



HEALTH TRUST NEWS

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

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Work Out for Your Brain BOOST YOUR MENTAL FITNESS AND THRIVE

People who are mentally fit have better focus, more confidence, increased optimism, and the ability to face challenges with resilience. They even sleep better!

To develop mental fitness, you can do exercises that change the thought pathways in your brain. These pathways are like grooves that have deepened over time, turning thoughts into automatic reactions to different situations you may face.

As you build mental fitness, you'll develop the ability to pause and respond intentionally. For example, instead of exploding with road rage when someone cuts you off on the highway, you can take a breath and choose to let it go.

Incorporate these three exercises into activities you already do every day, and before long you'll notice a difference in how you respond to life's challenges.

1 Breathe deeply. Inhale slowly through your nose and let the air fill your belly. As you slowly exhale, draw your navel in toward your spine. Repeat five times. Do this as you wait for your coffee to brew, before a meeting, or as you drive home at the end of the day.

2 Be mindful. Begin by relaxing with a few deep breaths, then acknowledge each thought and let it go as if it were a balloon floating away. Continue doing this for five minutes while you're driving to work, walking the dog, or taking a shower.

3 Focus on your body. Try this exercise when you're going to bed, before you get up in the morning, or when you need a quick recharge. Relax and pay attention to each part of your body, starting from the top of your head and moving down to your toes.

Learn more through Aetna Resources for Living, the Trust's Employee Assistance Program (EAP) provider. Go to rfl.com, register and log in (User ID = ASEA, Password = eap). Then type "mindfulness" in the search bar for related videos and articles.

YOU'RE NOT ALONE

When life issues interfere with your daily activities or relationships, talking with a counselor can help you get back on track.

- **Teladoc** offers confidential, convenient access to professional counselors, online or by phone, to participants 18 years and older (13 and older with parental consent). There is no cost to you. To schedule an appointment, go to teladochealth.com, download the app, or call (800) TELADOC (835-2362).
- **The Employee Assistance Program (EAP)** offers up to six free counseling sessions per person, per issue, per year. Contact Resources for Life at (888) 238-6232, or go to rfl.com (User ID = ASEA, Password = eap).
- **Your Health Plan** covers outpatient mental health services the same as any other health care service. A provider in the Aetna network may save you money. Search for one at aetna.com; choose Aetna Choice® POS II Open Access.

Healthy Reminders

FIND CANCER EARLY

If you and your enrolled spouse are 50+, you may get an annual Galleri cancer detection test at no cost to you. Learn more or request the test at galleri.com/ASEA.

HEAR THIS!

The Plan pays up to \$5,000 per person every three Plan years for hearing exams and devices. Please see aseahealth.org for your Plan's coverage details.

USE YOUR HCRA

Don't wait until the end of the Plan Year. Many over-the-counter medications and health supplies are eligible for HCRA reimbursement.

Eye Health Matters

PROTECT YOUR VISION WITH REGULAR EYE EXAMS

You might think you don't need eye exams if you don't wear glasses. But if you have diabetes or other chronic conditions, are over age 65, or have a family history of eye problems, your risk for vision loss is higher.

Here are three additional benefits of having an eye exam:

1 Find eye diseases early. Many common eye problems go unnoticed for a long time. Routine exams detect eye diseases in the early stages, when treatment to prevent vision loss is most effective.

2 Detect other health issues. Your eye doctor can look behind your eyes and check for signs of health problems such as diabetes, high blood pressure, high cholesterol, heart disease, and much more.

3 Correct your vision. Many people think their eyesight is just fine without realizing they may need glasses

or contact lenses. But in fact, about 11 million Americans over age 12 need vision correction.

40/40 Vision:

40% of U.S. adults

- Are at high risk for vision loss
- Have not had recent eye exams

Source: CDC

Your Vision Plan covers an annual vision exam for you and your enrolled family members. (Note: Plan D does not include vision benefits.) For the best coverage, choose a VSP provider. You can search for one on vsp.com. Please see aseahealth.org for details.

