



HealthTrends

A QUARTERLY PUBLICATION FOR PEHP EMPLOYER GROUPS



URS Employer Event March 16

Gov. Gary Herbert is the Keynote Speaker this year, so you won't want to miss it. If you haven't yet registered, there's still time. Find more information on [Page 8](#) of this newsletter.

ALSO IN THIS ISSUE:

- 2 [More than 1,800 PEHP Members have registered for Amwell E-Care accounts.](#)
- 4 [PEHP Wellness now offering funding for worksite wellness efforts.](#)

MARCH 2017
VOLUME 16, NUMBER 4





MY BENEFITS

MY MONEY

MY HEALTH

A MESSAGE FROM R. CHET LOFTIS, PEHP DIRECTOR

IN THIS ISSUE . . .



- 5 [Utah Worksite Wellness Council will hold its annual conference in May.](#)
- 7 [Latest PEHPplus vendor Gatheredtable will do the food planning for you.](#)
- 8 [Free Medicare and Medicare Supplement presentations begin this month.](#)
- 9 [PEHP Health Coaching available for eligible PEHP members with a BMI of 30 or higher.](#)

Taking Health Insurance to the Next Level

I've been thinking about the unique advantage it is to be able to focus on providing value instead of making a profit. And how fortunate we feel to make *doing more* our objective rather than *making more*. It's also satisfying to think about what this has allowed us to do in taking health insurance to the next level. For example, at PEHP:



It's a unique advantage to focus on providing value instead of making a profit.

- » We don't just take customer service calls, we solve problems with advocates.
- » We don't just give ranges on our cost tools, we give you the actual price.
- » We don't just tell you who is in your network, we give you member reviews, comments on practice patterns, and hints to avoid surprises—and we are only getting started.
- » We don't just care about managing health plan costs, we go the extra mile to find ways to reduce costs for our members that are not covered by their plan.
- » We don't just care about giving members access to healthcare, we care about helping them find the right healthcare, at the right place, with the right provider so their health improves.
- » We don't just care about offering a broad provider network, we add providers at your request and manage our network to minimize member problems.
- » We don't just offer a wellness benefit, we offer an expanding and interrelated wellness program that uses various mediums to help members live well.
- » We don't just shrug our shoulders at the ever increasing costs of healthcare, we adopt innovative solutions in our RX program and reinsurance program—just to name a couple.

Thank you for giving us the opportunity to serve you in an environment that allows us to always put you first.

E-CARE

Amwell Gets Great Reviews, Results

As you probably know, we partnered with Amwell to give PEHP members convenient access to doctors 24/7 over the phone and computer.

Through the end of 2016 there were 683 doctor visits and more than 1,800 PEHP members registered for an account. PEHP members who visited a doctor through Amwell gave the service high reviews of 4.5 out of 5.

And, doctors ratings were 4.7 out of 5. In addition, the estimated savings from these visits was over \$70,000.

The cost to use the service is only \$10 to the member for all plans; just make sure to put the service code as "PEHP" to get this pricing.

If you and your employees haven't signed up yet, we encourage you to do so now. Here's how:

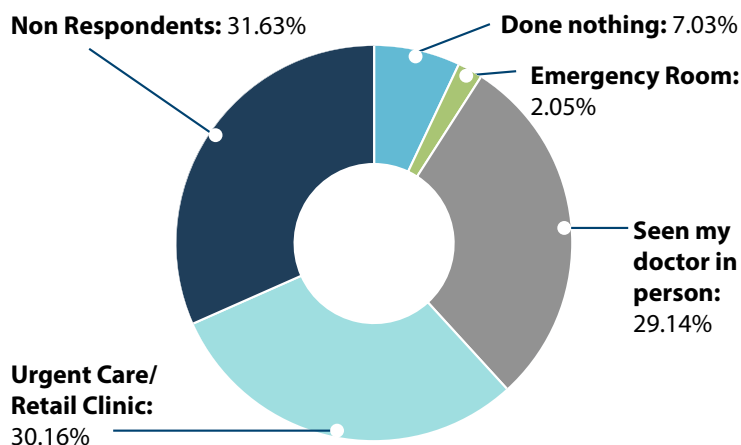
» Download the iOS or Android App by searching "Amwell"

» Sign up on the web at www.Amwell.com

» Sign up by phone, call 855-818-DOCS

Enter Service Key: **PEHP** to get the PEHP Health & Benefits rate.

