

Summer 2026

HEALTH TRUST NEWS

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

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Make the Most of These Free Benefits

STRONGER TOGETHER STARTS WITH BETTER HEALTH

Did you know that many ASEA Health Trust programs and services are available at no cost to you? These benefits (see the details on **aseahealth.org** under Your Benefits) make it easier to stay healthy, get care when you need it, and access support for life's challenges—all without adding to your out-of-pocket expenses.

- **Preventive Care**: Get recommended preventive services at no cost. Early detection can help identify health issues before they become more serious. The Plan pays 100%, no deductible required, at an in-network provider.
- **Fall Health Fairs**: Receive free-to-you health screenings and flu shots for yourself and eligible family members. (See details on page 4.)
- **Coalition Health Centers**: There's no cost to you for primary, preventive, and urgent care at locations in Anchorage, Mat-Su, and Fairbanks.
- **Teladoc Virtual Care**: Enjoy convenient care at no cost when you connect with a doctor, dermatologist, or behavioral health provider from your phone or laptop.
- **Employee Assistance Program (EAP)**: Take advantage of six free counseling sessions per year, plus legal assistance, child and elder care referrals, and online wellness resources. (See details on page 2.)
- **Transcarent Surgery Care**: Have non-urgent surgery with top-rated surgeons at premier facilities nationwide at no cost to you.
- **Transcarent Physical Therapy**: Work with a physical therapist to reduce joint or back pain, improve mobility, and strengthen muscles—all without leaving your house.

Every time you use these benefits, you're doing something positive for your health—and helping the Trust manage health care costs responsibly. By taking advantage of preventive care and other no-cost resources, you may avoid more serious and costly health issues down the road. Together, these smart health care choices help keep the Trust strong and sustainable for all of us—right now and in the future.



Supporting You When Life Gets Complicated

YOUR EAP OFFERS CONFIDENTIAL HELP AT NO COST TO YOU

Everyone faces challenges from time to time. Whether you're dealing with stress, relationship concerns, grief, workplace issues, or substance use challenges, assistance is available through the ASEA Health Trust Employee Assistance Program (EAP), Aetna Resources for Living.

The EAP provides eligible participants and their family members with up to six free, confidential counseling sessions each year. Many people use just a few sessions to work through a specific challenge, such as:

- Managing work-related stress
- Coping with grief after a loss
- Navigating relationship conflicts
- Developing strategies for anxiety or depression
- Addressing substance use concerns

EAP counseling is typically short-term and solution-focused, helping you identify practical strategies and move forward with confidence. If additional care is needed, counselors can connect you with appropriate providers and community resources.

The EAP also offers a wide range of online tools and resources covering emotional well-being, legal and financial matters, career development, caregiving, and more.

Help is available 24 hours a day, 7 days a week. To get started, call (888) 238-6232 (TTY: 711) or visit **rfl.com** and log in with User ID: ASEA and Password: eap. Resources are available in both English and Spanish.

This valuable benefit is available at no cost to you, making it easier to get support early—before small challenges become bigger ones.

Vote for a Trustee to Represent You

ONLINE VOTING BEGINS AUGUST 3RD

The Board of Trustees is comprised of six elected GGU members in good standing and one appointed Trustee representing PSEA who oversee the ASEA Health Trust administration, claims, appeals and Trust Fund investments. They make decisions about the Trust's benefits on behalf of you—the Trust's 8,000 employees and 10,000 family members.

That's why it's important to vote for Trustees who represent you and your family. The Trust is conducting a special Trustee election to fill a vacant seat on the Trust—the At Large (Statewide) seat. The term for this position will be September 2026 to September 2028. All members in good standing will have the opportunity to vote for a new At Large (Statewide) Trustee.

To view candidate statements and vote online, go to the Health Trust website at **aseahealth.org** beginning August 3rd, log in, then click on ASEA Election.

