



HEALTH TRUST NEWS

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

INSIDE THIS ISSUE

- More Services. Better Care. 1
- New Web Portal..... 2
- Should You Get a Flu Shot? 2
- Meet Chelsea Sieh 2
- Connect with Your Benefits..... 3
- Health Fairs 3
- Mold—It’s Everywhere..... 4

BOARD OF TRUSTEES

- Mike Williams, Chairman
- Jacob Lauten
- Shawn Staker
- Terry Roth
- Chelsea Sieh
- Brittany Staker

More Services. Better Care. COALITION HEALTH CENTERS KEEP IMPROVING

More than nine out of 10 Coalition Health Center patients are fully satisfied with the services they receive, according to the CHC’s “Happy Or Not” survey. Thanks to your input, the CHC is continually able to improve with conveniences like these:

- **Extended Hours:** The clinics are open for appointments 7:30 a.m. to 6:30 p.m., Monday-Friday
- **Walk-In Care:** No appointment needed from 8:30 a.m. to 4:30 p.m., Monday-Friday for unexpected and sudden onset of illness or injury
- **Schedule Ahead:** Make appointments for routine or preventive care
- **Website:** Schedule appointments online. (Coming soon: securely view test results.)

New! The CHC recently added these services to meet more of your health care needs:

- **Radiology Services:** X-ray
- **Minor Surgical Procedures:** For example, simple biopsies, IUD placement/removal, and wart removal

The CHC continues to provide a wide range of services including:

- **Primary Care:** Illness or any health concern (pains, rashes, unusual symptoms, etc.)
- **Urgent Care:** Treatment for unexpected illness or injury (cuts, sprains, minor burns)

- **Routine Physicals:** Preventive care exams and services for adults and children (ages 5+ in Anchorage; 2+ in Fairbanks)
- **Immunizations:** Flu shots and other recommended vaccines
- **Laboratory Services:** Cultures, blood and urine tests
- **Onsite Pharmacy:** Free generic prescriptions for many conditions treated at the CHC

SHARE THE CARE.

Tell your co-workers (who also have Health Trust benefit coverage) about the CHC. Remember, it’s more than just convenient; you pay nothing—no copay, no deductible—for CHC services.

Two locations (open Monday-Friday, 7:30 a.m. - 6:30 p.m.):

- **Anchorage:** 907-264-1370, 2741 DeBarr Road, Suite C 210 (at Alaska Regional Hospital)
- **Fairbanks:** 907-450-3300, 575 Riverstone Way, Unit 1 (in the Ridgeview Business Park)

Make an appointment by phone or online at coalitionhealthcenter.com.

PS: There’s never a non-PPO penalty on services you receive at the CHC within the Municipality of Anchorage.

New Web Portal

SAME EXCELLENT DISEASE MANAGEMENT PROGRAM

Participants in the Disease Management Program have a new web portal to access information: asea.optum.com.

Optum (formerly Alere) is the Health Trust's Disease Management program provider. Participation in the program is voluntary, confidential and available at no cost to all participants who have been diagnosed with chronic disease.

The program provides information and one-on-one guidance to give extra support in addition to a doctor's care. Learn more at aseahealth.org, click **Benefits**, then **Disease Management**.

Should You Get a Flu Shot?

YES! THE BEST WAY TO PROTECT AGAINST THE FLU IS TO GET VACCINATED

Most of us think of the flu as an unpleasant, non-serious illness. The fact is that thousands will die from complications this flu season. Last year's flu season was the worst in a decade, sending a million people to the hospital and killing thousands, including 172 children.

That's why the Centers for Disease Control (CDC) recommends that everyone, 6 months of age and older, get a flu shot, every year.

Why do I need a flu shot every year?

The vaccine ingredients are updated every year to combat the changing strains of flu viruses that circulate. Plus, your

body's immunity declines, and the annual vaccine provides optimal protection.

Does the flu shot really work?

Yes. The vaccine reduces your risk of getting the flu by 40%-60%, when the vaccine is well-matched to the circulating flu viruses.

Are there different kinds of flu vaccines?

Yes. Standard "trivalent" vaccines protect against three flu viruses; "quadrivalent" vaccines protect against four. Plus, there are variations for people who are 65 or older, allergic to eggs, or pregnant. Ask your health care provider which vaccine is best for you.

Can I get still get the flu, even if I get a flu shot?

Yes; the vaccine reduces your risk but it's not bullet proof. If you do get sick, the vaccine may make your illness milder and reduce your risk for hospitalization.

When should I get a flu shot?

If possible, get a flu shot before flu season (October through May) begins, but even if you get one as late as January, it will still provide protection. The vaccine is fully effective 2 weeks after it is administered.

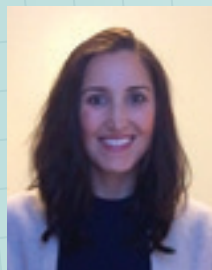
Where can I get a flu shot, and how much will it cost?

Get vaccinated at the Fall Health Fair, the Coalition Health Center, or a participating CVS/caremark retail pharmacy. Your Health Plan covers flu shots at 100%, but you may have to pay an office visit copay if you get one at your doctor's office.

