

Healthy CONNECTIONS



Straight Talk From Your Health & Welfare Fund

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Take Care of Preventive Care

Before Health Issues Take Care of You

Health conditions that you have now, but are unaware of, can cause serious problems in your future. For example, it is estimated that nearly half of U.S. adults have high blood pressure ... but of those, 20% do not even know they have it. Without treatment, high blood pressure increases the risk of heart disease and stroke, the leading causes of death in the U.S.

TENS OF MILLIONS
of Americans
ONLY GET HALF
of their **HALF**
recommended

PREVENTIVE CARE
services each year.

Source: Centers for Disease Control and Prevention

However, recommended preventive screenings—which are covered at 100% by your Health Plan—can detect and treat conditions like this early... before they become life-threatening.

Simply schedule a routine wellness checkup to get preventive care. Your practitioner will recommend preventive screenings that are right for you, based on your gender, age, health condition and family history.

- The Wellness and Minor Care Plan clinics provide preventive services. See details on page 2.
- You may choose any doctor (the Plan does not have a PPO network for physicians).
- If you choose an Aetna provider, you could save money because they

charge a discounted, in-network rate. Search for one at aetf.com: Click on **Health & Welfare, Medical Benefits**, and then **Using Preferred Providers, Outside of Alaska**. Choose Aetna's Choice POS II (Open Access) network.

Dental and Vision Care Matter, Too

Regular dental and vision checkups help you maintain healthy teeth and eyes ... and can detect serious health issues early on, like diabetes, cancer, heart disease or kidney disease.

- You may choose any dental provider (there is no PPO network for dentists).

Continued on page 2

If You Get Sick this Winter

Stay Safe with a Virtual Visit

- **Teladoc** gives you access to a doctor 24/7 who can diagnose and prescribe medication for minor illnesses. 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). (Teladoc is not available to Medicare Prime Retirees.)
- **Telehealth** benefits allow you to meet with your regular doctor by phone or online to diagnose and treat minor illnesses. Call your doctor's office to schedule a virtual visit, if available. You'll pay your usual office visit copay.

Take Care of Preventive Care

Continued from page 1

- Choose a VSP provider for the best vision coverage. See details at aetf.com, *Health & Welfare, Vision*.

The Wellness & Minor Care Program

Did you know you pay \$0 copay for preventive services at the Wellness & Minor Care Program clinics? This includes annual wellness exams, tests, screenings, and immunizations for adults and children age 2 and older.

And you only pay a \$20 copay (no deductible required) for services that treat issues like these:

- Routine: Cold, flu, sore throat, earache, rashes, allergies, and pain.
- Minor: Sprains, fractures, cuts, burns, X-rays, and urgent (but not life threatening) issues.

Find the clinic nearest you at aetf.com, *Health & Welfare, Medical Benefits, Wellness and Minor Care*. Then, add it to your phone contacts so you can easily make an appointment whenever you need to get health care services.

Beat the Winter Blues

Five Things You Can Do Right Now



Feeling moody or depressed this winter? You may have Seasonal Affective Disorder (SAD), which can affect anyone at any age.

Symptoms usually begin in the fall as the daylight hours shorten, continue through the dark winter months, and then go away in the spring when the daylight hours lengthen again.

People with SAD often lose interest in activities they enjoy and stop spending time with friends and

family. They may feel sluggish, have difficulty concentrating, and experience changes in appetite, weight, and sleep.

Try these preventive steps before symptoms begin to stay mentally healthy all winter long:

- 1** Spend time outdoors every day, even when it's cloudy.
- 2** Eat a well-balanced diet and resist sugar and carb cravings.
- 3** Exercise for 30 minutes a day, 3 times a week.
- 4** Stay involved with your social circle and regular activities (remotely for now).
- 5** Use a light box for 15-30 minutes every morning.

Healthy Reminders

Please See Details on Our Website

- **COVID-19 and your benefits.** Cost-free COVID-19 testing, extended maintenance medication refill limits and increased telehealth benefits continue to be in effect.
- **Complete an Annual Medical/Dental Update Form** for each covered family member every year. An updated form is required every 12 months to pay claims.
- **If you need a 1095-B Form** (which reports your health coverage) for your 2020 tax return, you may request one from the Administrative Office. Go to aetf.com, click on Participant Edge and register.

Contactless Prescription Refills

Safe Home Delivery that Saves You Money

If you feel down for days at a time and you can't get motivated to do activities you normally enjoy, talk to a doctor or mental health professional. There are many effective treatments that can help you feel better.

