



# HEALTH TRUST NEWS

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

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## Life Is Good...Keep It That Way NEVER UNDERESTIMATE THE POWER OF PREVENTIVE CARE

If you knew you could take action to avoid getting a chronic condition—heart disease, type 2 diabetes or cancer—before it starts, would you?

Chronic conditions are health conditions that last at least one year, require ongoing care, and may limit daily activities. Common chronic conditions include arthritis, asthma, depression, and chronic obstructive pulmonary disease (COPD). Regular preventive care can help reduce your risk of developing chronic conditions, or detect them at early stages, when treatment is most effective.

Getting preventive care is as easy as scheduling a routine annual wellness exam. Your provider will check your overall health and recommend screenings, tests and care that are appropriate for your health history, age, and gender, such as the following:

- All adults: Screenings for colon cancer, cholesterol, depression, obesity, and type 2 diabetes
- Women: breast and cervical cancer screenings, bone density tests
- Men: prostate cancer screenings, imaging tests for abdominal aortic aneurysm
- Children: pediatric screenings for hearing, vision, autism, and developmental disorders

**Health Fair Lab Tests.** If you had any preventive screenings done at a Coalition Health Fair, be sure to send a copy of the

6 IN 10 ADULTS  
HAVE AT LEAST  
ONE CHRONIC  
DISEASE, AND 4  
IN 10 HAVE TWO  
OR MORE.

Source: Centers for  
Disease Control and  
Prevention



results to your doctor and discuss any concerns at your annual wellness exam.

## GET YOUR PREVENTIVE CARE

Your Health Plan covers an annual checkup—and all preventive services recommended by the Affordable Care Act—at 100%, no deductible required. To see which preventive services are recommended for you, go to: [healthcare.gov/coverage/preventive-care-benefits](https://www.healthcare.gov/coverage/preventive-care-benefits).

- Make an appointment at a Coalition Health Center. Visit [coalitionhealthcenter.com](https://www.coalitionhealthcenter.com) or call:

**Anchorage:** 907-264-1370

**Fairbanks:** 907-450-3300

**Mat-Su Valley:** 907-206-4601

- Choose an Aetna provider. Search for one at [aetna.com](https://www.aetna.com); choose Aetna Choice® POS II, Open Access.
- See any doctor. Remember, the Health Trust does not have a PPO network for physicians.

# Beat the Winter Blues

## HERE'S HELP FOR SEASONAL AFFECTIVE DISORDER (SAD)

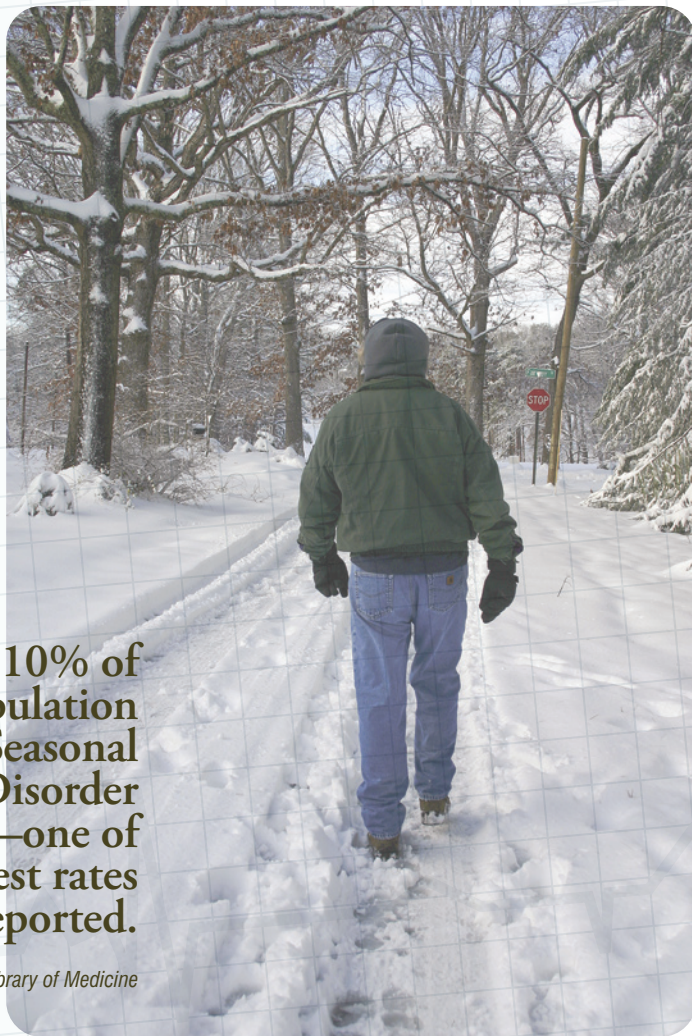
Does the thought of long winter days make you tired, sad, and weary? It could be caused by a unique kind of depression called seasonal affective disorder or SAD. SAD is triggered by shorter days and decreased sunlight during winter.

Sufferers have symptoms that start in October/November and go away by March/April. Signs may include:

- Sadness, anxiety, and irritability
- Tiredness, wanting to sleep more

- Decreased energy level
- Weight gain, increased appetite
- Difficulty concentrating
- Increased desire to be alone

Women are more likely to have SAD than men, but men may have more severe symptoms. It occurs more often in young people (18-30 years old) and is less likely in older adults.



**Nearly 10% of Alaska's population experiences Seasonal Affective Disorder (SAD)—one of the highest rates reported.**

*Source: National Library of Medicine*

## HOW YOUR HEALTH PLAN HELPS YOU

If you feel down for days at a time and you can't get motivated to do activities you normally enjoy, talk to a doctor or mental health professional. There are many effective treatments that can help you feel better.