Source: Centers for Disease Control] Learn more about the flu at flu.gov.

Meet Chelsea Sieh

RURAL REPRESENTATIVE



The newest Trustee, Chelsea Sieh, brings something no one else does to the Board of Trustees: experience living

in rural Alaska, or "the bush." Chelsea was raised in Unalakleet, spent a decade in Anchorage, and then moved to Kotzebue four years ago.

"It's a completely different mindset here," says Chelsea. Kotzebue (pop. 3,201) is the largest city in the 40,749-square-mile Northwest Arctic Borough, and is an economic, political and social hub.

"Everything we have comes by boat or plane, because we're not accessible

by road," she explains. "That impacts health care services and supplies, and although Kotzebue has a local hospital, people have to go to Fairbanks or Anchorage for surgery and specialty care."

She's happy to see that the Trust has added benefits like BridgeHealth (traveling for major surgery) and Teladoc (telemedicine or virtual office visits), which are important for participants in remote areas.

Chelsea works at the airport as an Administrative Assistant for the DOT. Her office happens to be next door to her husband's airline company, and whenever she can, she hops a flight. "There's nothing like seeing Alaska's wildlife and mountains from the air," she says. "We love living where we do!"

Connect With Your Health Trust Benefits

HAVE A GENERAL BENEFIT QUESTION?

ASEAHEALTH.ORG
Benefit Info • Forms • Links • News

WANT TO VIEW YOUR OWN BENEFIT INFORMATION?

ONLINE: SECURE BENEFIT PORTAL on ASEAHEALTH.ORG
Secure access to your claims and coverage

MAIL: EXPLANATION OF BENEFITS
Details on how your claim was processed

WANT TO GET THE MOST FROM YOUR BENEFITS?

QUARTERLY NEWSLETTER
News • Tips • Healthy Ideas

HAVE A CONCERN YOU'D LIKE TO SHARE?

PARTICIPANT COMMENT PERIOD
Provide Trustees with your feedback

WANT TO KNOW WHEN TO TAKE ACTION?

BREAKTIME READING EMAILS, AD-HOC MAILINGS
Important Info • Deadlines

NEED TO TALK TO SOMEONE ABOUT YOUR BENEFITS?

HEALTH TRUST ADMINISTRATOR
Phone • Secure email—through Contact Us on aseahealth.org

Health Fairs Scheduled This Fall

PRE-REGISTRATION REDUCES YOUR WAIT TIME AT THE FAIR

Pre-registration is required this year at all fair locations. Starting August 8, pre-register online by going to coalitionhealthfair.org. Appointments are “first come, first served,” so pre-register early!

At no cost to you, the Health Fairs offer seasonal flu vaccines* and the following preventive care tests:

- Chemistry/Hematology Profile (a comprehensive blood test)
- Thyroid Screen (determines how well the thyroid is working)
- Prostate Disease Screen (a blood test recommended for men as early as age 40)
- Vitamin D Screen (measures your Vitamin D levels)

2018 Dates (8 a.m.–Noon)

ANCHORAGE

Saturday & Sunday, October 13 & 14
Saturday, November 3

Ted Stevens Int'l Airport / North Terminal •
4600 Postmark Drive (Free parking at the North Terminal)

FAIRBANKS

Saturday & Sunday, September 15 & 16
Carlson Center • 2010 Second Avenue

JUNEAU

Saturday, October 27
Centennial Hall • 101 Egan Drive

MAT-SU VALLEY

Saturday, September 22
Mat-Su Regional Medical Center •
2500 South Woodworth Loop (Palmer)

SOLDOTNA

Saturday, October 27
Central Peninsula Hospital • 250 Hospital Place

* Quadrivalent flu vaccines will be offered to eligible participants age 9 and over. The high dose vaccine will not be offered.

The Health Fairs are brought to you by your Health Plan through its participation in the Health Care Cost Management Corp of Alaska (HCCMCA), dba the Pacific Health Coalition (the Coalition)

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 and under Support, click 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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Mold—It's Everywhere, Year-round

AND, IT CAN CAUSE ALLERGIES

Runny nose? Congestion? Coughing? You may be allergic to mold. When invisible mold spores become airborne, they can cause symptoms very similar to seasonal (pollen) allergies.

Mold can grow in any damp area: under a sink, in bathrooms and basements, inside walls, under carpets, in gutters and yard debris. It lives in homes, workplaces, the outdoors ... just about anywhere.

If you think you have a mold allergy:

- **See an Allergist** (a doctor who specializes in allergies) and get tested to pinpoint your allergy. Prescription and over-the-counter medications, such as antihistamines, nasal sprays and allergy shots can help relieve symptoms.

- **Identify the source of the mold and remove it.** Consult a professional or follow the Environmental Protection Agency guidelines at epa.gov/mold to clean up existing mold.
- **Guard against mold.** Regularly clean damp areas under sinks, garbage cans, and refrigerator and air conditioner drip pans. Use dehumidifiers or fans to help reduce moisture and humidity.

Get more strategies to reduce your exposure to mold on the Centers for Disease Control website at cdc.gov/mold.