Where Would Employees Have Gone if Not for Amwell?



RESOURCES



SHARE WITH YOUR EMPLOYEES

Please feel free to share the information contained in *HealthTrends* with your employees. You may reprint any of the articles for use in your own newsletters. If you would like additional information on any of these topics, or other areas of interest, please contact us.

[MY BENEFITS](#)[MY MONEY](#)[MY HEALTH](#)

WELLNESS PROGRAM

Funding Available for Worksite Wellness

The worksite can influence an employee's health and well-being and is an ideal place to promote wellness. PEHP Wellness



is excited to announce funding to support

your employee worksite wellness efforts. Worksite wellness mini-grants are now available to PEHP groups. With your commitment and resources from PEHP Wellness, your organization can benefit from a productive and engaged workforce. Healthy workers are happy workers!

Worksite wellness mini-grants can be used at your discretion for employee wellness initiatives, however, we recommend the funds be used to cover costs associated with launching a new wellness council or sustaining an established wellness council.

The funding can be put toward printing, incentives and prizes,

PEHP Benefits

Funds awarded will be based on group size and groups can apply once per year:

Employees	Annually
0-25	\$100
26-50	\$200
51-100	\$300
101+	\$400

onsite exercise classes, fitness equipment, setting up a walking path, and the general support of other wellness efforts at your worksite.

We want to help you create a healthier worksite! Please click [here](#) to apply for a PEHP Worksite Wellness Mini-Grant. It will only take a few minutes. If you have any questions please contact Jody Treu, PEHP Wellness Specialist, at 801-366-3948 or by email jody.treu@pehp.org.

YOUR BENEFITS



UNDERSTANDING PREVENTIVE VISITS

PEHP generally pays in-network [preventive visits](#) at 100%. However, you'll be billed if you get additional treatment or services at your preventive visit. An "additional service" could be something as minor as a discussion about a past or current condition. Ask your doctor how your visit will be billed; PEHP pays based on how it's billed. [See Examples and Learn More](#)

WELLNESS PROGRAM

Conference Helps You Develop Wellness Program

The Utah Worksite Wellness Council is a partnership of organizations with the purpose of learning how to build effective worksite wellness programs and methods that lead to sustainable lifestyle change for employees.

Each year the Utah Worksite Wellness Council sponsors a conference at which wellness representatives from public nonprofit and for-profit organizations attend to hear nationally recognized speakers discuss topics that relate to a healthy worksite culture and employee wellness.

This event provides networking opportunities and an awards ceremony to recognize employers for their outstanding achievement in employee health and wellness programs.

The 2017 Utah Worksite Wellness Conference will be May 8-9 at the Snowbird Conference Center. For more information on the conference, awards applications process, and a link to register, go to: www.utahworksitewellness.org



UTAH WORKSITE WELLNESS COUNCIL ANNUAL CONFERENCE



Whether you're new to wellness program administration or a seasoned professional, join the Utah Worksite Wellness Council for a conference dedicated to helping you develop and maintain a successful wellness program.

Snowbird Resort and Conference Center
May 8-9, 2017
Early Bird Registration Now Underway

www.utahworksitewellness.org



www.pehp.org



PEHP VALUE OPTIONS

[PEHP Value Options](#) include outstanding healthcare providers available to PEHP members at lower out-of-pocket costs.



MY BENEFITS

MY MONEY

MY HEALTH

PEHPPLUS

More Discounts Available to You at PEHPplus

The money-saving program PEHPplus helps promote good health and save employees money. It provides savings of up to 60% on a wide assortment of healthy lifestyle products and services. To access [PEHPplus](#), look under the “Products” tab on our website. These discounts are available to all PEHP members and offer a great value on the goods and services listed below:

PEHP welcomes these new vendors to the PEHPplus discount program. TruHearing offers savings of 30–60% on hearing aids. National Allergy Supply, save 15% on products for nondrug allergy relief. Take Shape for Life offers a discounted weight management and health program using clinically proven Medifast® products, along with a personal health coach to provide one-on-one guidance and encouragement. Safe Beginnings offers 15% to PEHP members on all their products. Gathered Table provides a discount on their meal planning guides.

