

Retiree Health Plan Advisory Board (RHPAB)
Public Comment from December 2020

From: Amy Goodman [REDACTED]
Sent: Wednesday, December 16, 2020 2:01 PM
To: Alaska Retiree Health Plan Advisory Board (DOA sponsored) <alaskarhpab@alaska.gov>
Subject: Silver Sneakers

I am writing to request the Board pass a resolution to add Silver Sneakers as a health benefit to the AlaskaCare Retiree plan. It's been under consideration for a while, and it is needed now more than ever in the middle of a pandemic. It is time to move from discussion to decision-making.

Thank you.

Amy Goodman

From: Mike Ruckhaus [REDACTED]
Sent: Monday, December 28, 2020 1:41 PM
To: Alaska Retiree Health Plan Advisory Board (DOA sponsored) <alaskarhpab@alaska.gov>
Cc: Mike Ruckhaus [REDACTED]
Subject: Addition of Silver Sneakers as a benefit

Dear Retirement Board:

I would like to request the addition Silver Sneakers as a preventative medicine benefit. There is a significant amount of data of the cost effectiveness of preventive medicine and exercise would certainly fit under that category.

Thank you for your consideration

Mike Ruckhaus