



Educators Health Alliance

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Participation. Collaboration. Cooperation.

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My New EHA App

You now have better access to all EHA benefits with the new **My EHA App**. You can download My EHA today to quickly access what you need, when you need it.

- **ID Cards:** never worry about leaving your card at home.
- **Doctor Video Chat:** reach a doctor over your break or after hours with Amwell doctors.
- **Medical Benefits:** BCBSNE medical coverage is easy to find, save money with in-network doctors, file claims with *myblue* and know where to go for medical care.
- **Prescription Benefits:** view ID card, manage claims in MyPrime, and find an in-network pharmacy.
- **Surgery Benefit:** Did you know about this benefit? Hip Replacement and Total Knee surgery cost is WAIVED for inpatient facility when you use BCBSNE Preferred Surgery Centers.

EHA Benefits Enhancements

As the new school year set to begin and teachers reporting back to their respective school districts it is important to remember all the great enhancements to you EHA benefit package!

The EHA continues to offer full coverage for insulin for our members. The insulin must be a preferred Generic or Brand Name to be covered in both the PPO and HDHP benefit.



Mental illness and/or substance dependence and abuse covered services as long as it is outpatient services (Office Visit, Therapy Performed in School, Telehealth Services, and all other Outpatient Items and Services) are covered at 100% for the PPO plan only. This includes counseling as long as they are in network!

Unfortunately, the HDHP plan is a first dollar responsibility meaning the member must pay the claim and is not covered at 100%

Field Representative's Travel Season Is Set to Begin!

The summer of 2022 is almost in the books and the EHA is ready to serve our teachers as they embark on the year's journey! After last year's endless benefit zoom meeting it is absolutely exciting that I will be going out to see our members in person.

The one great experience every year is to travel the State and meet all the new teachers and reconnect with members that I have met over the years. Each meeting offers something new to our membership and knowledge of the benefit package.

One of the great joys of going out to the schools is not only to teach but also see everyone who I have met over the last 10 years.

It is the most rewarding knowing where we have come from in knowledge of our health benefits over the years to where we are now. I have seen teachers take what they have learned and apply it to their individual families to produce the greatest economic outcome possible. Our members are more than numbers, they are mothers, fathers and children. Our members dedicate their lives to the education of children and the betterment of the community. The EHA is here to make sure our families are cared for in all aspects of their health plan.

This all begins with our annual meetings with schools who invite me out to speak to our members! This year is no exception of the heavy requests.

I am so excited that I was able to

almost make all the districts requests! This year the invites came in early and late. I try my best to meet everyone's needs but sometimes it's almost impossible. To solve this issue Blue Cross Blue Shield stepped in on the meetings that I could not meet as I was already booked. Thank you to Brett Young of BCBS for helping our schools!

This year my first school of the year was Minden Public Schools and quickly followed by Centennial. This year we are taking it to the limits with a one-day trip to Valentine, Sargent and then ending the day with a Bow Nation!

There are many other schools that I will be traveling to and cannot wait to see everyone!



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



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EHA Wellness 2022

Participating Organizations



Self-Care Is Caring

Summertime...and you are ready to live the good life! A little relaxation, time to connect with others and *finally* take care of yourself... Then, you wake up and discover that you are just as busy now as you were during the school year. Yet again, self-care seems like a luxury, only attainable by others without responsibilities or with lots of time on their hands. Practicing self-care is a necessity, but the good news is, it doesn't need to be complicated, expensive, time-consuming, or far-reaching.

What is self-care?

There are many definitions out there, but simply put: *Self-care is anything we do on purpose* — or refrain from doing — *with our own well-being in mind*. Types of self-care may include anything that promotes physical, emotional, psychological or even spiritual well-being.

Why does self-care matter?

Not only can self-care alleviate feelings of stress and anxiety, it better prepares you for the demands of life. Whether that's work, family or something else, you're only able to help those around you when you've taken proper care of yourself.

