Thank You and Farewell!!

As the Field Director of the Educators Health Alliance, I would like to take a moment and say thank you to Craig Christiansen. He has given the Nebraska State Education Association many years of hard work, dedication and service. On February 28th, 2017 Craig will officially retire from the NSEA, thus stepping aside as an Executive board member for the Educators Health Alliance.

Craig was one of the leaders, and original founding fathers who brought on the development of the EHA. His extensive thoughtfulness and strong leadership skills produced one of the most stable health insurance pools in all of Nebraska, and arguably the entire country. Craig always valued the importance of helping the individual members. I’ve always felt this was a top priority of his, and something I’ve tried to emulate throughout my career with the EHA. He worked cooperatively with the Nebraska Council of School Administrators and the Nebraska Association of School Boards. He also brought a sense of family to the EHA.

It has been a great honor to work with Craig Christiansen for the past three years. He has been an influential colleague and friend to me. I will always be grateful. Looking forward I will continue on with the same value, dedication and service of helping our members, just as he would. Thank you Craig!

Negotiations Ending and Spring Beginning

February is behind us, the annual negotiation season is closely coming to an end. The Educators Health Alliance & Blue Cross Blue Shield spring meetings are fast approaching! This has been a very exciting season for schools districts and our EHA members. Over 168 school districts have changed their health benefit options, and given their staff flexibility to make individual decisions regarding what plan best fits their families’ needs.

It has been a pleasure to visit with districts such as Dundy County, Fillmore, Waverly, Madison and Sargent to name only a few. One of the best parts of my job is assisting schools districts with their unique
Blue Cross Blue Shield of Nebraska (BCBSNE) believes in the importance of providing options to help you access affordable and immediate health care. That is why we are delighted to offer telehealth to our members.

**Telehealth Service – How does it work?**

Telehealth is an innovative patient consultation service that lets you connect with a U.S. board certified, licensed and credentialed doctor and easily using your computer, tablet or phone. Its easy to use, affordable, private and secure.

Rather than having to schedule a doctor’s appointment and travel to and from the doctor’s office, telehealth lets you interact with a doctor at your convenience for common conditions such as: * Sinus * Sore Throat * Flu * Fever * rash * ear infection * migraine

**Board-Certified Doctors**

**Who provides telehealth service?**

BCBS of Nebraska provides telehealth service through American Well®, also know as Amwell, the industry’s leader in telehealth solution. With Amwell, you can register for free, and the cost per visit is less than the cost of an in-person doctor office visit.

Amwell offers:

* A choice of trusted, U.S. board-certified Nebraska doctors
* Access to a licensed physician via computer, tablet or phone
* Consultations and diagnosis for common conditions, including e-prescriptions

Continued from page 1:

needs, and assist in offering the best possible plans to their staff.

If you have not set up your spring meeting, please do! My schedule fills up quickly. I wouldn’t want you to miss out on this valuable knowledge regarding your health care plan.
Sleep, food, and exercise are three of the major components of personal wellness. Sleep recommendations for adults are between 7-9 hours each night, healthy nutrition includes adding variety to your plate with fruits and vegetables plus adequate water consumption, and exercise is important to keeping your heart healthy and reducing stress. Monitoring these areas of personal wellness will help you gain more energy, feel less stressed, and improve your overall mood. Starting on March 27 EHA Wellness will launch the Boston Marathon challenge that focuses on exercise, nutrition, sleep, and water consumption! All registered participants begin the virtual marathon at Hopkinton on March 27. The Boston Marathon will cover a total distance of 26.2 miles. An average participant will run 4.37 virtual miles each week and reach the finish line in Boston at the conclusion of this six week challenge.

Team-up option is available - six runners required for each team. The number of virtual miles each participant moves along the Boston Marathon course will be determined by the number of individual points earned by following the program guidelines for exercise, nutrition, sleep, and hydration as compared to the entire challenge average points. This challenge is the perfect way for participant’s to exercise, eat right, sleep, and hydrate their way to Boston and better overall wellbeing!

Sign up today at www.ehawellness.org. If your school or group is not currently participating in the EHA Wellness Program, contact us today at 402-614-0491 or email contact@ehawellness.org.
Continued from P. 2
to your pharmacy of choice (When appropriate and where allowed*)

Convenient and Easy
You never know when you may need a doctor.

Telehealth can be used any time, day or night. It’s perfect when your doctor’s office is closed, you’re too sick or busy to see someone in person, or even when you’re traveling.

Register Now
There are three easy ways to register:

• Download the Amwell app on your mobile device from the Apple App Store or Google Play
• Visit nebraskablue.com/telehealth
• Call toll-free 844-SEE-DOCS (844-733-3627) When prompted, enter Service Key BCBSNE to get the Blue Cross Blue Shield of Nebraska member rate.

Spring into Fitness

The Spring brings warmer weather, more daylight, and increased opportunities for physical activity outside. Regular physical activity improves your mood, enhances the quality of your life, helps you burn off stress and, most important, it strengthens your body while it burns calories. Physical activity helps your body work the way it is supposed to. See below for some fun outdoor fitness activities that don't require a lot of equipment, are fun to do, and fit into a busy lifestyle.

1. Walking is a fantastic fitness activity that anyone can do. Whether it be walking for speed or distance, walking dog, taking a hike in nature, or just a brief 5 – 10 minute walk over the lunch time, walking has huge health benefits at only 10-20 minutes per day.

2. Running is the number one fitness craze in America. While not everybody loves to run the benefits of increasing your heart rate and sweating it out can be tremendous. Research shows that doing short bursts of running mixed with walking has the same effect as running for distance or longer durations. Try walking for 4 minutes and jogging for 1 minute for a total of 30 minutes. You will be amazed at how much improvement you will see doing this just a couple of times a week.

3. Outdoor sports such as pickup basketball, golf, tennis, baseball, ladder ball, etc. provide great opportunities to socialize and exercise. Not only are you getting in a fitness activity that is good for your physical health but the social benefits of these types of activities greatly improve your mood.

4. Outdoor work activities such as raking leaves, cutting wood, gardening, mowing, etc. can also fit into the fitness category at a low-moderate level. If you really want to get outside but aren't up to a walk, a game, or other more “exercise” like activities - don't sweat it! Just integrate some outdoor work into your lifestyle. Working outside helps you get more vitamin D and will strengthen your body while allowing you to “get some work done” or focus on items you really want to get accomplished.