



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

Cut Costs, Improve Wellness

Smart Ways to Save Money and Strengthen Your Health

Your Health Trust helps keep your out-of-pocket health care expenses down with valuable benefits like these:

Get recommended preventive services at no cost to you. Detect health issues early—before expensive treatment is needed. The Plan pays 100% when you receive preventive services at an in-network provider; no deductible required.

PPO providers save you money within the Municipality of Anchorage. Go to local71.com (click General Benefits, then click on the Benefits Guide for your bargaining group) to view the Plan's PPO details.

Aetna in-network providers save you money. Within Alaska or nationwide, search for an Aetna provider at aetna.com: Click “Find a doctor,” and choose Aetna Choice® POS II (Open Access).

Go to the Coalition Health Centers at no cost to you. Get primary, preventive, and urgent care at a Coalition Health Center in Anchorage, Fairbanks, or Mat-Su. Learn more at coalitionhealthcenter.com.

Use Teladoc for virtual visits at no cost to you. Get convenient care from a doctor, dermatologist, or behavioral health provider for non-urgent medical, behavioral health and dermatology issues. Go to teladochealth.com, download the app, or call 1-800-TELADOC (835-2362).

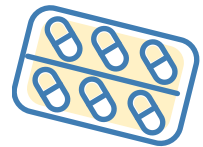
Do physical therapy at home at no cost to you. Get a personalized program through Transcarent Physical Therapy, and get better, faster. Get details at transcarent.com.

Have non-urgent surgery performed at no cost to you. Choose a top-rated surgeon in a premier facility through Transcarent Surgery Care. Learn more at transcarent.com.

Dental care at no cost to you! The plan covers preventive dental care such as exams, cleanings, X-rays and fluoride at no cost to you. Get details at deltadentalAK.com.

Prescriptions by mail save you money. Enjoy discounted rates and convenient home delivery through CVS Caremark® Rx Delivery by Mail. Get started at caremark.com.

Reverse or prevent chronic kidney disease (CKD) at no cost to you. If you have diabetes or hypertension, reduce your risk. If you have end-stage renal disease, get support. To learn more, visit renallogic.com.





**Public Employees
Local 71 Trust Fund**

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Why Pay More?

Insist on a PPO Within the Municipality of Anchorage

Avoid paying thousands of dollars in out-of-network penalties for health care expenses. Here's how.

DO YOU NEED TO HAVE SURGERY?

Tell your provider to schedule inpatient or outpatient procedures and hospital stays (if necessary) at one of these PPO facilities:

- Alaska Regional Hospital (ARH)
- Surgery Center of Anchorage (SCOA), also known as Surgicenter of Anchorage
- Alaska Surgery Center
- Alpine Surgery Center

DO YOU NEED LAB TESTS OR IMAGING?

For lab tests (blood work, urinalysis, etc.) or imaging (X-rays, MRI or CT scans, mammograms, etc.) outside of your doctor's office, ask your doctor to use:

- Alaska Regional Hospital

Avoid PPO Penalties. Within the Municipality of Anchorage, you will pay more if a non-PPO provides any of these services. Go to **local71.com** (click General Benefits, then click on the Benefit Guide for your bargaining group) to learn more.

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.

Don't Let Winter Get You Down Strategies to Feel Better During SAD Season

Does the thought of long winter days make you feel tired, sad and weary? It could be caused by a unique kind of depression called seasonal affective disorder, or SAD, which is triggered by shorter days and decreased sunlight during winter.

If you feel down for days at a time and you can't get motivated to do activities you normally enjoy, here are a few strategies that can help you feel better.

1 in 10 Alaskans experience Seasonal Affective Disorder (SAD)—about two times the national average.

Source: National Library of Medicine

- **Prioritize self-care.** Try a light therapy lamp and get outside during daylight hours. Be active, eat well, prioritize sleep, and stay connected with friends and family.
- **Get informed.** Access trusted resources. Check out the Health Library at **teladochealth.com**, and the Healthy Living blog at **alaskaregional.com**.
- **Visit a doctor.** See a physician for an assessment. Your doctor may prescribe medication and Vitamin D supplements and recommend lifestyle changes and psychotherapy.
- **Talk to a counselor.** Teladoc gives you confidential, convenient access to professional counselors online or by phone at no cost to you. Go to **teladochealth.com**, download the app, or call 1-800-TELADOC (835-2362).