

Fall 2025

Benefits Bulletin

ALASKA PUBLIC EMPLOYEES ASSOCIATION (APEA)—
ALASKA FEDERATION OF TEACHERS (AFT) HEALTH AND WELFARE TRUST

Simplify Your Health Care Journey with Answers, Support, and Savings

Whether managing a chronic illness, recovering from injury, or navigating complex care, the Medical Case Management program can help. This benefit gives you a dedicated health advocate, provided at no cost to you, through Personify Health (formerly Med Rehab).

A Registered Nurse Consultant will work closely with you, your family, and your medical team to:

- Develop a personalized care plan approved by your doctors.
- Coordinate your care and get answers to your health questions.
- Assist you in accessing treatment and maximizing your benefits.

“The Medical Case Management expertise, compassion, and dedication gave me the best possible chance at recovery and made a frightening and overwhelming situation manageable.”

LoveAnn Truitt, APEA-AFT Member

- Help you take advantage of discounts on medications, equipment, and services.

In addition, if you have concerns about your treatment, need referrals, or want guidance, call Personify Health to:

- Speak directly with a knowledgeable nurse.
- Receive referrals to doctors and in-network providers.
- Confirm if a procedure requires precertification.

Contact Personify Health by phone at (800) 827-5058 or (509) 328-9700 or by email at support@personifyhealth.com to get started. ★

Healthy Reminders

Preauthorization Required. Ask your provider to contact CVS Caremark at (866) 818-6911 to request approval for GLP-1 medications.

Stay Informed. Keep your mailing/email address and phone number current by contacting the Plan Administrator at 800-331-6158. ★

Bartlett Regional Hospital Now Offers More Specialties

Bartlett Regional Hospital (BRH) is a trusted full-service medical center in Juneau, accredited by The Joint Commission with a Gold Seal of Approval for quality and patient safety.



As a Preferred Provider Organization (PPO), BRH offers Health Trust families local care with discounted fees, saving you money while delivering top-quality treatment. And now, BRH has expanded its

services to include two key specialties:

- **Bartlett Orthopedic Specialists** provide expert care for fractures, arthritis, sports injuries, spinal disorders, and chronic joint pain—including joint replacements.
- **Bartlett Family Medicine** offers comprehensive care for all ages, from preventive checkups and immunizations to treatment of illnesses, minor injuries, and management of chronic conditions.

With these new services, Bartlett continues to deliver expert, convenient care close to home. Learn more at bartletthospital.org or call (907) 796-8900. ★

Depression and Suicide in Alaska

Depression is a serious mental health condition that affects 20% of Alaskans. It can lead to persistent sadness, hopelessness, and a loss of interest in daily activities.

If left untreated, depression can increase the risk of suicide, a significant concern in Alaska, where suicide rates are more than double the national average. Several factors contribute to this crisis, including isolation, a challenging environment, and substance abuse.

Recognizing the signs of depression—such as withdrawal, changes in sleep or appetite, and thoughts of death—is crucial to saving lives. Depression can be effectively treated through



APEA—AFT HEALTH AND WELFARE TRUST

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Benefits Bulletin provides general information about the APEA-AFT Health and Welfare 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.

a combination of therapy, medication, lifestyle changes, and support.

Your Health Trust benefits offer these behavioral health options:

- **Use virtual therapy.** Go to teladochealth.com, download the Teladoc app, or call (800) TELADOC (835-2362). You pay \$0 per visit (no deductible required).
- **See a behavioral health provider** in person or via telehealth. You'll save with an in-network provider. Search aetna.com/docfind (select the Aetna Choice POS II OpenAccess network).

In a crisis, call or text 988, 24/7, to connect with trained counselors at the Suicide and Crisis Lifeline for free, confidential, and immediate support, assistance and resources. ★