



HEALTH TRUST NEWS

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

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Same Benefits, New Name

BRIDGEHEALTH IS NOW CALLED TRANSCARENT SURGERY CARE

When you need surgery, you deserve the best. That’s why your Health Trust offers you and your family access to high-quality surgery through Transcarent Surgery Care (formerly called BridgeHealth). When you choose Transcarent Surgery Care, the Trust pays for the surgery, and you never see a bill. You pay \$0.

Transcarent’s promise to you:

- **Affordability:** You don’t have to avoid surgery because of the cost. Transcarent is committed to providing you with optimal surgical care with no out-of-pocket cost to you.
- **Experience:** Leave the details to the Care Coordinators, who are committed to giving you a better health and care experience. It’s the personal support and guidance everyone deserves.

- 160+ Centers of Excellence and Ambulatory Surgery Centers
- 300+ surgical procedures in 8 categories
- 80% lower complications, thanks to improvements in quality of care
- 90%+ consistently high member experience scores

Source: National Claims Study



- **Results:** You deserve to be treated like a VIP. Transcarent is committed to providing you with the best possible outcome, and it starts with access to select providers who have been verified to deliver the best results specific to your needs.

Procedures offered by Transcarent Surgery Care include bariatric*, cardiac, general, orthopedic, spine, women’s health, vascular, and neurological. Emergency, pediatric (under age 13), cancer, cosmetic, dental, diagnostic, vision and transplant procedures are not available through Transcarent. *Some restrictions apply.

(If the ASEA Health Trust Plan is your secondary health plan, benefit options may be limited. Contact ASEA Health Trust Administrator for more information.)

Ready to get started? Contact a Transcarent Care Coordinator at (844) 249-8108 or surgerycare@transcarent.com.

New Coalition Health Center

THE MAT-SU VALLEY CHC IS OPEN

A new Coalition Health Center is now open to serve you! Along with the Anchorage and Fairbanks centers, the new Mat-Su Valley CHC in Wasilla provides ASEA Health Trust participants easy access to high-quality care—at no cost to you. That’s right; there’s no copay or deductible required for services like these:

- Primary care for illnesses, allergies, digestive issues, etc.
- Urgent care for injuries, cuts, sprains, minor burns, ear pain, etc.
- Preventive care services, including routine annual checkups

The clinics are open by appointment Monday-Friday 7:30 a.m.–6:30 p.m. in Anchorage and Fairbanks, and 8:00 a.m.–5:00 p.m. in Wasilla. Walk-ins are accepted 8:30 a.m.–4:30 p.m.; please call ahead when possible. For more information, go to coalitionhealthcenter.com.

- **Anchorage:** 907-264-1370
701 East Tudor Road, Anchorage
- **Fairbanks:** 907-450-3300
570 Riverstone Way, Unit 3
(Ridgeview Business Park)
- **Wasilla:** 907-206-4601
1700 East Bogard Road, Wasilla (North Fork Professional Building A, Suite 103)



Physical Therapy Your Way

REDUCE PAIN. NO COST TO YOU.

Skip the hassle of in-person physical therapy: inconvenient appointment times, going to an office, and sitting in crowded waiting rooms. Now you have the option of doing virtual physical therapy when and where you want it. Here’s how it works:

- 1 Enroll and complete your profile.** Use the Transcarent app or go to experience.transcarent.com/asea/vpt (use the QR code at right). Questions? Call 844-249-8108.
- 2 Get matched with a licensed physical therapist.** You’ll meet via video call to discuss your goals, then the therapist will design a customized program just for you.
- 3 Receive a free virtual therapy kit.** This includes a digital tablet pre-loaded with your custom program and body-motion sensors to track your exercises.

4 Start your journey to feeling better! Connect with your physical therapist via online chat whenever you have questions.

Transcarent Virtual physical therapy is available to ASEA Health Trust eligible, enrolled participants 18 years and older.

Enroll online at experience.transcarent.com/asea/vpt. No referral is needed and there’s no copay—so there’s no cost* to eligible employees and their family members 18 years of age and older who are enrolled in your ASEA/AFSCME Local 52 Health Benefits Trust.



