the best way to jumpstart your efforts. You can work with a dedicated coach by phone, video, or text—whenever it's convenient for you.
- **Use the tracker.** This online tool helps you succeed by measuring your progress, keeping you accountable, and helping you stay motivated.

*Tip:* Sync the HealthFitness app with your online account. On the website, log in, click on your profile, then choose “Mobile Access” to get a code. Then, go to the HealthFitness app on your device and enter the code.

Get started today at [us.mywell.site/hfit/AlaskaElectrical](https://us.mywell.site/hfit/AlaskaElectrical) or call (877) 290-9992. HealthFitness is available to participants 18 years and older. Medicare Prime Retirees are not eligible.

## Healthy Reminders

### The Coalition Health Centers

The Coalition Health Centers provide in-person care for routine illnesses, preventive services, urgent care, and more. You pay just \$20 (no deductible required) per visit.

The CHCs are open, by appointment, Monday–Friday, 7:30 a.m.–6:30 p.m. (8:00 a.m.–5:00 p.m. at Mat-Su). Walk-in urgent care is available without an appointment 8:30 a.m.–5 p.m. (8:30 a.m.–4:30 p.m. at Mat-Su).

To schedule an appointment, call:

- **Anchorage:** (907) 264-1370 701 East Tudor Road, Suite 120
- **Fairbanks:** (907) 450-3300 570 Riverstone Way, Unit 3
- **Mat-Su Valley:** (907) 206-4601 1700 East Bogard Road, Building A, Suite 103, Wasilla

### BridgeHealth Is Now Transcarent Surgery Care

Only the name has changed; your benefits are the same, giving you outstanding surgical care at no cost to you. For more information, contact a Transcarent Care Coordinator at (855) 423-1299 or by email at [surgerycare@transcarent.com](mailto:surgerycare@transcarent.com).

### New and Improved Website Coming Soon!

Look for more information about the new website coming soon. In the meantime, you can still find answers to your benefit questions on [aetf.com](https://aetf.com).

# Stop the Silent Killer

## Get Your Blood Pressure Checked

Just because it's common and easily treatable doesn't mean high blood pressure isn't serious. And by the way, it's not just for old people: 7% of 18- to 39-year-olds and 32% of 40- to 59-year-olds have it.

Many people don't even know they have high blood pressure until it's too late, and results in death or a serious health condition, such as:

