

Reaching New Heights with  
**HEALTHREACH!**



As part of Alaska Teamster Employer – Welfare Trust continued efforts to provide employees with a robust, affordable health benefit plan, we have partnered with HealthCare Strategies, Inc. (HCS) to help us in our mission. Please take advantage of all the available resources dedicated to ensuring that you and your dependents receive not only quality care at a cost-effective price, but also the opportunity to participate in educational health and wellness programs.



**800.582.1535 • [www.hcare.net](http://www.hcare.net)**

**As of May 1, 2014 the following HCS services will be available to eligible plan members:**

## Pharmacy Review

It's time to make the changes today for a better tomorrow! HCS will identify members who have medicines that are potentially duplicative – or might be harmful when taken together with other prescriptions. Your Primary Care Physician will then be notified by mail to help improve coordination of care amongst all doctors prescribing that member medication.

## HealthReach Coaching

If selected to participate in the coaching program, a Registered Nurse Care Manager will contact you by phone and mail to provide:

- Unlimited one on one access
- Assistance in making better health decisions and managing current health conditions
- Extra support to meet personal goals including:
  - Educational materials
  - Treatment options
  - Online personal health record
  - Compliance with:
    - Preventive standards of care based on age and gender.
    - Condition/Diagnosis based standards of care
    - Prescribed medications

As an added incentive to engage in Care Management/Coaching, participants will receive access to the HealthNavigator with a personalized one-on-one tutorial on navigating their HIPAA compliant, secure Personal Health Record website.

**Plan members and dependents who are identified for HealthReach Coaching and choose not to participate will be subject to a penalty, reducing the amount of Plan benefits that is payable. Please see your Plan document for additional details.**

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See your benefit plan document for details pertaining to specific vendor offerings and program requirements. All HCS programs and services are strictly confidential and are HIPAA compliant.

Disclaimer: HCS program offerings are based on the most recent data files provided by claims and wellness vendors.