

HEALTH TRUST NEWS

SERVING THE PARTICIPANTS OF
THE ASEA/AFSCME LOCAL 52
HEALTH BENEFITS TRUST

Happy New (Plan) Year! THE 2023/2024 PLAN YEAR BEGAN ON JULY 1

Use this checklist to get the New
Plan Year off to a great start.

☐ **Be prepared to pay the deductible.** Each Plan Year, you are responsible for paying the deductible for covered health care services before the Plan starts to pay benefits. (There is no deductible for Plan C. If you are enrolled in Plan D, the Trust provides a \$1,000 Health Reimbursement Arrangement that can be used to help offset your deductible.) To see your Plan's deductible, go to aseahealth.org, click on **Your Benefits, Plan Overview and Costs**, then **Plan Details**. To see how much you've paid towards your deductible, log in to your account on aseahealth.org.

☐ **Update your eligible dependents.** This includes your spouse (you may be legally separated but not divorced) and your children, from birth up to 26 years of age (older, if incapacitated; see the Plan Booklet on aseahealth.org for details). If you have a family status change, submit an updated **Family Information Form** within 60 days of the event to add or remove dependents from coverage.

☐ **Have you moved, had a name change or work status change?** Ensure your claims are paid on time by keeping your information current with the Health Trust. To update your information, complete and submit the **Family Information Form**.

INSIDE THIS ISSUE

Happy New (Plan) Year!.....	1
Healthy Reminders.....	2
New Dental Network Saves You Money	2
Carry Healthy Vibes into the Fall	3
Health Fairs: Save the Date	4

BOARD OF TRUSTEES

Shawn Staker, Chairman
Brittany Staker
Rich Sewell
Chelsea Sieh
Jodi Andres
Charisse Millett
Andrew Hills



Healthy Reminders

PLEASE VOTE AUGUST 9-SEPTEMBER 7

Members will select a Trustee for the At-Large (Statewide) Trustee position. Results will be announced September 8.

THE COALITION HEALTH CENTERS

The Coalition Health Centers provide in-person care for routine illnesses, preventive services, urgent care, and more. There is no cost to you (and no deductible required).

The CHCs are open Monday-Friday, 7:30 a.m.–6:30 p.m. (8 a.m.–5 p.m. at Mat-Su). Schedule an appointment at coalitionhealthcenter.com or call the clinic. 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).

- **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

ALTERNATIVE CARE BENEFITS ARE IMPROVED!

Beginning July 1, 2023, chiropractic care, massage therapy, and acupuncture benefits increased from 20 to 24 combined visits per person per Plan Year.

New Dental Network Saves You Money

REGULAR DENTAL CHECKUPS CAN KEEP YOUR MOUTH (AND HEART) HEALTHY

Because your Dental Plan covers preventive checkups and dental cleanings at no cost to you, you can avoid joining the 40–50% of American adults who have periodontal (gum) disease ... which doubles or triples their risk of developing cardiovascular disease.

Now you can save money on dental procedures by choosing a provider in the Delta Dental of Alaska (DDAK) PPO Network or Premier Network. The Dental Plan pays the same benefits regardless of the provider you choose, but an in-network provider charges a discounted rate, which helps keep your costs down.

To find a provider or see if your provider is in the DDAK PPO Network or DDAK Premier Network go to deltadentalak.com/asea or download the Delta Dental mobile app, then search for providers. You may also contact DDAK at (888) 374-8906 (toll free), Monday–Friday, 6:30 a.m.–5:00 p.m.

YOUR DENTAL BENEFITS AT-A-GLANCE

Dental coverage is the same for Plan A, B and C participants. (Plan D participants are not eligible for dental benefits.)

Annual Deductible	\$25/person; \$75/family.
Benefit Maximum	\$2,000/person per year (does not include preventive services).
Preventive Routine exams, cleanings, fluoride, X-rays, etc.	Plan pays 100%. No deductible required.
Restorative Fillings, repair of dentures and bridges, extractions, root canals, periodontal services, etc.	Plan pays 85% after deductible.
Prosthetic Dental implants, inlays, onlays, crowns, bridges, dentures, etc.	Plan pays 50% after deductible.
Orthodontic Care, treatment, services, and supplies (adults and children).	Plan pays 50%; \$1,500 lifetime maximum per covered person (does not apply to the annual Dental Plan maximum).

