

Open Enrollment is May 16–June 3

Here's your checklist:

1. Read the Benefit Guide in your Open Enrollment packet.

- Know your Health Plan options.
- Consider a HCRA to help you save money.

2. Enroll by June 3, if:

- You want to change your current Plan choice.
- **You are enrolled in Plan A and have enrolled your working spouse.** (You must confirm if your spouse is eligible for other employer-sponsored coverage each year.)
- You want to contribute to a HCRA for the 2022/2023 Plan Year. HCRA elections do not carryover to the 2022/2023 Plan Year.

If you want to keep your current Health Plan choice, are not covering your spouse in Plan A, and do not want to have a HCRA, no action is required (your current coverage will roll over to the 2022/2023 Plan Year).

3. Complete the Family Information Form.

- **All participants must update this form every Plan Year.**
- Use this form to add or drop dependents.
- Include other coverage you may have.

4. Have questions? Get answers.

- Call the Health Benefits Trust Administrator (Zenith American Solutions) at (866) 553-8206.

To all ASEA Health Benefits Trust participants:

Welcome to Open Enrollment for benefits for the 2022/2023 Plan Year! The Health Benefits Trust is pleased to provide affordable, high quality benefits to protect you and your family's health with no increase in monthly contribution rates for a fifth year in a row.

Be sure to review the Open Enrollment checklist and take any necessary action before June 3 at 5:00 p.m. AKDT to ensure that you have the best coverage for you and your family.

Please continue to use your benefits wisely to help keep our Health Benefits Trust financially strong (and keep your own costs down). Here's how:

- Select the Plan that's best for you and your family
- Choose PPO providers
- Get preventive care and screenings—there's no deductible or copay
- Ask for generic prescriptions to reduce your out-of-pocket expense
- Use home delivery for 90-day maintenance medication refills
- Use the Coalition Health Centers
- Try Teladoc for “virtual” doctor visits and counseling
- Pay attention to your mental health and get support if you need it
- Consider BridgeHealth Surgery Care for planned, non-urgent surgery
- Use the Disease Management and Case Management programs, if applicable

Your choices make a difference because our Health Plan is self-funded, which means our claims are paid with only the money that you and the State contribute. There is no “insurance company.” With all of us working together, we can continue to keep our Health Plan financially strong for all our participants.

Yours in solidarity,

Your Board of Trustees