Start Moving Again

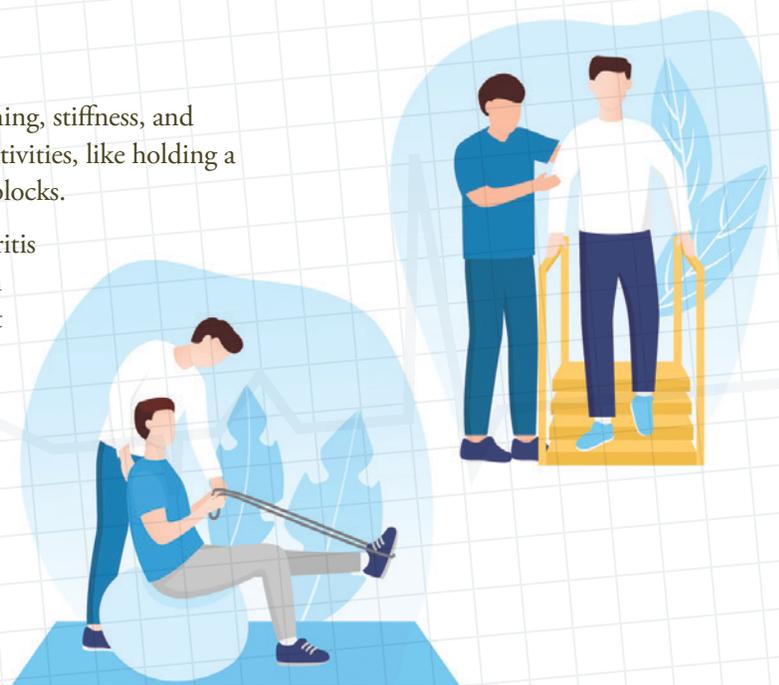
REAL RELIEF FROM ARTHRITIS PAIN

Arthritis is a leading cause of disability, and causes pain, aching, stiffness, and swelling of the joints. It can cause difficulties in everyday activities, like holding a coffee cup, picking up a bag of groceries, or walking a few blocks.

Sometimes, being active is the last thing a person with arthritis pain wants to do. But working with a physical therapist can significantly improve their quality of life by decreasing joint pain, improving flexibility, and strengthening muscles.

Virtual physical therapy is an effective, convenient option available through your Health Plan at no cost to you. To get started, go to experience.transcarent.com/asea/vpt. Questions? Talk to a Health Guide (24/7) at (855) 586-2744.

Virtual physical therapy is available to ASEA participants 18 years and older through Transcarent.



Keep Your Heart Healthy

HEART DISEASE IS HIGHLY PREVENTABLE

Heart disease can develop without any symptoms, so you might not know you have it until a heart attack strikes. However, knowing your risks can help you take action to prevent heart disease. Half of the people in the U.S. have at least one of these three key risk factors:

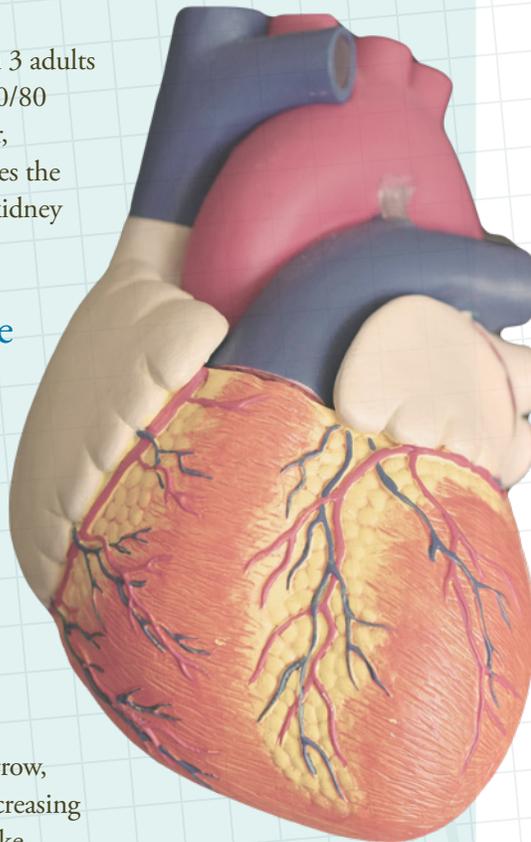
- **High blood pressure** (or “hypertension”). Affects 1 in 3 adults in the U.S. Pressure over 120/80 makes the heart work harder, damages arteries and increases the risk of heart attack, stroke, kidney failure and blindness.

