

Healthy CONNECTIONS



Straight Talk From Your Health & Welfare Fund

Hot Topics

You're Never Too Old for Vaccines 1

Using the Wellness and Minor Care Plan..... 2

Consider BridgeHealth for Surgery 2

Change Your Mind..... 3

Healthy Reminders 4

Alaska Electrical Health & Welfare Fund

Employer Trustees

Larry Bell
 Jesse Hale
 Paul Lantz
 Chuck Platt
 Diedre Williams

Labor Trustees

Knute Anderson
 Pamela Cline
 Dave Reaves
 Diana Ruhl
 Doug Tansy

(800) 478-1246 or (907) 276-1246
 www.aetf.com

You're Never Too Old for Vaccines

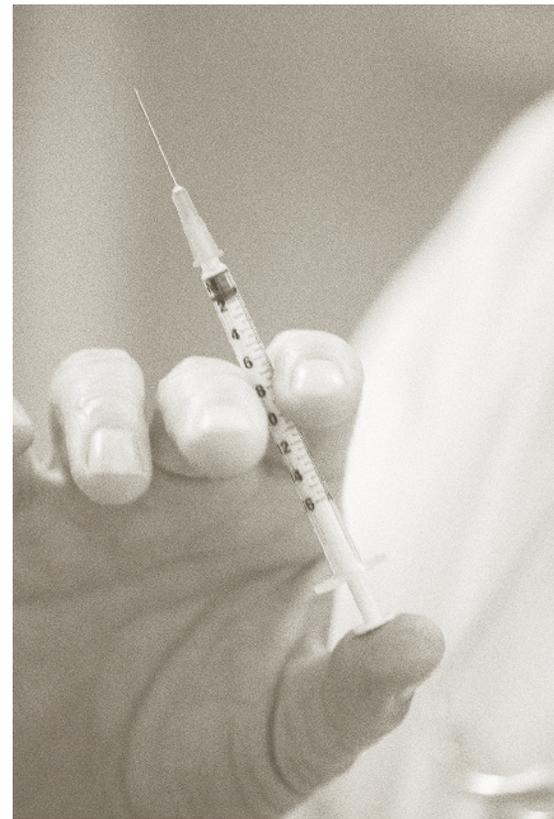
Keep Up with Vaccines Throughout Your Life

Did you know that your risk for many preventable illnesses increases as you age? Vaccines protect you from getting sick and spreading disease to others. And here's the good news: vaccines are safe and most people who get vaccinated become immune to the disease.

Your Health Plan covers all recommended vaccines at 100% when you receive them from an in-network provider. Talk to your doctor about the vaccines that are appropriate for you, based on your health history, conditions, age, occupation and travel plans.

Here are some important vaccines recommended for adults:

- **INFLUENZA** Recommended: Get the flu vaccine every year. The flu is a contagious respiratory virus that can be severe and lead to death.
- **DIPHTHERIA, TETANUS AND PERTUSSIS (WHOOPING COUGH)** Recommended: A Td booster every 10 years (following childhood vaccination). These illnesses can cause breathing difficulties, severe symptoms requiring hospitalization, ongoing complications and death.
- **MEASLES, MUMPS AND RUBELLA (MMR)** Recommended for adults who weren't vaccinated during childhood. These illnesses can be highly contagious and cause pneumonia, encephalitis, pregnancy complications...even death.
- **VARICELLA (CHICKENPOX)** Recommended for adults who are not vaccinated and have not had chickenpox. This highly contagious disease causes an itchy, blister-like rash.



- **SHINGLES (HERPES ZOSTER)** Recommended: For adults 50 years and older. This extremely painful rash can lead to severe, ongoing pain. Anyone who has had chickenpox may develop shingles.
- **HPV HUMAN PAPILLOMAVIRUS** Recommended: Get vaccinated by age 26 (age 21 for men). This sexually transmitted virus causes cancer in 30,000 unvaccinated people in the U.S. every year.
- **PNEUMOCOCCAL DISEASE** Recommended: For adults 65 years and older. This disease results in bloodstream infections, pneumonia and meningitis.

Source: Centers for Disease Control

Using the Wellness and Minor Care Plan

For Routine and Preventive Care

Working with your doctor to stay healthy is just as important as getting the right treatment when you're sick. That's why the Fund's Wellness and Minor Care Plan helps you get routine and preventive care at a low cost.

There is no copay for preventive care. You pay just \$20 per person per visit for routine care; \$50 if three or more family members visit a Wellness and Minor Care Plan clinic at the same time. No deductible is required.

Wellness and Minor Care Plan services include:

- **Routine and minor care:** Treatment for colds, flu, minor illness or accident, general minor medical care and x-rays or lab tests
- **Preventive care for adults:** Physical exams, mammograms, prostate-specific antigen (PSA) testing, annual women's exams and associated lab tests and x-rays
- **Preventive care for children:** Physical exams, sports physicals and immunizations for kids over two (five years and up at the Anchorage CHC)
- **Urgent and chronic care (ONLY at the Coalition Health Centers):** Drop in for urgent care during certain hours, and help with ongoing issues, like chronic lower back pain

For a list of Wellness and Minor Care providers, please go to aetf.com; click **Health & Welfare**, then **Medical**, then **Wellness and Minor Care**.