PEHP makes no guarantee or warranty regarding the products offered through PEHPplus. These services and products are offered at discounts only because they are not covered benefits under a PEHP medical plan. PEHP does not endorse these products or services provided by third party vendors. Vendors may alter their relationship with PEHPplus at any time. Therefore, specific vendors and/or discounts may change at any time without notice.

PEHPplus Benefits

Discounts available to PEHP members on the following goods and services:

- » [Allergy Relief](#) – Products providing allergy, asthma, and sinus relief from the effects of indoor allergies.
- » [Child Safety](#) – PEHP members need to enter the group code «PHP» on the left side of Safe Beginnings home page to receive a 15% discount.
- » [Eyewear](#)
- » [Gyms, Activities & Fitness Classes](#) – This includes gyms, recreation centers, boxing, indoor climbing, fitness classes, etc.
- » [Hearing](#)
- » [LASIK](#)
- » [Meal Planning](#)
- » [Pet Insurance](#)
- » [Personal Care](#) – Laser hair removal, Botox and dermal fillers, CoolSculpting, UltraShape, cellulite therapy, tattoo removal, medical grade skin care, laser skin rejuvenation, Kybella
- » [Weight Management](#)

YOUR HEALTH



ACCESS HEALTH INFORMATION

You have the right to [see and get copies of your health information](#). Having it helps you make decisions about your health. It can help you understand and stay on track with treatment plans, find and fix errors, and contribute information to research. Consider printing and bringing your medical records with you to your doctor appointments.

PEHPPLUS

Latest PEHPplus Vendor Will Do Food Planning for You

Gatheredtable is the latest company to team with PEHPplus. Gatheredtable is a meal planning service focused on helping make healthy homemade meals easier by removing one of the major barriers to cooking – the planning!

Monthly and annual subscription options are available. Exclusive to the PEHP community: [Subscribe](#) for a year of meal plans for only \$60 (That's a 50% savings)! Sign up to try it out for 24 hours for free (no credit card required).

Each user receives a custom weekly menu that is based on your specific diet and needs, and even better – the menu is completely editable! Each menu includes a smart grocery list calculated based on your menu and what you already



have in your pantry.

Each custom menu includes seasonal, from-scratch recipes that Gatheredtable has curated and personally tested to ensure they are delicious and easy-to-follow. You can also add your own recipes to your personal recipe library, and they will automatically be added to your future menus mixed in with other suggestions.

Make a plan, go homemade. You'll save money, eat healthier, stress less, and feel better!

CUSTOMER SERVICE

Expect a Quick Response

Our members' time is valuable, and we want to make your interactions with us as efficient and pleasant as possible. When you call PEHP, you can expect to wait for less than one minute before being connected to a friendly and helpful expert; we're able to quickly resolve most member issues. Whether you're calling on your lunch break, during your commute, or before or after work, we're here to help you and answer your questions Monday through Friday from 8 a.m. to 5:30 p.m.

RESOURCES



PEHP TREATMENT ADVISOR CREATING A BUZZ

Most members who try [PEHP's Treatment Advisor](#) like it. In fact, a recent member survey shows more than 90% of those who have used the tool would recommend it to a friend. This innovative online tool helps members make the right treatment choice.



MY BENEFITS

MY MONEY

MY HEALTH

MEDICARE

Attend a Free Presentation

We're conducting free Medicare presentations throughout Utah in 2017. These one-hour presentations give an overview of Medicare and PEHP's Medicare Supplement plans with time afterward to answer questions. No reservations are necessary. Please encourage your employees to attend. The schedule:

