



### There is a Light at the End of the Tunnel

#### Let's Finish Strong

As more people get the COVID-19 vaccine, the U.S. is beginning a gradual return to "normal."

**Get vaccinated.** There is no cost to you. Go to [dhss.alaska.gov](http://dhss.alaska.gov) to view eligibility guidelines, make an appointment and get information.




**Protect yourself and others.** The CDC recommends that everyone (even if you have been vaccinated) continues to wear masks in public, stay at least six feet apart, and avoid large crowds.

**Your benefits.** There is no cost to you for COVID-19 testing or vaccination. Plus:

- Don't forget, Providence Hospital's non-PPO status ends on June 30, 2021. Beginning July 1, 2021, if you use Providence Hospital for services that could have been provided by Alaska Regional Hospital, your benefits will be reduced.
- Deadlines for COBRA election and payment, HIPAA special enrollment, claims filing, and claim appeals are temporarily extended by the period of one year or until the end of the Outbreak Period (the lifting of the COVID-19 National Emergency, plus 60 days), whichever occurs first. Please contact the Trust Administrative Office at (800) 557-8701 for more information.
- The COVID Relief Bill allows an extended 12-month grace period to incur claims for your 2020/2021 health and dependent care FSA funds. Claims must be incurred by June 30, 2022 and submitted by August 31, 2022.

#### FEELING ANXIOUS, DEPRESSED, OR STRESSED?

Manage your mental wellness with convenient counseling visits by phone or video at no cost to you through Teladoc. It's easy to connect:

-  Teladoc app
-  [teladoc.com](http://teladoc.com)
-  (800) TELADOC (835-2362)

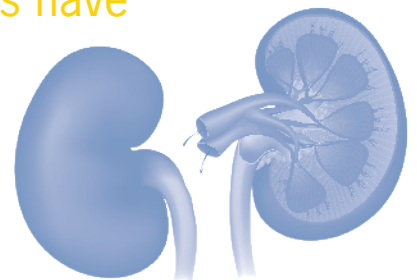


### Keep Your Kidneys Healthy Renalogic's Free Program Can Help

Chronic Kidney Disease (CKD) happens when the kidneys cannot filter blood as well as they should. It can result in kidney failure and require dialysis or a kidney transplant. If you have diabetes, high blood pressure, heart disease, obesity, or a family history of CKD, you are at increased risk for developing this condition.

More than 1 in 7 U.S. adults have Chronic Kidney Disease (CKD).

Source: Centers for Disease Control



The Trust offers a program, managed by Renalogic, to help prevent CKD and its complications. A nurse health coach will meet with you by phone, to help you learn how to manage your health to reduce your risk and prevent progression toward CKD. There's no cost to you for this voluntary, confidential program.

If you or a dependent have a higher risk for developing CKD, please contact Renalogic to get started: email [mynurse@renalogic.com](mailto:mynurse@renalogic.com) or call (844) 841-5065.



**Public Employees  
Local 71 Trust Fund**

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

## Choose the Best Health Plan for You

### Open Enrollment Begins in May

The PE 71 Trust Fund offers outstanding benefits for you and your family. This is your once-a-year opportunity (unless you have a qualifying family change) to change your Health Plan choice for the next Plan Year.

Watch for your 2021/2022 Open Enrollment packet in your mail and read it to understand your options, find out what's new for the next Plan Year, and get enrollment instructions.

#### **ENROLL IF YOU WANT TO:**

- Change your Health Plan
- Add or drop dependents
- Have a Flexible Spending Account (FSA), if applicable, in 2021/2022. (FSA enrollment does not roll over.)

#### **DO NOT ENROLL, IF YOU:**

- Are not making any changes to your dependents
- Want to keep your current benefits (they will roll over to the next Plan Year)
- Do not want an FSA in 2021/2022

Enroll online at [local71trust.com](http://local71trust.com). It's secure, quick and easy ... and you can make changes until the last day of Open Enrollment. (Or you may use the printed enrollment forms in your packet.)

If you have any questions, or don't receive your packet, please contact the Trust Administrative Office at (800) 557-8701, option 2.

#### **YELLOW PLAN ADVANTAGES**

- **SAVE MONEY**—Pay \$0 per paycheck and save \$1,000+ per year compared to the Blue Plan. Families save even more!
- **GET MONEY**—You get \$1,000 (\$2,000/families) in a Health Reimbursement Account (HRA) to help pay your health care costs.
- **KEEP MONEY**—Don't use it? No problem. HRA funds roll over to next year.

### Healthy Reminders

#### **Coalition Health Center: Fairbanks Location**

The CHC in Fairbanks is still in the Ridgeview Business Park, but in a new space to better serve you.

570 Riverstone Way #3, Fairbanks, AK 99709



(907) 450-3300



[coalitionhealthcenter.com](http://coalitionhealthcenter.com)

*Important Note:* The Coalition Health Centers have changed their delivery of care due to COVID-19. Please check their website for temporary, updated hours of operation and availability of walk-in care.

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.