Chronic Conditions and the Wellness and Minor Care Plan

Services to treat conditions that are considered chronic are *not covered* by the Wellness and Minor Care Plan (except at the Coalition Health Centers). Examples of chronic conditions include:

- Diabetes
- Asthma
- Gout
- High blood pressure (hypertension)
- Heart disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Gout

If you receive treatment for a chronic condition from a Wellness and Minor Care Plan provider, you'll pay your Medical Plan's required deductible, copay or coinsurance.

Consider BridgeHealth for Surgery

Top Quality Care Reduces Your Risk for Complications

When you choose to have surgery through BridgeHealth, the Plan pays 100% of your costs for surgery and travel expenses (for you and a companion)—and gives you access to top-rated hospitals, surgery centers, surgeons and doctors nationwide.

BridgeHealth can be used for many types of planned, non-urgent surgeries, for example:

- **Bariatric:** Gastric bypass, gastric sleeve, lap band removal
- **Women's Health:** Hysterectomy, breast reconstruction, pelvic support procedure
- **Cardiac:** Coronary artery bypass graft, valve repair/replacement, defibrillator implant, stent placement
- **General:** Gallbladder removal, hernia repair, thyroidectomy
- **Orthopedic:** ACL repair, hip and knee replacement, shoulder repair and replacement
- **Spine:** Spinal fusion, artificial disc replacement, decompression/laminectomy
You make all decisions related to your surgery, including choosing your surgeon and your hospital.
- **To help you choose your surgeon** BridgeHealth gives you information to compare surgeons, based on their surgical methods, the number of surgeries performed, outcomes, training and certification.
- **To help you choose your hospital**, BridgeHealth partners with CareChex®, an independent hospital rating service. BridgeHealth only works with hospitals that are in the top 25% for the preceding two-year period.

For learn more, go to bridgehealth.com; use code WSQXO to register. Or, call (855) 423-1299. (Note: Bridge Health is available to all non-Medicare participants.)



Change Your Mind

Protect Your Mental Wellness

When we are mentally healthy, we are resilient. We can handle the normal stresses in life, feel good about ourselves, enjoy healthy relationships, work productively, contribute to our communities and make sound decisions.

However, there may be times when we experience challenging life events that negatively affect our emotions, thinking and behavior. When we go through a difficult time—such as the death of a loved one, the loss of a job, a traumatic experience, relationship problems—our mental health can suffer.

Unfortunately, many people don't seek help because of negative attitudes held toward people who are suffering emotionally. This stigma can lead you to mistakenly believe that your condition is a sign of personal weakness or that you should be able to control or overcome it without help.

Just as you would go to a doctor if you were physically unhealthy, it's important to get help when you're not mentally healthy. Ignoring symptoms can lead to more serious, mental and/or physical illness. If you have any of these symptoms for two weeks or longer, get professional help from a doctor or counselor.

- Pulling away from people and usual activities
- Feeling numb or like nothing matters
- Having unexplained aches and pains

- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared
- Experiencing severe mood swings that cause problems in relationships
- Thinking of harming yourself or others
- Inability to perform daily tasks, like taking care of your kids or getting to work



With professional help, symptoms can significantly improve within 2-3 months. Left untreated, mental health problems may continue indefinitely and get worse over time.

Your Health Plan covers mental health services received from a professional (such as a psychiatrist or psychologist) the same as any health care service. Treatment may include prescription medication, counseling or both.

Discover Freedom from Nicotine

We all know that stopping smoking improves your physical health. But quitting is also proven to boost your mental health and wellbeing by improving your mood and relieving stress, anxiety and depression.* Get help quitting by calling the Alaska Tobacco Quit Line at (800) 784-8669 or go to alaskaquitline.com. You'll talk with a supportive, caring counselor who will get you started with a Quit Kit, and, for eligible participants, help you get up to eight weeks of free nicotine replacement products.

To help you successfully quit tobacco, the Health Plan covers smoking-cessation medications such as Chantix and Wellbutrin. The Plan will also reimburse you for over-the-counter products such as patches and gum, if you have a prescription. To request reimbursement, submit your prescription and your receipt for the product to the Administrative Office. Please include your Unique ID.

*Source: UK National Health Service

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

Teladoc: Virtual Doctor Visits at No Cost to You

You and your covered dependents have access to a doctor 24 hours/day, 365 days/year—at no cost to you—by phone, online video or mobile app. Simply request a doctor’s visit, then one of Teladoc’s board-certified physicians will contact you within minutes to talk with you about your symptoms and recommend treatment. (Note: Teladoc is available to all non-Medicare plan participants.) Get started at teladoc.com or call (800) 835-2362.

Best Doctors’ Expert Medical Opinion Program

Now you have access to some of the world’s best specialists, who can review your medical diagnoses and treatment plans, then provide an expert opinion, critical support for your local medical team, and much more. All services are confidential and provided at no cost to you, by phone or online. For more information, call (866) 904-0910 or go to members.bestdoctors.com.

Life Savers

100,000+ lives would be saved each year, if everyone in the US got the checkups, screenings and immunizations recommended by the US Preventive Services Task Force.

You don’t pay anything—not even a copay or the deductible—for recommended preventive services.

Tip: When you schedule your appointment, verify that it is booked and will be billed as “preventive care.” Then, check your Explanation of Benefits to confirm the Plan paid your claim correctly.