



CURRENTS

SAN DIEGO ELECTRICAL TRUSTS

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WELLNESS COACHING TESTIMONIALS

The following two testimonials are from participants who were part of the initial group to utilize the Wellness Coaching Program. Both are being presented subject to slight modification to protect the identity of the participant:

1. "I just wanted to say "thank you" for having this health coaching available to the employees and employees' family of the IBEW. My family has been going through some really challenging situations over the last 7 years and along the way I kind of lost who I was and what I wanted out of life. Working with Shadia for the last 12 weeks has given me the opportunity to think about me again. I have started making positive food choices again and I am working towards exercising. The exercising is a work in progress due to an illness that I am recently recovering from.

While raising a family I have learned a lot about nutrition and exercise over the years, the problem I was having was consistency. When Shadia and I first started working together she asked me what I needed most in my life (health wise of course). My response was "someone to hold me accountable". I have always been the motivator and the one to hold my family members accountable but no one has ever done it for me. I feel I have adequate

knowledge of health and fitness I just have a hard time holding myself accountable. That is where Shadia was able to help me the most. I didn't always reach my goals from week to week but I was constantly moving forward. With Shadia's help I feel that I am on the right track again. I am the positive happy person I was so long ago.

Thank you again for offering this wonder opportunity to me and my family."

2. "I signed up for the Wellness Coaching Program at this year's IBEW Picnic.

At first I thought these sessions were going to be a face to face thing so I was disappointed at first. I wonder if before the first session an email or communication goes to the person, to explain what the sessions will be like? It would be nice as a first meeting to have it be face to face. If that is not possible have you thought of using face-time or skype with people?

Shadia has been my coach, she is a very sweet young lady, she is a good listener and has a gentleness about her. I have enjoyed my

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2015 ANNUAL PARTICIPANT INFORMATION UPDATE

Looking ahead to 2015 please be on the lookout for the annual participant information update form that **MUST** be returned to the Trust Office in order to avoid delays in processing PPO claims on behalf of dependents until a claim form is submitted for their first claim(s) of the year. This form contains information expected to provide the Trust Office with specific information such as changes in dependent status or the existence of other group health coverage for a dependent which is integral to the payment process.

Please be on the look-out for a special

mailing this Fall that will include a new annual Registration Form that must be returned **before** any claims for services rendered in 2015 may be processed. Therefore, please complete and return them as soon as possible in the included self-addressed/stamped envelope, by fax to 858-565-2951, or via an e-mail attachment to www.bianca@569trusts.org

The most significant information to appear on this form has to do with whether a dependent spouse has group medical coverage available through their employment. If they do, and the cost for

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IMPERIAL VALLEY TRAINING CENTER UPDATE

By Tammy Spinks

With the heat of the summer behind us the training center in Imperial Valley is looking forward to some exciting changes that will be taking place this winter. The demand for training remains at elevated levels and we have long outgrown the capacity of our existing facility. Job projections still remain high into the future so we plan on addressing this critical need for increased space now. In order to attend to these space concerns an enlargement of the current building has been proposed. This expansion will allow us to meet the current and impending needs of our students. The plan will incorporate several new classrooms and additional lab space into the existing facility. There will also be an increased number of restrooms and a meeting area. These improvements will serve to make our current building

more functional and accommodating. It will allow us to perform the training of all our students under one roof. We will continue to hold classes at the facility while we undertake this transformation. There may be a few minor inconveniences with parking and building access during construction so please be patient. It is also important that all safety warnings and instructions are closely followed. These improvements will have a tremendous positive impact to all our students by giving them more area to preform and practice the various components of lab exercises as well as giving us more classroom space to hold our Journeymen, Apprentice and Trainee courses. We look forward to these improvements and anticipate breaking ground before the end of this year.

PPO PLAN HEALTH COACH PILOT PROGRAM

For covered participants in the PPO Plan who want to make a change in their behavior or lifestyle as a means of improving their overall health or wellness, a pilot health coach program is being conducted through Healthy Adventures Foundation.

Healthy Adventures Foundation provides confidential health coaching services designed to assist people in improving their health and wellness. Their Health Coaches work one on one with clients to establish health-related goals and provide them with the tools and creative tips needed to achieve success. The ultimate goal is to equip clients with the knowledge and resources needed to maintain their healthy lifestyle-path for a lifetime.

The program provides nutritional and fitness related information, personalized to the clients' needs and conditions. The program also includes strategies for behavior modification (i.e. stress eating) and support for those with chronic disease or injury (i.e. arthritis). Health coaches track client progress through the program (i.e. weight loss, stress management) and changes in their health. Our program also encourages clients to form a working relationship with their healthcare providers and to be an active participant in their care, as well as assist clients in higher compliance with

physician prescribed strategies.