"Again, it's about being deliberate," says psychologist Matthew Sacco, PhD. "It's participating in activities that you value. It doesn't have to be overly complicated. It's just that planned intentional aspect that you look at for promoting your well-being."

"Doing this kind of work thoughtfully, in a very planned way, is absolutely a vital part of being more effective in the world around us," he adds. ([clevelandclinic.org](https://www.clevelandclinic.org); February 15, 2022)

What does good self-care practice look like?

Self-care means doing things for ourselves that are going to help us have our needs met. Sometimes that means prioritizing sleep, remembering to eat breakfast, getting fresh air, making time for exercise, going to health appointments, or asking for help. Self-care might mean taking your medication on time, confronting a toxic friend, doing meal prep in advance, saying no to something, or simply getting a haircut. Contrary to popular belief, self-care is often boring – and that's okay.

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If you are able to incorporate some leisure activities that elicit feelings of joy and relaxation, that can be another critical part of your self-care. Once you have your basic needs met, try to think about ways to integrate positive activities. Again, this does not need to be extravagant. Sometimes slowing down for a jigsaw puzzle, a family board game, or a living room movie night can boost our mental health. Throughout the day, you might allow yourself small breaks to color, journal, play with your pet, listen to music, or simply take a few deep breathes. For when you have more time, self-care activities might include doing some yoga, shopping online, visiting a neighbor, jogging, taking pictures, going to a park, learning a new hobby, or checking out a museum. Understanding what works best for you might mean learning more about yourself and getting curious about what helps you and what doesn't. This can mean exploring lots of different ways to de-stress, holding onto the ones that work and throwing out the ones that don't. ***The more we practice intentionally making time for our own self-care, the more resilient we become.***

If you are an **EHA Wellness** participant, caring for yourself may be as simple as signing up for our wellness challenges throughout the year to motivate and encourage your journey. Our next Bi-Monthly challenge, ***Paint Your Plate***, will begin August 1st, but our ***Core Wellness Trackers*** can be used anytime to keep up with exercise, healthy eating, sleep, hydration and mindfulness practice. The daily challenge emails (Bi-Monthly challenges only) include wellness information, motivation to get you moving, and healthy recipes to keep you fueled.

To sign up for challenges or find more information, log into www.ehawellness.org. Questions? Contact EHA Wellness at contact@ehawellness.org

EHA Wellness is the free health and wellness program available to all benefit eligible employees of Educators Health Alliance groups. The program is designed for those working in and around education in Nebraska. Here is what is coming up for the 2022-23 program year:

October: *It's time to Move!*

We all know that moving the body is one of the best things you can do for your health. ***Pump It Up***, the October challenge offered by EHA Wellness will focus on the importance of exercise and strength training, provide tips, and bring daily inspiration to get you moving in the right direction! **Just for signing up, you'll receive a set of resistance exercise bands!*

December: *Looking Inward...*

Sign up for ***Focused In*** in December, then get ready to uplift your own well-being and that of others along the way. You will be inspired to incorporate opportunities for gratitude, affirmation, movement and mindfulness generosity toward your own wellbeing and happiness. You will also receive challenge emails each day with healthy tips, recipes, and a link to track your progress. **Just for signing up, you will receive downloadable affirmation cards and a yoga block to use with the free mini-yoga sessions!*

February: *Fueling Your Goals*

Power your 2023 health & wellness resolutions with the right fuel for the job. Added sugars and processed foods just don't make the cut! Sign up now for the February EHA Wellness challenge, ***Well Fueled***, to learn how to reduce or eliminate the added sugar and processed foods that are clogging your body's engine.

March/April: *I Love Nebraska!*

Road Trip! Grab some friends or go it alone...exploring the great state of Nebraska is always a great adventure! Join us on March 27th when we embark on a virtual "tour" during the ***I Love Nebraska*** challenge. To earn miles, you must complete wellness goals each day. Teams of 6 (optional) will also compete for bragging rights as they encourage each other along the way. Receive an ***I Love Nebraska T-shirt***, just for signing up!

To sign up for challenges or find more information, log into www.ehawellness.org
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