



Educators
Health
Alliance

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Participation. Collaboration. Cooperation.

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EHA Enhances Mental Health Benefits

Mental Health Benefit Enhancement

In October 2020 the Educators Health Alliance passed a mental health benefit enhancement effective 9/1/2021. This benefit reduces out-of-pocket charges to our members looking for services in the Mental Health field.

There will be no member cost shares for in-network outpatient office visits for mental illness and/or substance dependence and abuse covered services. The following types of in-network office visits will be paid at 100%

- Individual
- Group
- Family
- Marriage counseling

Services need to be from an in-network provider. The benefit is for outpatient office visits for mental health or substance abuse. These services will be paid at 100%. . This change is only for PPO plans.

This enhancement does NOT include the HDHP \$3600/\$7050 as it is a first dollar plan to members. If a member chooses to participate in this mental health benefit they must switch to the PPO plan of their district during their election period.

If you have any questions regarding the EHA and would like to schedule an EHA meeting, please contact Greg Long at greg@ehaplan.org.

Now Is The TIME!

With the EHA offering new benefits along with the review of the traditional Plan it is now the time to get your school district up-to-date with all current information.

It is vitally important that members understand the changes coming for September 1st, 2021. The power of an informed member creates the greatest opportunity to make the best decision for healthcare benefits!

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.

Please contact me at greg@ehaplan.org or 402-440-9633.

EHA Wellness 2021

Is It Time for Your RESET?

Is It Time for *Your* RESET?

The cold, the snow, the ice...all around us nature is hibernating, getting ready for its inevitable RESET...Spring. You can press your own RESET button by setting personal health and wellness goals for the week, the month or the year. EHA Wellness is here, when you are ready, with tools to guide, encourage and support any challenge you undertake in 2021.

EHA Wellness offers programs for many aspects of wellness. Our **bi-monthly challenges** focus participants on one of six areas of well-being: emotional, intellectual, occupational, physical, social and spiritual. While our **year-long challenges** offer daily tracking on five core wellness areas: physical activity, sleep, healthy eating, hydration and mindfulness. However, did you know that we also offer free or discounted programs and partnerships to help you manage weight, meditate and create financial wellness? Check out what you might be missing below:**PG3**



Get up-to-date EHA updates by following me on Twitter
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Participating Organizations



Wellness continue Pg. 2

MoneyWellth is our new online financial wellness program that meets you, wherever you are, in your financial journey. MoneyWellth provides resources and guidance on topics such as: reducing debt, saving for the future, retirement, investments, credit, loans and more. Participants learn from articles, interactive tools, videos, and tracking on the topics most important to you. MoneyWellth is FREE to all EHA Wellness participants and you will never be asked to purchase products or services. **Headspace** is an online meditation and mindfulness app that is also FREE to all EHA Wellness participants. And, oh my, did we need more Headspace in 2020! As part of the educational system, you have been faced with a completely new and difficult set of challenges than ever seen before. Many are feeling overwhelmed, stressed and tired. Meditation and mindfulness are powerful tools that, when practiced consistently, can greatly reduce daily stress and anxiety as well as help you get a good night's sleep. Headspace has meditations, animations, mindful movement sessions, wind downs, sleep casts and more. Try it for a week. Just a few minutes a day can make all the difference.

WW (Weight Watcher reinvented) is also offered through EHA Wellness at reduced rates. Whether you want to lose a little or a lot, WW can help you do it...your way at your pace. WW continues to evolve with the latest scientifically proven methods for weight management and by providing you with the tools to help you eat better, move more, and positively shift your mindset to improve overall wellbeing. EHA Wellness offers the complete WW Digital program, as well as an option to add virtual/in-person WW Workshops at a reduced rate.

Ready for your RESET? Find the links to **MoneyWellth**, **Headspace** and **WW** on your account page when you log in at www.ehawellness.org with your EHA Code. *Forgot your code or have questions?* Contact EHA Wellness at contact@ehawellness.org.

Arise and Shine in February - With EHA Wellness

Believe it or not, we ALL have a morning routine. Alarm clocks, sleepy kids, walking dogs, breakfast dishes, showers, exercise, lunches...and out the door! Some routines may need more coffee than others, but even making that cup of happiness is part of the ritual. The question is: Does your routine leave you feeling productive and positive or is it composed of old habits that only accomplish the minimal tasks? Yes, a productive morning routine sounds great, but I know what you're thinking, "Who has the time for that?" Sometimes fitting it all in can be difficult, not to mention stressful. However, making time for what we must accomplish, AND a bit of what we would like to accomplish, will give us the energy and drive we need to complete other tasks throughout the day. The fact of the matter is, the people who are the busiest are *exactly* the people who need a great routine.

Of course, the hardest part of implementing any routine is getting started. Take that first step with the EHA Wellness challenge for February, ***Arise and Shine*** and establish your best morning (and/or nighttime) routine ever! When you register, you will receive a Breakfast to Go meal/snack container. You will also be challenged to do three things each day:

- Make your bed each morning.
- Eat a healthy breakfast or mid-morning snack.
- Establish a healthy morning and nighttime routine.

So, what would you like to accomplish in YOUR day? In the *Arise and Shine* challenge, we encourage participants to start with two must-dos: making your bed an eating breakfast. But the power of a good routine allows you to make time for the things that you might not do otherwise. Do you have a creative hobby that you want to pursue? Do you wish you had more time to read? How about exercise? These are important things that we all need to do to stay healthy and happy. By working in as little as 30 minutes a day for something on your wish list, you can be on your way to a happier and healthier life. What better way to kick off the new year than establishing a routine that really works for YOU?

Ready to super-charge your routine in February? Sign up for ***Arise and Shine*** by going to www.ehawellness.org and logging in with your EHA Code. Forgot your code? Contact EHA Wellness at contact@ehawellness.org.