This program differs from most other health coaching programs as coaches work with clients in an unscripted setting which gives them the ability to draw on their expertise and education in nutrition, exercise physiology, public health, psychology and experience in personal training, group fitness, physical therapy and education to motivate, encourage and inspire their clients. It is expected that coaches will build trusted and professional relationships that can help clients achieve their individualized health and wellness goals.

Coaching is conducted over the phone, via follow up emails and can also be done face-to-face at our office near Balboa Park (by appointment only). This program is suitable to anyone who is trying to make healthier changes in their lives, managing chronic disease, or trying to lose weight. Participants must be covered under the Plan A PPO Plan at the time services are rendered. If there is an interest in this pilot program it will be necessary to contact Healthy Adventures to permit an assessment as to whether the person to whom services may be rendered will qualify to participate in the pilot program. Health Adventures can be contacted at 619-466-4386 or healthcoach@healthyadventuresfoundation.org.

FLU SHOTS

Flu Season is once again upon us and it is highly recommended that all adult participants get a flu shot as soon as possible. Whether covered by the PPO Plan or Kaiser this vaccination is covered at 100%. Under the PPO Plan, if the facility from which you receive the shot does not take insurance then you need only pay for it and then submit the receipt to the Trust Office for reimbursement.

Flu shots may not only be received at a doctor's office but are routinely available without an appointment at CVS MinuteClinics and supermarkets with pharmacies. Please be sure the receipt clearly indicates you received a flu shot and provides a proper procedure code number.

Testimonials continued from Cover -

sessions with Shadia and it has worked out well. At first I thought she would be tough on me and tell me what to do (cuz I need that) but that is not what it is like. I guess that would be more like a personal trainer? She has given me lots of ideas on food, as I have Colitis and have to watch foods I eat!

Our sessions are coming to an end here in a week or so and it just doesn't seem to be enough time! We are just starting to scratch the surface so to speak. Wondering if there is a way to continue with the Coaching?

Thank you for your time and consideration! And give Shadia a RAISE!!!!"

For information on the Wellness Coaching Program please contact Healthy Adventures at 619-466-4386 or at healthcoach@healthyadventuresfoundation.org. To be eligible to participate in this program the participant must be covered at the time services are rendered and qualification is subject to the sole discretion of Healthy Adventures.

BLENDING LEARNING

By Tammy Spinks

The world around us is changing. New innovations are evolving our workplaces and home life at a quickening pace. The incorporation of these various technologies like tablets and smart phones into our daily life not only effect the way we accomplish tasks but challenge us to rethink the way we learn them. If we want to continue to offer the highest quality training to our Apprentices and Journeymen then we must stay on top of new approaches to teaching our trade. The Electrical Training Alliance, formally known as the NJATC, has taken the lead in designing and incorporating the newest methods in education tailored to meet the precise demands of our electrical industry. This new approach is entitled Blended Learning. What blended learning does is draw from both the traditional classroom experience and the latest in education techniques using internet based resources. The blended learning model allows an instructor the opportunity to engage the students by creating a custom lesson plans evolving around the needs of the students.

Utilizing the blended learning model students will continue to take part in lessons based inside the classroom but the homework that is required will be done online using the blended learning interface. Having the students do their homework online empowers the instructor with the ability to evaluate, analyze and reflect upon each student's individual as well as group performance in real time. In the past homework would be assigned and a students work could

be turned or reviewed at the beginning of the next class. Not only did this allow no immediate feedback to the student about their progress on the assignment but it created an impact on instructors to manually grade the homework taking away valuable class time that could be reserved for effective hands on learning. The blended learning model allows the teacher to instantly evaluate assignments and pinpoint weakness in understanding. A teacher will have access to many key statistics enabling a lesson plan to be crafted targeting those weak areas. There are various other resources available to the students including flash cards, quizzes, web resources and 3D simulating environments. The Outside lineman program had been using this approach with great success for years. This year marks the first year for the Inside wireman curriculum. More course offerings will be updated continually over the next few years that could be used for future Trainee, Apprentice and Journeyman training classes. These new developments will bring our training into the 21st century and empower our classrooms allowing us to continue to offer the best in electrical training. For more information check out the new Electrical Training Alliance website at <http://electricaltrainingalliance.org/> or use the QR code below.



BEWARE OF ALVARADO ORTHOPAEDIC

Even though this medical group is a PPO provider please be aware that as part of scheduling surgeries they tend to bring in non-PPO providers such as anesthesiologists and radiologists. This is disadvantageous to the patient for two reasons: First, non-PPO provider fees are not subject to discounting or a maximum allowable charge. Second, the Plan only pays 60% of the PPO maximum allowable charge which means the balance of their total charge(s) will be owed by the patient.