**Your Health Plan.** If you think you have SAD, see a healthcare provider for an assessment. Your provider may prescribe light therapy, prescription medication, or Vitamin D supplements, as well as lifestyle changes to minimize symptoms. (Go to a Coalition Health Center; there's no cost to you! A provider in the Aetna network may save you money. Search for one at [aetna.com](https://www.aetna.com); choose Aetna Choice® POS II, Open Access.)

**Teladoc** gives you confidential, convenient access to professional counselors online or by phone at no cost to you. You have three options to connect:

- **Online:** [teladoc.com](https://www.teladoc.com)
- **Phone (24/7):** (800) TELADOC (835-2362)
- **Mobile app:** Download the Teladoc App from the App Store or Google Play.

### Your Employee Assistance Program

(EAP) is available to you 24 hours/day, 7 days/week. You can have up to six free counseling sessions per issue per year.

Here's how to connect:

- **Online:** Go to [lifeworks.com](https://www.lifeworks.com); username: ase / password: eap (case sensitive).
- **Phone (24/7):** (877) 234-5151; TTY/TDD (800) 999-3004; En español (888) 732-9020.
- **Mobile app:** Download LifeWorks from the App Store or Google Play; username: ase / password: eap (case sensitive).



## Low Visibility in the Forecast?

### WINTER CONDITIONS MAY AFFECT YOUR VISION

When the forecast calls for freezing temperatures, snowy days, and high winds, be sure to protect your eyes. Here are some wintertime tips to help guard your vision in cold weather.

- **Winter sun:** Ultraviolet (UV) rays reflecting off snow can cause temporary snow blindness as well as long-term damage. Always wear sunglasses or goggles with UV protection outdoors on winter days.
- **Dry eyes:** Indoor heating can make eyes dry. Try lowering the temperature, get a humidifier, and use lubricating eye drops.
- **Watery eyes:** Many people get teary eyes in windy conditions. Wear glasses to shield your eyes, even if you don't usually wear glasses outdoors.
- **Falls:** Difficulty seeing in the dark makes icy surfaces much more dangerous. Be extra cautious, use handrails, and add lighting where needed.
- **Driving:** In the dark, pupils dilate and become larger to let in more light, which can cause blurry vision. Keeping your windshield clean, inside and out, can help you see more clearly.

Regular vision care can keep your eyes healthy all year round:

- Adults should see an eye doctor at least every two years and once a year after age 60.
- Children need their vision checked at six months, three years, and before first grade.
- People with risk factors or a family history of eye problems may need more frequent exams.

Your Vision Plan covers an annual vision exam and pays generous allowances for lenses and frames or contact lenses. Find a VSP provider at [vsp.com](http://vsp.com) or call (800) 877-7195.

**90% of UV radiation can reflect off snow on a sunny day, exposing your eyes to nearly a double dose of UV, from the sun above and bouncing off the snow below.**

*Source: SunSmart*

## No Time for the Flu

### STAY WELL THIS FALL

Peak flu season is in full swing, and the best way to reduce your risk of getting sick is to get a flu shot as soon as possible. Your Health Plan covers flu shots at 100%, and you can get one at your doctor's office, a Coalition Health Center, or a Caremark network pharmacy.

Good health habits, like avoiding people who are sick, covering your cough, and washing your hands often, can help stop the spread of germs and prevent many seasonal illnesses like colds, coughs, sore throats, earaches, bronchitis, sinusitis, seasonal allergies, and more.

If you do get sick, get care quick:

- **Virtual Visit:** For non-urgent illness, such as sinus problems, bronchitis, allergies, cold and flu symptoms, or respiratory or ear infections, try a virtual visit. Go to [teladoc.com](http://teladoc.com), download the app, or call 1 (800) TELADOC (835-2362). There is no cost to you.
- **In-Person Provider:** Go to a doctor for things that can't be done online, like listening to your lungs, taking a strep test, getting X-rays, or help with severe sprains, cuts that need stitches, or broken bones. Make an appointment at the Coalition Health Center, go to an urgent care center near you, or see your regular doctor.
- **Emergencies.** Call 9-1-1 or go to the nearest emergency room in a life-threatening emergency, such as chest pain, trouble breathing, or a fever over 103° (100.4° in an infant).

## 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](http://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.*



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## Healthy Reminders

### THE MAT-SU VALLEY COALITION HEALTH CENTER

The Center serves Palmer, Wasilla, Big Lake, Houston, Willow, Sutton, and Talkeetna. For more information, go to [coalitionhealthcenter.com](http://coalitionhealthcenter.com).

### BRIDGEHEALTH IS NOW TRANSCARENT SURGERY CARE

Get outstanding surgical care at no cost to you. For more information, call 844-249-8108, email [surgerycare@transcarent.com](mailto:surgerycare@transcarent.com) or register for an account on [transcarent.com/surgery-care](http://transcarent.com/surgery-care).

### VIRTUAL PHYSICAL THERAPY

Joint or back pain? Get better by doing PT at home. To get started, go to [experience.transcarent.com/asea/vpt/](http://experience.transcarent.com/asea/vpt/).

### RENALOGIC

Renalogic helps participants with an increased risk for chronic kidney disease manage their health to prevent it. There's no cost to you. To learn more, email [mynurse@renalogic.com](mailto:mynurse@renalogic.com) or go to [renalogic.com](http://renalogic.com).

### CPAP RECALL NOTIFICATION

The Federal Food and Drug Administration (FDA) has issued a recall on certain ventilators, continuous positive airway pressure (CPAP) machines, and bilevel positive airway pressure (BIPAP) machines made by Philips Respironics between 2009 and April 26, 2021.

If you currently use any of these products by Philips Respironics, please contact the Trust Office at (866) 553-8206 immediately regarding this recall.