



Helping You Make the Most of Your PE Local 71 Trust Fund Benefits

Wellbeing Starts Here

Unlock the Power of Behavioral Health

Life is full of challenges, and your benefits can help you overcome many of them. Did you know the Health Plan's behavioral health coverage provides support for your everyday life, in addition to helping you face major issues? Here's how.

WHAT IS BEHAVIORAL HEALTH CARE?

This care helps people manage emotional, mental, and behavioral issues through professional support. It may include talking to a counselor, doing therapy with a psychologist, or working with a medical doctor.

WHEN SHOULD PEOPLE SEEK CARE?

Consider getting support when issues interfere with your work, relationships or health. Warning signs may include feeling stressed, changes in sleep, avoiding friends, or using alcohol to cope with emotions.

WHAT ARE THE PLAN'S BEHAVIORAL HEALTH BENEFITS?

Teladoc offers confidential, convenient access to professional counselors (online or by phone),

to participants 13 years and older. There is no cost to you. To schedule an appointment, go to teladochealth.com, download the app, or call (800) TELADOC (835-2362).

Your Health Plan covers outpatient behavioral health services (in-person or virtual), just like 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.)

HOW CAN THESE BENEFITS HELP ME?

They can help you feel more in control, improve your emotional resilience, and support everyday wellbeing by helping you develop coping strategies, improve skills, and establish healthy habits.

Take the first step today! Access the support you need by exploring your PE71 Trust Fund behavioral health benefits.

Health Fairs: Save the Date

Get Screened at No Cost to You

The Health Fairs make it easy to get flu shots (age 9 and over) and screening blood tests (age 18 and over) including:

- 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)

Pre-registration is required beginning August 4 at coalitionhealthfair.org and closes at midnight on Thursday three weeks before each event.

2025 Health Fair Schedule

ANCHORAGE

Dena'ina Center, 600 W. 7th Avenue
Saturday, September 20, 8 a.m.–12 noon
Sunday, September 21, 8 a.m.–12 noon

FAIRBANKS

Fairbanks Pipeline Training Center,
3605 Cartwright Court, Building C
Saturday, September 13, 8 a.m.–12 noon
Sunday, September 14, 8 a.m.–11:30 a.m.

JUNEAU

Centennial Hall, 101 Egan Drive
Saturday, October 4, 8 a.m.–12 noon
Sunday, October 5, 8 a.m.–11:30 a.m.

MAT-SU

Mat-Su Regional Medical Center,
2500 S. Woodworth Loop, Palmer
Saturday, September 20, 8 a.m.–12 noon

SOLDOTNA

Central Peninsula Hospital, 250 Hospital Place
Saturday, September 27, 8 a.m.–12 noon



**Public Employees
Local 71 Trust Fund**

201 W. North River Drive
Suite 450
Spokane, WA 99201



From Panic to Prepared

Know Where to Get Care

A health crisis can range from waking up with a rash, to getting a cut that requires stitches, to sudden chest pains. You'll save money and time when you choose the best type of care for the situation.

When it's not urgent

(e.g. flu, rashes, digestive problems)

- Have a virtual visit within minutes at no cost to you. Use the Teladoc app, go to **teladochealth.com**, or call 800-TELADOC (835-2362).

When you need in-person care

(e.g., get lab tests, x-rays, physical exams)

- Visit a Coalition Health Center at no cost to you (**coalitionhealthcenter.com**).
- Go to any doctor. Save with an Aetna in-network provider (**aetna.com/docfind**; select Aetna Choice POS II OpenAccess).

When you need urgent care

(e.g., high fever, deep cuts, severe vomiting)

- Coalition Health Center during walk-in hours (**coalitionhealthcenter.com**).
- Go to an urgent care clinic. Tip: Find an Aetna in-network clinic, then save it in your contacts for when you need it.

When it's a matter of life or death

(e.g., chest pain, difficulty breathing, severe bleeding, signs of stroke)

- Call 911 or go to the nearest hospital emergency room. Within Anchorage, you may go to a non-PPO hospital in an emergency without a PPO penalty.

Healthy Reminders

Fall Checklist

Now is the time for back-to-school physicals, flu shots, and recommended vaccines for children and adults. There's no cost to you—no copay and no deductible required—at the Coalition Health Centers (**coalitionhealthcenter.com**).

LiveWell provides general information about PE Local 71 Trust Fund benefits. For more information, please refer to your Plan Booklet. In the event of conflicting information, the Plan documents and insurance contracts will govern.