



HEALTH TRUST NEWS

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

INSIDE THIS ISSUE

Recovery Is Possible	1
Contacting the Trustees	1
Wellness That Works.....	2
Be Prepared	3
Health Fairs: Save the Date	3
Healthy Reminders.....	4
Vote for Trustees to Represent You	4

BOARD OF TRUSTEES

Jodi Andres, Chairperson
Tracy Coon, Secretary
Andrew Hills
Charisse Millett
Chelsea Sieh
Brittany Staker
Shawn Staker

Recovery Is Possible BREAKING THE SILENCE AROUND SUBSTANCE USE DISORDER

Substance Use Disorder (SUD) is a medical condition where a person loses control over their use of alcohol, drugs, or medications, despite harmful consequences. It is NOT a moral failing, lack of willpower, or simply a “bad habit.” With professional treatment, people can recover and lead healthier lives.

WHAT ARE THE WARNING SIGNS?

Frequent cravings, increased tolerance, withdrawal symptoms, neglecting responsibilities, and continuing use despite negative consequences in relationships, work, or health.

WHAT ARE THE HEALTH RISKS?

Serious issues such as liver disease, heart problems, and mental health disorders can

happen. Long-term use can damage brain function and emotional regulation.

WHO IS AT RISK?

Anyone can develop SUD, but risk factors include genetics, trauma, mental health disorders, early exposure to substances, and social environment.

HOW DOES THERAPY HELP?

Therapy provides tools to understand triggers, build healthy coping strategies, and manage cravings.

WHEN SHOULD SOMEONE GET HELP?

If substance use interferes with daily life, causes distress, or puts health at risk, it's time to seek help. Start by talking with your doctor or a behavioral health therapist:

- Work with a virtual therapist through Teladoc. Use the Teladoc app, go to teladochealth.com, or call 800-TELADOC (835-2362). There is no cost to you.
- The Trust Employee Assistance Program (EAP) provides up to six free counseling sessions per year plus referrals to community resources, information and other services. Go to r1f.com (user ID = ASEA, password = eap) or call (888) 238-6232.
- Your Medical Plan provides both outpatient and inpatient (with preauthorization) coverage for SUD treatment. View your Benefits Plan Booklet on aseahealth.org for details.

Contacting the Trustees HELP US HELP YOU

If you would like to contact a Trustee about your ASEA/AFSCME Local 52 Health Benefits, please use **Contact Us** on aseahealth.org. This ensures your information is secure and your inquiry reaches the right person. Trustees cannot respond to Health Trust inquiries to their [Alaska.gov](https://alaska.gov) or personal email addresses.

Wellness That Works

SMART HABITS FOR A HEALTHIER YOU

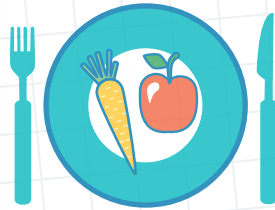
Whole-body wellness is about finding balance in all areas of life: staying active, eating nourishing foods, getting enough sleep, managing stress, and nurturing mental health. When you care for your whole self, you build resilience, boost your energy, and improve your overall quality of life.

Here's how you can make small, sustainable choices that help you feel your best every day:

EAT RIGHT

Did you know a healthy diet can help you live longer? It also prevents disease, improves mood, and builds strong bones.

- Ask your health provider for resources to help you manage conditions like high cholesterol and blood pressure, digestive issues, or prediabetes, through a science-backed meal plan.
- The Plan will cover healthy diet counseling for participants diagnosed with chronic diet-related diseases such as diabetes, digestive or eating disorders, cardiovascular disease, and others. See the Plan Booklet on aseahealth.org for more information.



GET MOVING

You'll immediately feel better, function better, and sleep better. Aim for at least 150 minutes a week of moderate-intensity aerobic activity.

- Try virtual physical therapy through Transcarent for help with back, joint, and muscle pain whether it's for prevention, treatment of acute or chronic pain, or post-surgical recovery. It's convenient and there is no cost to you. To get started, visit experience.transcarent.com/asea/vpt.



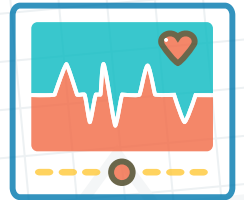
Get the details!

Learn more on aseahealth.org under Your Benefits.

GET PREVENTIVE CARE

It's key to helping you stay healthy and detect health problems early on.

- Schedule a routine physical exam and get the screenings that are right for you. Your benefits cover 100% of services recommended by the Affordable Care Act (ACA).
- 50 or over? Get an annual Galleri test to find cancer early. Learn more at Galleri.com/ASEA.



