



Educators
Health
Alliance

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Participation. Collaboration. Cooperation.

Issue 20

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EHA Seasonal Meeting Announcement!!

For the past 7 years it has been my goal to reach out to as many schools as possible for district wide meetings. I would like to take this opportunity to schedule EHA Spring and Back to School health care reviews. My goal would be to discuss current changes to insurance plans and the reason behind The changes. It is vital that members are aware of the current deductible changes and out-of-pocket maximums to their benefits beginning on September 1st, 2019.

I would also like to explain to all EHA members the benefits being part of the largest insurance pool in the State. In addition, the vital role all 3 associations (NSEA, NCSA, NASB) working together to meet the needs of their members in regards to health care benefits across the State of Nebraska.

If you would like to meet regarding these or any other issues, please contact Greg Long, EHA Field Representative at greg@ehaplan.org or 402-440-9633

EHA Bookkeeper Meetings Announcement!!

The time has come for the annual BCBS/EHA Bookkeeper meetings across the state of Nebraska. Below are the Dates, Time, and Locations:

Tuesday, April 23rd 9 a.m. to noon MT: Gering, NE
Gering Civic Center 1050 M Street

Wednesday, April 24th 9 a.m. to noon CT: Kearney,
NE Educational Service Unit 10 76 Plaza Blvd

Thursday, April 25th 9 a.m. to noon CT: Norfolk,
NE Northeast Community College Lifelong
Learning Center 801 E. Benjamin Avenue

Friday, April 26th 9 a.m. to noon CT: Elkhorn, NE
Metropolitan Community College, Elkhorn
Campus-room 214: 829 N. 204th Street, Elkhorn,
NE 68022

Friday, April 26th 1:30 to 4 p.m. CT Webinar



Control Health Care Cost and Utilize AMWELL!

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 * Sold * 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 Cont. p.4

Coast to Coast with EHA Wellness

The Coast to Coast virtual fitness challenge is a hike across America! All registered participants begin this virtual hike at Cape Henlopen State Park in Lewes, Delaware and finish at Point Reyes National Seashore in California. The American Discovery Northern Trail is total distance of 4,834 miles.

Each guideline completed moves you 49 miles along the trail. Exercising, eating right, sleeping, and drinking water will move you 196 miles each day. A Team-up option is available with six hikers required for each team. The number of virtual miles each team moves along the hiking trail will be determined by the number of individual points earned by following the challenge guidelines for exercise, nutrition, sleep, and hydration as compared to the entire challenge average points

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Get up-to-date EHA updates by following me on Twitter @EHAGregLong1



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EHA Wellness 2017

Participating Organizations



Nebraska Council
of School Administrators



Nebraska State Education Association



Nebraska Association of
SCHOOL BOARDS

Spring Into Better Wellbeing

Spring is finally here and that means better weather, fun outdoor activities, and the end of the dreaded cold weather. With spring finally here, you're likely ready to shed your cold-weather cocoon and return to the healthy habits of seasons past.

Below are the five things to do to spring clean your health and jumpstart your warmer weather routines.

- 1. Prioritize good sleep.** Sleep is the most important biorhythm, but too often ignored. For the average adult, the aim is 7.5 to 9 hours of sleep a night. To improve sleep habits ensure that you build a nightly ritual and make your bedroom as quiet and as dark as possible.
- 2. Find reasons to move your body.** The nicer weather encourages us to get outside or to get more fresh air. This spring take time to do activities that integrate physical activity into your day and help improve your stress levels. Activities like gardening, walking, and spring cleaning are all good ways to integrate physical activity into your day, improve your mood, and make you feel accomplished. **Prioritize good sleep.** Sleep is the most important biorhythm, but too often ignored. For the average adult, the aim is 7.5 to 9 hours of sleep a night. To improve sleep habits ensure that you build a nightly ritual and make your bedroom as quiet and as dark as possible.
- 3. Greet the day.** Take advantage of the increased sunlight in the mornings to set your circadian pacemaker, also known as your body's sleep clock. Aim for a consistent wake-up time in the morning and give yourself time to move around, journal, or enjoy a few minutes of quiet time. The sunlight will program your body's clock and help regularize your sleep and wake rhythm.

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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.

Continue: Coast to Coast

Discover America through exercise, nutrition,
sleep, and hydration!
All participants in the Coast to Coast challenge
will receive a Coast to Coast challenge exercise
T-shirt (performance active dry). Individuals
should register by the April 5 deadline and
select T-shirt sizes. Members may report
challenge points online and view their trail
position.
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.

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4. **Build a good routine.** Building a good sleep
ritual and wake up regimen will help you feel
more refreshed and less stressed each day.
Taking time to do things each day that feel
good and help you prepare for your day are
important to regulating your mood and
improving your stress levels.
5. **Use sunscreen.** Sunscreen protects your skin
from the sun's harmful ultraviolet rays, which come
in two forms – UVA and UVB rays. UVA rays are
most commonly associated with skin aging; these
beams cause damage to the skin and cause skin
cancer. While enjoying the wonderful spring
weather make sure to layer on the sunscreen to help
reduce or eliminate skin damage.

Enjoy the spring weather and all that spring brings.
For more information on how to build a strong
sleep ritual and the importance sleep has on your
overall wellbeing visit the CDC website at
<https://www.cdc.gov/sleep/index.html>