If you use this medical office, **or any PPO surgeon's offices**, whenever a surgery is to be scheduled it is very important to mention that use of only other PPO providers is expected. For assistance please contact the Trust Office **BEFORE** the procedure is performed to avoid becoming responsible for a large portion of billed charges. Further, this service provider, or the ones they bring in will, rarely negotiate to accept less than what they billed and there is virtually nothing the Trust Office can do to help in such a situation.

WATCH OUT FOR LARGE PRESCRIPTION DRUG PRICE INCREASES

When refilling a prescription please pay careful attention to the co-payment amount (usually 20%) you are charged, whether it be by a pharmacy or mail order and question the cost if it appears to be substantially higher than what was paid for prior refills. In the event you are told you have a \$0 co-payment or the amount has increased substantially from what you recall was paid before, please contact your claims adjuster in the Trust Office so the transaction can be researched. Feedback from participants is the main way the Trust Office can monitor pricing issues.

ONLINE PPO MEDICAL OFFICE VISITS

Plan A PPO participants may now utilize online medical office visits through Anthem Blue Cross. The only cost to a Covered Person for this office visit will be a \$10 co-payment which must be paid by debit/credit card at the time the online visit is conducted. However, if the participant is not identified in the Anthem system as being covered under the PPO Plan at the time of service then the full \$49 fee must be paid by debit/credit card. In the event coverage for that month is later established there will be a refund of \$39 from the Plan.

As a reminder, use of this program and CVS Minute Clinics represent a convenient option for seeking medical advice and possible issuance of a prescription instead of going to an urgent care facility or a hospital emergency room for what may be a routine medical issue.

However, if ever it is determined that a higher level of care is necessary the online physician or Minute Clinic practitioner will advise the patient as to where treatment should be sought and there will be no charge for the visitation.

IMPORTANT - For other than a true emergency (i.e. heart attack, seizure, very high temperature, severe injury, loss of consciousness, etc.) use of an urgent care facility is preferable to that of a hospital emergency room.

Therefore, if a simple online office visit or Minute Clinic visitation will provide the level of care necessary the financial exposure to the participant will be considerably less.

If there is ever a question as to use of PPO service providers please contact the Trust Office (x-702).

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MEMBERS ASSISTANCE PROGRAM ("MAP") FREE MOBILE APPS PILOT PROGRAM

Through the MAP it is now possible to access two **FREE** mobile apps:

1. **"myStrength.com"** is a free online wellness portal pilot program available 24/7, which is referred to as a "health club for your mind" through which one may access a personalized home page. It is possible to read articles, watch videos and try eLearning programs. MyStrength is available for Android and iPhones

To sign up go to www.mylifevalues.com and sign up for the myStrength program under My Benefits. Use your My Life Values username as the access code and then complete a user profile. For assistance call 1-800-342-8111 or access www.mylifevalues.com. Login: san diego electrical trust. Password: map.

2. **"Aetna Resources For Living"** is a mobile app available on iPhone and Android smart phones providing immediate access to pointers such as: how to manage stress, improve your mood, or learn lifestyle

management and self-help tips. Search for "Aetna Resources For Living" in the Apple App Store or the Google Play Store to install the app.

Participant Update continued from Cover -

said coverage is **\$100 or less per month**, or they will receive **any compensation** for waiving or declining their coverage, the spouse must take that coverage as they will not be eligible for medical coverage under the Plan.

However, please note that there will still be instances where a claim form or a request for a document, information, or records may be necessary prior to processing a claim. In order to prevent any delay or a formal denial of such a claim please complete and/or provide the necessary form, document or information to the Trust Office as soon as possible.

HEALTH INFORMATION SOURCES

Best Doctors - 1-866-904-0910 or www.bestdoctors.com;

Caremark - www.Caremark.com; Specialty medications - CVS/Caremark at 1-800-237-2767;

"NurseLine" - **24/7 access to Registered Nurses** at 800-250-6181 or

<http://healthresources.caremark.com/topic/specialty>; and for researching doctors and hospitals: www.healthgrades.com,

www.leapfroggroup.org/;

www.Calhospitalcompare.org;

www.hospitalcompare.hhs.gov;

<http://www.npdb-hipdb.hrsa.gov/>

National Practitioner Data Bank/Healthcare Integrity and Protection Data Bank may be used to verify information on a healthcare provider; and <http://www.medbd.ca.gov/lookup.html>

Medical Board of California for physician licensing. The California Health Care

Foundation supports <http://www.calqualitycare.org/> which combines ratings

for quality of care, patient safety and patient experience in an effort to help consumers make informed choices.