GO TO THE DENTIST

Routine dental care helps prevent cavities, reduce gum disease, and boost your overall health.

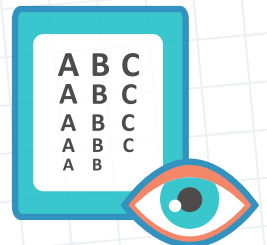
- Your benefits pay 100% for two routine cleanings/exams per year for all eligible enrolled family members.



GET EYE EXAMS

Regular eye exams maintain optimal eye health and overall wellness, as well as provide vision correction.

- Your benefits cover an annual vision exam for all enrolled family members. (Note: Plan D does not include vision benefits.)



PRACTICE MENTAL WELLNESS

Building resilience can help you handle life's challenges while maintaining a sense of balance and well-being.

- Talk with a therapist at no cost to you through Teladoc or the Trust's EAP. Your Medical Plan also covers behavioral health care like any other service.



Be Prepared

KNOW WHERE TO GO IN A CRISIS

A health crisis can range from waking up with a rash, to getting cut while chopping vegetables, to sudden chest pains. Choose the best type of care for the situation to save money and time.

When it's not urgent (flu, rashes, digestive problems, etc.)

- Have a virtual visit within minutes at no cost to you. Use the Teladoc app, go to **teladochealth.com**, or call 800-TELADOC (835-2362).

When you need in-person care (get lab tests, x-rays, physical exams, etc.)

- Visit a Coalition Health Center. There's no cost to you; schedule an appointment at **coalitionhealthcenter.com**.

- Go to any doctor. Save with an Aetna in-network provider (**aetna.com/docfind**; select Aetna Choice POS II OpenAccess).

When you need urgent care (high fever, deep cuts, severe vomiting, etc.)

- Walk-in at the Coalition Health Center. See hours and locations at **coalitionhealthcenter.com**.
- Go to an urgent care clinic. Tip: Find an Aetna in-network clinic, then save it in your contacts for when you need it.

When it's a matter of life or death (chest pain, difficulty breathing, severe bleeding, signs of stroke, etc.)

- Call 911 or go to the nearest hospital emergency room. Note: You'll pay a



\$100 penalty if you go to the ER for non-emergency services (unless it is after normal business hours, or on weekends or holidays). Within Anchorage, you may go to a non-PPO hospital in a true emergency medical situation without a PPO penalty, however the patient must be transferred to a PPO hospital as soon as medically possible.

Health Fairs: Save the Date

GET SCREENED AT NO COST TO YOU

The Coalition 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 Vitamin D levels)

Lab 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 4 at **coalitionhealthfair.org** and closes at midnight on Thursday three weeks before each event.

2025 HEALTH FAIR SCHEDULE

CITY	2024 DATES	LOCATION
Anchorage	Saturday, September 20 8 am–12 noon Sunday, September 21 8 am–12 noon	Dena'ina Center 600 W. 7th Avenue
Fairbanks	Saturday, September 13 8 am–12 noon Sunday, September 14 8 am–11:30 am	Fairbanks Pipeline Training Center 3605 Cartwright Court, Building C
Juneau	Saturday, October 4 8 am–12 noon Sunday, October 5 8 am–11:30 am	Centennial Hall 101 Egan Drive
Mat-Su	Saturday, September 20 8 am–12 noon	Mat-Su Regional Medical Center 2500 S. Woodworth Loop, Palmer
Soldotna	Saturday, September 27 8 am–12 noon	Central Peninsula Hospital 250 Hospital Place

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

Healthy Reminders

HAPPY NEW PLAN YEAR

The new Plan Year began July 1. Get off to a good start by submitting a Family Information Form (required each Plan Year before the Trust pays your claims).

BACK TO SCHOOL

There is no cost to you—no copay or deductible required—for sports physicals and immunizations at a Coalition Health Center. Schedule an appointment at coalitionhealthcenter.com.

Vote for Trustees to Represent You

ONLINE VOTING BEGINS AUGUST 1

The Board of Trustees is comprised of seven individuals who oversee the ASEA Health Trust Administration, claims, appeals and Trust Fund investments. They make decisions that affect 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. This fall, members-in-good-standing in the Southeast and Rural/Bush Regions will have the opportunity to vote for one of two Trustee positions:

- Southeast Region
- Rural/Bush Region

To view candidate statements and vote online, go to the Health Trust website at aseahealth.org beginning August 1, log in, then click on ASEA Election.