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](https://www.teladoc.com), download the app, or call (800) TELADOC (835-2362). Note: Teladoc is not available to Medicare Prime Retirees.
- **Any qualified provider**, such as a psychiatrist, psychologist, or licensed therapist, is covered by your Health Plan (copay, coinsurance, deductible and UCR requirements apply). Ask your doctor to recommend a provider or visit [namianchorage.org](https://www.namianchorage.org) for a list of local resources.
- **A provider in the Aetna network** may save you money. Search for one on [aetf.com](https://www.aetf.com): Click on **Health & Welfare, Medical Benefits**, and then **Using Preferred Providers Outside of Alaska**. Choose Aetna's Choice POS II (Open Access) network.
- **In a crisis, call the National Suicide Prevention Lifeline** at (800) 273-8255 for free, confidential, and caring support. Or text HOME to 741741 to chat with a Crisis Counselor.

If you haven't already discovered the benefits of home delivery for medications you take on an ongoing basis (for example, drugs used to treat high blood pressure, heart disease, asthma, or diabetes), now is the time to give CVS Caremark's Rx Delivery by Mail a try.

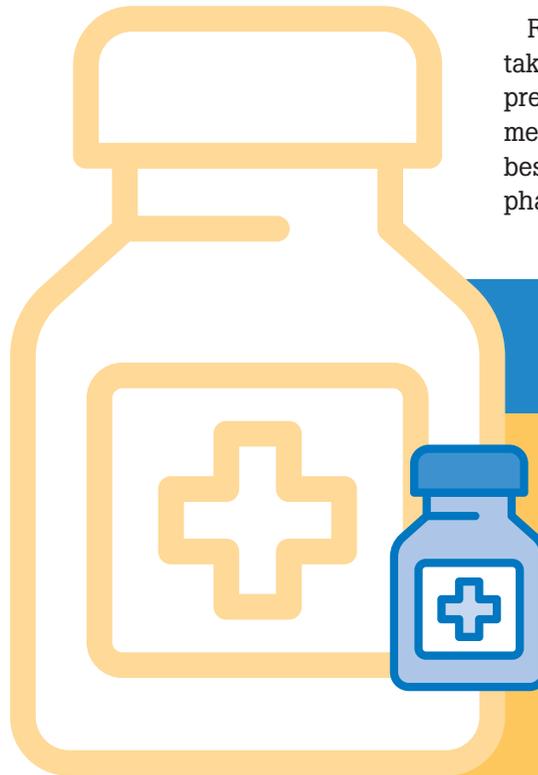
Contactless delivery keeps you and your loved ones safe. You place your order on the app, online or by phone, and then receive it by mail—without ever having to leave home. There are many other benefits, too:

- **Save time.** No more trips to the drug store and time spent waiting in line while you try to keep a safe social distance from other shoppers.
- **Save money.** Get a 90-day supply for the cost of a 60-day retail copay.

- **Free delivery.** Standard shipping is always free.
- **Easy refills.** Scan your prescription label on the app, or reorder online or by phone.
- **Get started.** To start filling your prescriptions by mail, you'll need a new 90-day prescription:

1. Ask your doctor to send an electronic prescription to CVS Caremark Mail Service Pharmacy. This is the easiest way to get started.
2. Request that CVS Caremark contact your doctor and get the process started for you.
3. Of, if you prefer, print the Caremark Mail Order Claim Form (available on [aetf.com](https://www.aetf.com) under **Forms**), attach it to your doctor's original 90-day prescription, and mail it to CVS Caremark.

Regular delivery is free and will take 7 to 10 days from receipt of your prescription. (For short-term medications, like an antibiotic, it's best to use a CVS Caremark retail pharmacy.)



32%

of Alaskans live in rural areas.

CVS Caremark has added extra delivery time to make sure they receive their mail order prescriptions when they need them.

Source: Rural Health Information Hub

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.

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ADDRESS SERVICE REQUESTED



Remember...

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



Get the Facts

Five Things to Know About the COVID-19 Vaccine

- 1 Vaccination will help protect you from getting COVID-19.** Two doses are needed to get the most protection the vaccine has to offer.
- 2 You may have some side effects.** These may feel like flu symptoms and should go away in a few days. This is a normal sign that your body is building protection.
- 3 Safety is a top priority.** The CDC has developed a health checker app to rapidly detect any safety issues in people who receive COVID-19 vaccines. You can learn more about the app at cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html.
- 4 The goal is for everyone to get vaccinated.** When it is widely available, the vaccine can be administered in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.
- 5 COVID-19 vaccines are one tool to help stop the pandemic.** Please continue to wear a mask and stay 6 feet away from others, avoid crowds, and wash your hands often.

Stay informed with current, accurate information at cdc.gov/coronavirus.

