



## Your Open Enrollment Checklist

### BE INFORMED:

- Read the Benefit Guide in your Open Enrollment packet
- Learn about upcoming Plan changes

### ENROLL BY JUNE 7 IF:

- You are a new member. If you don't enroll:
  - Full-time employees will default to Plan A, the most expensive Plan
  - Part-time employees will not be covered
- You are currently enrolled and want to:
  - Change your current Plan choice
  - Add or drop dependents
  - Cover your spouse in Plan A
  - Have a HCRA for the 2019/2020 Plan Year

### DON'T ENROLL IF YOU WANT TO:

- Keep your coverage as-is (your Plan choice will roll over to the next Plan Year if you do not enroll)

### HAVE QUESTIONS? GET ANSWERS:

- Call the Health Benefits Trust Administrator (Zenith American Solutions) at 866-553-8206

To all ASEA Health Benefits Trust participants:

Welcome to Open Enrollment for the 2019/2020 Plan Year!

The Health Benefits Trust works hard to maintain a high level of benefits and keep your costs down through careful financial management, cost-savings strategies—and by absorbing most of the cost increases, instead of passing them on to you.

**As a result, monthly contribution rates for our members will remain the same again this year!**

As we welcome members of the Public Safety Employees Association (PSEA) from the State of Alaska, the City of Ketchikan, and the City of Fairbanks, we encourage all members to help keep our Health Benefits Trust financially strong (and keep your own costs down) by using your benefits wisely:

- Choose the Plan that's best for you and your family
- Choose PPO providers
- Get preventive care and screenings
- Ask for generic medications
- Use the Coalition Health Centers
- Try Teladoc for "virtual" doctor visits (Behavioral Health/counseling visits effective 7/1)
- Consider BridgeHealth for planned, non-urgent surgery
- Use the Disease Management and Case Management programs, if applicable

Your choices make a difference because our Health Plan is self-funded, which means all our claims are paid with only the money that you and the State contribute. There is no "insurance company."

With all of us working together, we can continue to keep our Health Plan financially strong for all our participants.

Yours in solidarity,

Your Board of Trustees