

Retiree Health Plan Advisory Board (RHPAB)
Public Comment from January 2021

Dear Alaska Retirement & Benefits Town Hall Team,

I am writing regarding a topic I broached mid-summer 2020. And to (hopefully) get a status update. In that Town Hall, I shared a brief backgrounder pertaining to my medical challenges last year and in 2019.

I also related the urgent need for those of us with Medicare as primary insurer and Aetna as secondary, to be able to afford (or no-cost) access to gym/fitness center; in my case, to The Alaska Club West – Silver Fitness membership

For me and doubtless thousands of other Alaska retirees, this new year **BEGS** for the overall health and wellness such a gym/fitness center membership would bring, wherever an Alaska retiree may reside. It categorically and has been proven beneficial: physically, mentally, spiritually and physiologically. I know I speak for a majority of retirees, when I say, the cost of a gym membership remains fairly prohibitive.

I am passionate about solving the conundrum of why such a blazingly simple fact about enhancing, if not prolonging, the quality of life for so many should be so mired down in bureaucracy

I may be incorrect, but believe Aetna will not “contribute” their share if the primary (for most retirees) Medicare does not cover their share and so the conundrum to both navigate and solve.

I know many retirees will appreciate someone going to bat for them. I humbly request to be part of the solution. I volunteer to pen a letter to whomever you suggest at Medicare and thus Aetna.

I am sure I will be adding to other such letters sent before, extolling the proven need and benefit for the overall toning of mind, body and spirit. Perhaps with enough letters, there may be much needed change towards getting in shape on all levels.

My friends, this is most likely done via participation in a gym/fitness center membership, combined with a healthy lifestyle and nutrition all would bring.

I thank you for your time and consideration. Please feel free to circulate my letter as you deem appropriate. I look forward to your reply.

Respectfully submitted,
Lawrence “Larry” Yerich

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From: Mari [REDACTED]
Sent: Wednesday, January 13, 2021 12:08 PM
To: Alaska Retiree Health Plan Advisory Board (DOA sponsored) <alaskarhpab@alaska.gov>
Subject: Rolwing

I have used Rolwing for over 10 years to eliminate or dramatically reduce pain in my body. It was very nice when the Kenai Peninsula School District insurance just automatically covered the Rolwing service—I was very disappointed when my retirement benefits did not.

Examples of my results with Rolwing

[REDACTED]

I highly recommend a Rolwing to friends and family. I find the treatments to be amazing by lessening or eliminating so many problems. It would be of great benefit to have our insurance cover this awesome procedure.

From: Martha H <[REDACTED]>
Subject: Rolwing Document
Date: January 20, 2021 at 4:45:35 PM AKST

Hi [REDACTED],

Please find my document attached. Let me know if I can clarify or expand on anything. Thank you for allowing me this opportunity to help the State of Alaska retirees in their desire to have insurance reimburse for Rolwing/Laser Therapy.

Mark Hutton
907-252-4621

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Public Comment from January 2021

From: Sandy <[REDACTED]>
Sent: Saturday, January 23, 2021 10:56 AM
To: Alaska Retiree Health Plan Advisory Board (DOA sponsored) <alaskarhpab@alaska.gov>
Subject: DVA Plan suggestion

Dear Board Members,

In the 2020 Retiree DVA Plan, the booklet first outlines the comparison of the plan structure; deductible, coinsurance and maximum benefits. For coinsurance, there are 3 classes listed: **Class I (preventive)**, **Class II (restorative)** and **Class III (prosthetic)** and both plans have the same percentage covered – **100%, 80%, 50%** respectively.

I consulted several dental providers, and also did a bit of research. It is understood in the profession and accepted by practitioners, that each class of service is defined and specific – *in italics*

Class I (preventive) *includes cleanings*
Class II (restorative) *refers to fillings*
Class III (prosthetic) *covers crowns*

But in the Coverage Details on the next page there is an anomaly: Periodontal Maintenance is covered as a Class I service under the Standard Plan, but as a Class II service under the Legacy Plan. Periodontal Maintenance is a targeted cleaning; it is 'preventive' and does not include a repair or rebuild or 'fix' of any dental condition. There is no justifiable reason to consider Maintenance as 'Restorative' in one plan but not the other. It should rightfully be designated as preventive and covered as a Class I service in both plans.

I request that you include Periodontal Maintenance as a Class I service in all future Retiree DVA Plans. Thank you very much for your time and attention, and for your service on the Board,
Sandy Burd