Cache County Logan	March 17 , 10:30 a.m. August 17 , 10:30 a.m.	Cache County Council Chambers 199 North Main Street
Carbon County Price	March 14 , 10 a.m. August 8 , 10 a.m.	USU-CEU Jennifer Levitt Bldg. 451 E 400 N Eastern Alumni Room
Davis County Farmington	August 22 , 10 a.m.	Davis County Administration Building 61 South Main Street Room 131A (North Entrance)
Duchesne County Roosevelt	March 22 , 11 a.m.	Uintah Basin Applied Technology College 1100 East Lagoon Street Conference Room – R2
Salt Lake County Salt Lake City	March 23 , 10:30 a.m. August 14 , 10:30 a.m.	Salt Lake County Council Chambers 2001 South State Street N-460
Salt Lake County Murray	March 7 , 10 a.m. August 8 , 10 a.m.	Murray City Council Chambers 5025 South State Street
Salt Lake County South Jordan	April 17 , 10 a.m.	South Jordan City Council Chambers 1600 West Towne Center Drive
Sanpete County Ephraim	March 21 , Noon	Snow College 150 East College Ave. Noyes Bldg, Heritage Room
Sevier County Richfield	March 22 , Noon	Snow College Admin Building 800 West 200 South
Uintah County Vernal	Aug. 16 , 11a.m.	Uintah Basin Applied Technology College 450 North 2000 West (Aggie Blvd) Multiuse Rooms CB145, CB146
Utah County Orem	March 6 , 10 a.m. August 7 , 10 a.m.	Central Utah Water Conservancy District Administration Offices 355 West University Parkway Board Room
Washington County St. George	March 15 , Noon	St. George City Offices 175 N 200 E
Washington County St. George	August 8 , Noon Nov. 7 , 11 a.m. & 2:30 p.m.	Taylor Health Science Bldg 1526 South Medical Drive 156 Auditorium

YOUR BENEFITS



ADULT DEPENDENTS CAN CREATE THEIR OWN ACCOUNTS

Members should encourage adult dependents (spouses and children 18 years or older) to create their own individual PEHP online account. This allows them to see their claims, personal biometrics, and personalized messages from PEHP about their individual healthcare, including pharmacy updates. Click [here](#) to learn how.

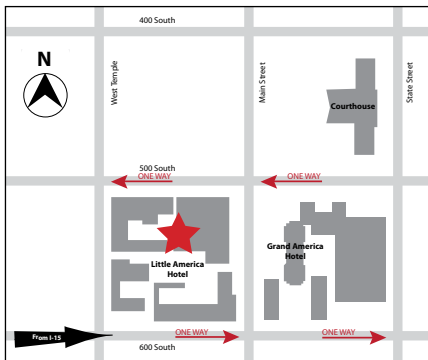
EMPLOYER EVENT

Gov. Herbert is Keynote Speaker at This Year's Event on March 16

We look forward to seeing you at the annual URS Employer Event on March 16 at the Little America Hotel in Salt Lake City.

It's a packed agenda covering the latest topics in retirement and healthcare. Gov. Gary Herbert will be this year's keynote speaker. We'll also feature an economic update and panel discussion on the new URS phased retirement benefit.

Speakers are scheduled for 9 a.m. to 1:30 p.m., with a continental breakfast at 8 a.m. Lunch will also be provided. If you can't make it,



we'll be livestreaming the event on Facebook. Like the [URS Facebook page](#) to find it.

It's not too late to [register](#). We look forward to seeing you there!

PEHP HEALTH COACHING

Supporting Change in Lifestyle Behavior

Launched in January 2017, [PEHP Health Coaching](#) is offered to PEHP eligible members and spouses with a body mass index (BMI) of 30 or higher.

PEHP
Health Coaching

In this lifestyle behavior change

program, members work with a coach in a confidential partnership for 6-12 months to identify personal motivations for change, form an action plan, and learn

how to overcome barriers to reach health goals.

Members receive encouragement, support, education, and rebates as they discover how to achieve positive health outcomes and improve their quality of life.

To enroll, members can complete the [online registration form](#). For more information or questions, contact a PEHP Health Coach at 801-366-7300, or visit the [PEHP website](#).

PEHP

560 East 200 South
Salt Lake City, Utah
84102-2021

Office Hours:

8 a.m. to 5:30 p.m.

HealthTrends

Volume 16, Number 4
March 2017

Director: R. Chet Loftis

Editor: Bonnie J. Wolff

You can find us on the web at www.pehp.org

PEHP
Health & Benefits