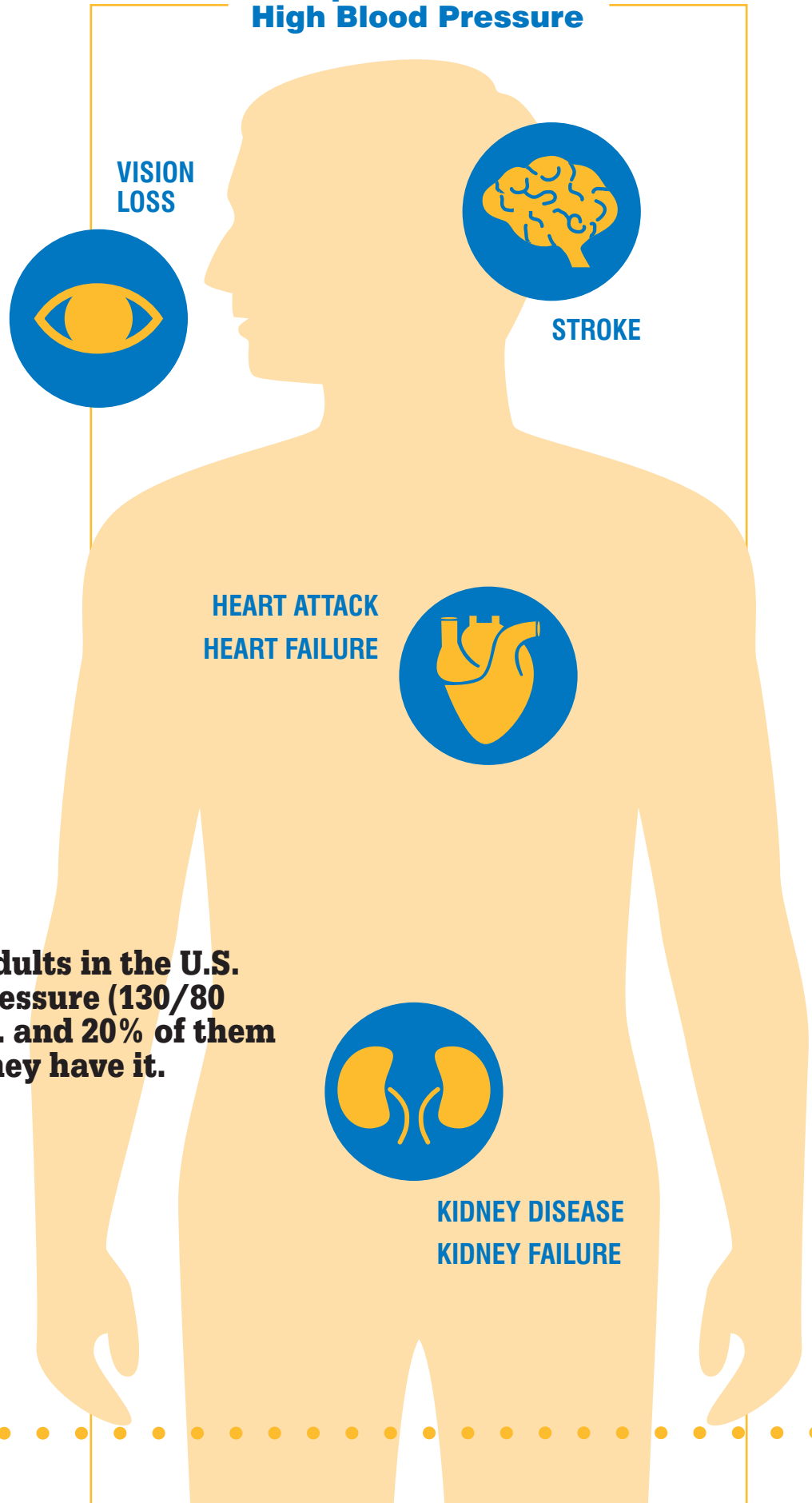
- Stroke
- Vision Loss
- Heart Attack
- Heart Failure
- Kidney Disease/Failure
- Sexual Dysfunction
- Dementia
- Pregnancy Complications

High blood pressure has no symptoms, which is why it's called "the Silent Killer." Get checked by a health care professional, or do it yourself at a pharmacy, using a home blood pressure monitor or through a smartphone app. If your numbers are higher than normal (120/80 mmHg), talk to your doctor about how you can lower them.

**Nearly half of all adults in the U.S. have high blood pressure (130/80 mmHg or higher) ... and 20% of them don't even know they have it.**

Source: American Heart Association

## Complications from High Blood Pressure



# 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

## 2023 Health Fair Schedule:

### ANCHORAGE

September 16, 8:00 a.m.–1:00 p.m.  
September 17, 8:00 a.m.–1:00 p.m.  
Dena'ina Center, 600 W 7th Avenue

### FAIRBANKS

September 23, 8:00 a.m.–12:00 noon  
September 24, 8:00 a.m.–11:30 a.m.  
Carlson Center, 2010 2nd Avenue

### MAT-SU

September 23, 8:00 a.m.–12:00 noon  
Mat-Su Regional Medical Ctr,  
2500 S. Woodworth Loop, Palmer

### JUNEAU

October 7, 8:00 a.m.–12:00 noon  
Centennial Hall, 101 Egan Drive

### SOLDOTNA

October 7, 8:00 a.m.–12:00 noon  
Central Peninsula Hospital,  
250 Hospital Place

## Fall Health Fairs Are Coming

### Get Screened at No Cost to You

The Fall Health Fairs, through the Fund's participation in the Pacific Health Coalition, provide seasonal flu vaccines to enrolled participants age 9 and over and the following preventive care tests to participants age 18 and older—at no cost to you.

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

Beginning August 2, preregister by at least one week before the event at [coalitionhealthfair.org](https://coalitionhealthfair.org).