**If you are enrolled in Plan D, and have not met your deductible, there may be a cost.*

Coalition Health Fairs Are Here

GET SCREENED AT NO COST TO YOU

Preventive health screenings are an easy way for you to take your health care into your own hands, and there's no cost to you. Get tested, then discuss the results with your doctor to uncover any potential issues. While you're at the Health Fair, you can also pick up healthy ideas and tips on how to make the most of your benefits.

2022 COALITION HEALTH FAIR SCHEDULE

CITY	2022 DATES	LOCATION
Anchorage*	Oct. 2, 8 am-1 pm Oct. 23, 8 am-1 pm	Romig Middle School 2500 Minnesota Drive
Fairbanks*	Sept. 17, 8 am-1 pm Sept. 18, 8 am-11:30 am	Carlson Center 2010 2nd Avenue
Juneau*	Oct. 15, 8 am-12 pm	Centennial Hall 101 Egan Drive
Mat-Su	Sept. 24, 8 am-12 pm	Mat-Su Regional Medical Ctr 2500 S. Woodworth Loop, Palmer
Soldotna	Oct. 8, 8 am-12 pm	Central Peninsula Hospital 250 Hospital Place

**In addition to fasting tests, non-fasting tests are also available at these locations.*

SERVICES AVAILABLE AT THIS YEAR'S FAIRS

Comprehensive lab tests are available to enrolled participants 18 year and older:

- 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)

Quadrivalent seasonal flu vaccines are also available for enrolled participants 9 years and older. (High dose flu vaccine is not available.)

Preregister at coalitionhealthfair.org at least seven business days before the event. Appointments are "first come, first served," so preregister early.

The Coalition Health Fairs are brought to you by the ASEA Health Trust through its participation in the Pacific Health Coalition (PHC).

Healthy Reminders

COVID-19 TESTS

Every home in the U.S. is eligible to order a third round of free at-home tests at [COVIDTests.gov](https://www.covidtests.gov). Plus, your benefits cover up to 8 tests per enrolled participant every 30 days at no cost to you; get tests at a Caremark pharmacy counter.

YOUR BENEFITS & COVID-19

Cost-free COVID-19 vaccines and testing continue to be available, as well as extended maintenance medication refill limits and increased telehealth benefits. See details at aseahealth.org.

988 IS THE NEW LIFELINE

As of July 16, 2022, the Suicide Prevention Lifeline can be reached by calling, texting, or chatting 988. Trained counselors listen and provide support, then connect people with the help they need. Learn more at suicidepreventionlifeline.org.

A \$500+ VALUE

Did you know? Whether it's at the Health Fairs or your provider's office, your Health Trust coverage provides preventive care screenings including a standard blood test, thyroid screen, PSA test, and Vitamin D screen, and a seasonal flu shot at no cost to you!

Source: Alaska Medical Lab

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.



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Happy New (Plan) Year!

THE 2022/2023 PLAN YEAR BEGAN ON JULY 1

Use this checklist to get the new Plan Year off to a great start.

Be prepared to pay the deductible. This is the amount you pay each Plan Year for covered health care services before the Trust starts to pay. With a \$300 deductible, for example, you pay the first \$300 of covered services yourself; after that, you'll pay the coinsurance for covered services. For a family, each member pays part of the deductible (up to the individual amount) until the family total is met, then the deductible is satisfied for all family members for the rest of the Plan Year.

Verify your dependents continue to be eligible. This includes your spouse (you may be legally separated but not divorced) and your children, from birth up to 26 years of age (older, if incapacitated; see the Benefit Guide for details). On your child's 26th birthday, if you divorce, or have other family status changes, complete a new Family Information Form to update your dependents within 60 days of the event.

Submit an Employee/Family Information Form. This is required each Plan Year before the Trust pays your claims. Log in on aseahealth.org using your secure password, then simply make updates to your current form. It's that easy!

Keep your contact information current. Any time your mailing address, email address or phone number changes, notify the Health Trust by updating the Employee/Family Information Form. You should also notify the State of Alaska Division of Retirement and Benefits and Local 52. Get more information at aseahealth.org under Your Life Changes.

Confirm your beneficiaries are up-to-date. You can update your life insurance and retirement benefits beneficiaries on the State of Alaska website (find links on aseahealth.org under Your Life Changes).