To see your full Summary of Dental Plan Benefits, scan this QR code with your mobile device:



Carry Healthy Vibes into the Fall

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 ten 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. 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 eight servings every day.
- **Wear a swimsuit.** 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.
- **Breathe 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.



LIFEWORKS: WELLNESS STRATEGIES YOU CAN USE

A little support from LifeWorks, the Health Trust's Employee Assistance Program, can help you live your best life. There are two easy ways to access the LifeWorks website:

- 1 Go to aseahealth.org, click on Benefits, then Employee Assistance Program, then scroll down to the LifeWorks link.
- 2 Go to directly to wellbeing.lifeworks.com/solution/employee-assistance-program-eap.

User ID: asea.

Password: eap (all lower-case)

After you log in to the LifeWorks website, you have access to valuable resources like these, all at no cost to you:

- **LIFT Workouts:** Get a custom workout developed by professional trainers. Then, follow your workout anytime, anywhere on a mobile phone, tablet, or

computer. Have a fitness question? Ask a personal trainer using the Live Coach Chat. Click "LifeWorks Fitness" to get started.

- **Toolkits:** Choose a topic, such as "Health & Wellbeing," "Stress," or "Weight Loss," for a library of articles, resources, reminders, and motivators on that topic. Each Toolkit has lots to choose from, so you can return to it again and again to help you stay on track. Under "Quick Links," click "Toolkits."
- **Watch and Listen:** Choose a 30-minute recorded webinar on topics like "Workday Workouts," or "Resilience," or opt for a short podcast on a variety of health topics. Under "Quick Links," click "LifeWorks Learning Webinars" or "Podcasts Hub."

You can also download the LifeWorks app from your app store, or call (877) 234-5151 anytime for confidential assistance.

Where to Go for Answers

GET KEY CONTACT INFORMATION ONLINE

The Health Trust website puts benefit information at your fingertips. And if you're looking for the phone number or website of a service provider (like Zenith or Aetna), it has that, too. Go to the Health Trust website at www.aseahealth.org under **More**, select **More Support**, then **Key Provider Contacts**.

Note: Not everyone has access to email, so the Health Trust mails this newsletter to ensure that all participants receive it.

Health Trust News provides general information about the ASEA/AFSCME Local 52 Health Benefits Trust. For more information, please refer to the Benefits Plan Booklet available on the Health Trust website or call Zenith. In the event of conflicting information, Plan documents and Plan Booklet will govern.



ASEA/AFSCME Local 52
Health Benefits Trust
PO Box 5434
Spokane, WA 99205

PRESORTED
FIRST CLASS MAIL
US POSTAGE
PAID
ANCHORAGE, AK
PERMIT NO. 69

Health Fairs: Save the Date

GET SCREENED AT NO COST TO YOU

The Fall Health Fairs, through the Health Trust's participation in the Pacific Health Coalition, provide seasonal flu vaccines to enrolled participants age nine 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)

Pre-registration is required at coalitionhealthfair.org at least one week before the event. Appointments are “first come, first served,” so be sure to preregister early!

42% of people in the U.S. have a vitamin D deficiency, which can affect bone health, lead to cluster headaches, and increase the risk of depression.

Source: National Institutes of Health

2023 HEALTH FAIR SCHEDULE:

- **Anchorage**
September 16, 8 a.m.–1 p.m.
September 17, 8 a.m.–1 p.m.
Dena'ina Center, 600 W. 7th Avenue
- **Fairbanks**
September 23, 8 a.m.–12 noon
September 24, 8 a.m.–11:30 a.m.
Carlson Center, 2010 2nd Avenue
- **Mat-Su**
September 23, 8 a.m.–12 noon
Mat-Su Regional Medical Ctr,
2500 S. Woodworth Loop, Palmer
- **Juneau**
October 7, 8 a.m.–12 noon
Centennial Hall, 101 Egan Drive
- **Soldotna**
October 7, 8 a.m.–12 noon
Central Peninsula Hospital
250 Hospital Place