



COVID-19 & Your Benefits

- Your Plan pays 100% for medically necessary COVID-19 testing; no deductible or copay required.
- Early refills on 30-day maintenance prescriptions has ended, but you may switch to CVS's free home delivery service for convenient 90-day refills.



caremark.com



(866) 818-6911

- If you were enrolled in a Health Care or Dependent Care Flexible Spending Account for the 2019–2020 plan year and were unable to use all of the money you set aside, you will be able to use your remaining funds for eligible services incurred through the end of the year (December 31, 2020).
- Your deductible and coinsurance are waived for inpatient treatment of COVID-19 at a preferred provider facility.
- While Alaska Regional Hospital (ARH) is still our primary in-network facility, due to the unusual circumstances of COVID-19, Providence Hospital in Anchorage is considered an in-network facility through December 31, 2020. For services received there during this time, non-PPO penalties will not apply, and Providence will give our health plan preferred pricing.

Note: If you have a choice of provider, Alaska Regional Hospital remains the lowest cost option, in most cases, for you and for the health plan.

Health Care the Way You Want It

Your Health Plan has you covered, any way you access care

BY PHONE, ONLINE VIDEO OR MOBILE APP

Teladoc gives you 24/7 access to a medical doctor who can diagnose conditions and prescribe medication, if needed. And, **NEW on September 1**: Make an appointment with a behavioral health therapist or dermatology doctor through Teladoc.

Virtual care through Teladoc is covered at 100%, no deductible or copay.



Download the app



Teladoc.com



(800) TELADOC (835-2362)

Telehealth benefits allow you to have virtual visits with your doctor. You'll pay the usual deductible and coinsurance.

NO-COST-TO-YOU CLINIC CARE

The Coalition Health Centers offer routine care, preventive services, care for chronic conditions and urgent care for unexpected injuries and illness. You pay \$0; no deductible or copay required. (Due to COVID-19, walk-in care and Saturday hours are suspended; patients with flu-like symptoms or fever should not come to the CHC but may call to talk with a provider.)



coalitionhealthcenter.com



Anchorage (970) 264-1370



Fairbanks (907) 450-3300

IN-PERSON

Any qualified physician is covered by your benefits. You pay your deductible and coinsurance.

An Aetna provider may save you money.



aetna.com; choose Aetna Choice® POS II / Open Access



**Public Employees
Local 71 Trust Fund**

111 West Cataldo Ave., #220
Spokane, WA 99201

Feeling Stressed? Anxious? Worried? Depressed?

Know when to get help for yourself or someone you know

Worry and stress over COVID-19 has impacted the mental health of nearly half of all adults in the U.S.


Positive lifestyle changes, like eating healthy, exercising, avoiding self-medicating with alcohol or drugs, and practicing relaxation techniques may help you feel better. But sometimes, that's not enough.

These early warning signs indicate you might need professional help:

- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability
- Feeling emotionally overwhelmed
- Loss of energy
- Difficulty concentrating
- Unexplained aches and pains

If any of this describes what you're going through, we encourage you to talk with a therapist. Sometimes a few sessions are all you need to get back to feeling like yourself again. Here's how to get started:

- **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.)

 **aetna.com**; choose Aetna Choice® POS II / Open Access

- **NEW on 9/1/2020: Teladoc** gives you access to professional counselors online or by phone at no cost to you.


 Download the app

 **Teladoc.com**

 (800) TELADOC (835-2362)

In A Crisis, Get Help Fast

CRISISTEXTLINE.ORG:

 **Text HOME to 741741** to connect with a counselor by text messaging.

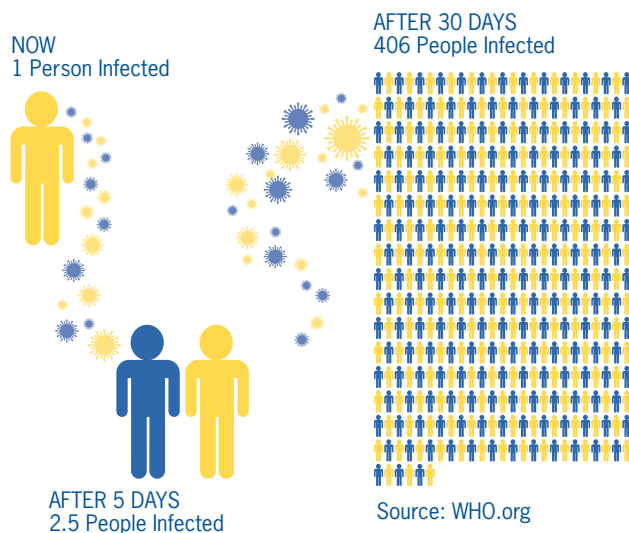
NATIONAL SUICIDE PREVENTION LIFELINE:

 (800) 273-8255 for immediate help

Stop the Spread

People who have COVID-19 but no symptoms can unknowingly spread the virus. For everyone's sake, let's all maintain social distance, wear face coverings, wash our hands and stay home when sick.

POTENTIAL SPREAD OF COVID-19 IF SOCIAL DISTANCING IS IGNORED



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.