One person in the
U.S. dies every
33 seconds from
heart disease.

Source: CDC

- **High cholesterol.** Affects 1 in 3 people of all ages in the U.S. LDL “bad” cholesterol builds up in the arteries, causing them to narrow, reducing blood flow, and increasing risk of heart disease and stroke.
- **Smoking tobacco.** Nearly 1 in 5 adults use tobacco, the leading cause of preventable disease and death in the U.S. The chemicals in tobacco damage the heart and blood vessels and lead to atherosclerosis (plaque buildup in the arteries).

Start with an annual wellness checkup, where you can talk about your heart health risks and how to reduce them with your doctor. The Plan covers an annual checkup and recommended preventive services at 100%. Please see aseahealth.org for details.



Coalition Health Centers

YOUR PARTNERS IN GOOD HEALTH

Coalition Health Center providers can help you stay healthy and get better when you are sick. They handle routine care, manage preventive services, help you with chronic conditions, and refer you to specialists when needed.

There is no cost to you—no copay and no deductible required—for services like these:

- Primary care for illnesses, allergies, digestive issues, and more.
- Urgent care for injuries, cuts, sprains, minor burns, ear pain, etc.
- Preventive care services, including annual checkups and preventive screenings.
- Ongoing care for chronic conditions like diabetes, coronary artery disease, and asthma.
- Generic prescriptions for CHC-treated conditions.

The CHCs are open Monday-Friday. Call to schedule an appointment or to consult with a provider.

ANCHORAGE

- (907) 264-1370
By appointment: 7:30 a.m.–6:30 p.m.
Walk-ins available: 8:30 a.m.–5:00 p.m.

FAIRBANKS

- (907) 450-3300
By appointment: 7:30 a.m.–6:30 p.m.
Walk-ins available: 8:30 a.m.–5:00 p.m.

MAT-SU / WASILLA

- (907) 206-4601
By appointment: 8:00 a.m.–5:00 p.m.
Walk-ins available: 8:30 a.m.–4:30 p.m.

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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Here's to a Healthy 2025

TEAM UP FOR SUCCESS

Choosing a Primary Care Provider (PCP) means establishing a long-term relationship with someone who understands your health history. This is helpful when you're sick, have minor injuries, or need assistance with ongoing conditions.

If you don't have a PCP, use your annual wellness visit to "test out" a potential PCP. The Plan covers 100% of the allowed amount for this visit at an in-network provider, along with all ACA-recommended preventive services.

- The Coalition Health Centers in Anchorage, Fairbanks, and the Mat-Su Valley (Wasilla) provide preventive, routine, and urgent

care as well as chronic condition management—at no cost to you. Go to coalitionhealthcenter.com to learn more and to schedule a visit.

- A doctor who specializes in family practice, general practice, internal medicine, OB/GYN, pediatrics or geriatrics is also an option.
- Choose a provider in the Aetna network. In-network providers may save you money. Search for one at aetna.com; choose Aetna Choice® POS II Open Access.
- Choose any provider. If your doctor charges more than the Plan's allowed amount, you pay the difference.



After your visit, think about how it went. If it doesn't feel like a good fit, keep searching until you find the right PCP for you.