THREE WAYS TO CONTACT THE TRUSTEES

Did you know there are several ways to contact the ASEA Health Trust Trustees with questions, concerns, or feedback about your health benefits?

1 **Use the Contact Us feature.** The secure **Contact Us** tool on the ASEA Health Trust website is the easiest way to communicate with the Health Trust. It protects your personal information and allows you to view the history of your messages and responses.

2 **Call or mail the Administrator.** You can reach the Health Trust Administrator at (866) 553-8206. You may also send correspondence by mail to ASEA Health Trust, 11724 NE 195th Street, Suite 300, Bothell, WA 98011-3145.

3 **Participate in the Participant Comment Period.** Held periodically, this gives members an opportunity to share ideas, concerns, and suggestions directly with the Board of Trustees. Comments may be submitted by phone, through Contact Us, or by mail.



You're Not Alone on Your Health Journey

CASE MANAGEMENT PROVIDES PERSONALIZED SUPPORT

Dealing with a serious illness or injury can feel overwhelming. Between doctor appointments, treatments, medications, and recovery plans, it can be difficult to keep track of everything. That's where the Case Management program can help.

Case Management is a voluntary service designed for members facing long-term illnesses or injuries. A dedicated case manager works closely with you, your family, and your medical providers to help coordinate care, identify appropriate services, and ensure everything is delivered efficiently and in a timely manner within your Health Plan benefits.

- Imagine you're recovering from a stroke and need physical therapy, follow-up appointments, and home health services. A case manager can help coordinate these services and explore the most effective care options.
- Or perhaps your child is receiving specialized neonatal care after a high-risk birth. A case manager can help navigate complex medical needs and connect your family with valuable resources.
- Case Management may be available for spinal cord injuries, traumatic brain injuries, severe burns, multiple fractures, strokes, lengthy hospital stays, and other conditions requiring extensive medical care over time.

Working with a case manager can feel like having a knowledgeable guide in your corner during a challenging time. Instead of trying to navigate your health care journey on your own, you have someone who can help guide you to the best outcome.

Most importantly, you're still in control. Participation is voluntary, and decisions about your care are made with your input and your doctor's guidance. Many patients find that having a case manager reduces stress, saves time, and helps them focus more of their energy on healing and recovery.

If you think you or a family member could benefit from Case Management, contact the Health Trust Administrator at (866) 553-8206 to learn more about this valuable resource.



Healthy Reminders

THE NEW PLAN YEAR BEGAN JULY 1

Any benefit selections you made during Open Enrollment will begin on July 1.

SUBMIT A FAMILY INFORMATION FORM

Get off to a good start and avoid claim delays by submitting a Family Information Form (**aseahealth.org**, choose Forms). This is required each Plan Year before the Trust pays your claims.

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
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Fall Health Fairs: Save the Date

GET SCREENED AT NO COST TO YOU

The annual Health Fairs make it easy to get flu shots and screening blood tests:

- 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)

These tests are available to eligible enrolled members and dependents age 18 and over. Flu shots are available to enrolled members and dependents age 9 and over. There is no cost to you.

Pre-registration is required beginning August 3 at **coalitionhealthfair.org** and closes at midnight on Thursday three weeks before each event.

2026 HEALTH FAIR SCHEDULE		
Anchorage	Saturday, September 26 8 am–12 noon Sunday, September 27 8 am–12 noon	Dena'ina Center 600 W. 7th Avenue
Fairbanks	Saturday, September 12 8 am–12 noon Sunday, September 13 8 am–11:30 am	Fairbanks Pipeline Training Center 3605 Cartwright Court, Building C
Juneau	Saturday, October 3 8 am–12 noon Sunday, October 4 8 am–11:30 am	Centennial Hall 101 Egan Drive
Mat-Su	Saturday, September 19 8 am–12 noon	Mat-Su Regional Medical Center 2500 S. Woodworth Loop, Palmer
Soldotna	Saturday, October 3 8 am–12 noon	Central Peninsula Hospital 250 Hospital Place