



PO Box 190477
Boise, ID 83719

24/7 Telehealth:

Dustin Reno, NP: 208-203-0783

Velma Seabolt, NP: 208-271-4460

Contact one provider per issue, please allow two hours for a call back

Benefit Questions:

208-938-8199

benefits@iii-a.org

Claim Reimbursement:

claims@iii-a.org

Health Coaching:

208-938-5632

wellness@iii-a.org

Stay Connected



@IIIATrust



@IIIA_Trust

iii-a.org

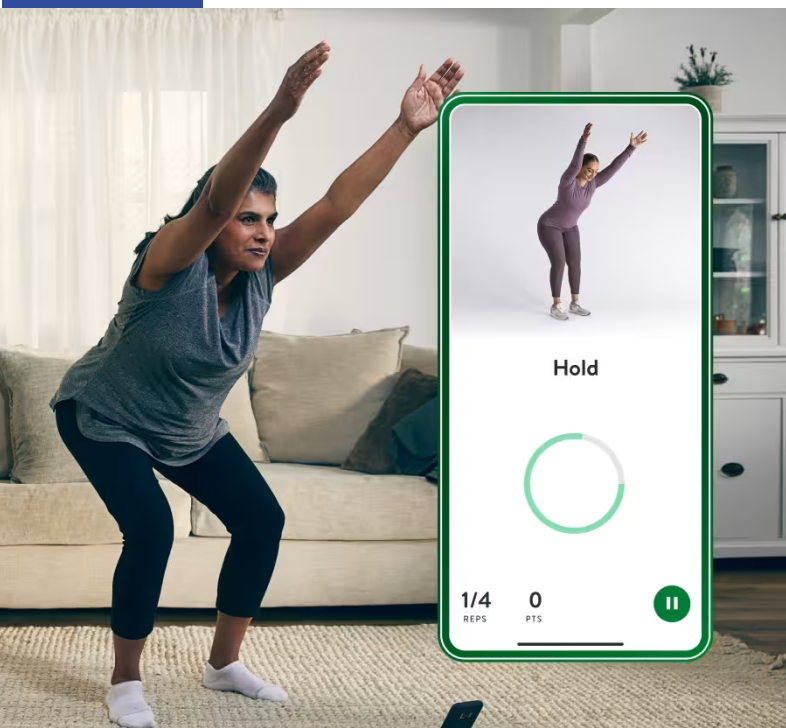


Shared Strength • Trusted Care

*Winter 2024
Happy New Year!*

New III-A Agencies:

City of St. Maries
Weiser Fire District



Conquer Back and Joint Pain Without Drugs or Surgery

Members on the medical plan, 18 or older, get access to Hinge Health's Digital Physical Therapy Programs for back, knee, neck, hip, shoulder, foot, ankle, pelvic floor, elbow, wrist and hand. All at zero cost to you, which can include:

- Technology for instant feedback in the app
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Scan the QR code to learn more or apply at hinge.health/iiia



III-A Behavioral Health Inpatient Program

If you or a family member is in need of behavioral health inpatient care, III-A and Shift Wellness have preferred behavioral health facilities. III-A will reimburse members for deductible and other allowable travel expenses when inpatient treatment is successfully completed at an approved facility. To find an approved facility:

GENERAL MEMBERSHIP:

- Call the III-A Benefits Line at 208-938-8199

FIRST RESPONDERS AND FAMILY:

- Call the First Responder and Family Helpline at 208-244-7000

Member **MUST COMPLETE** the program per Shift Wellness to be eligible for reimbursement. Member is only eligible for one reimbursement per lifetime.



Important Announcements

- Effective January 1, 2024, III-A internally administered benefits EOBs will no longer be mailed, unless requested.
- When calling or texting Telehealth, only contact one provider per issue. Please allow two hours for the provider to respond.
- Deductibles and annual benefits reset on January 1, 2024.
- New Blue Cross of Idaho (BCI) ID cards and numbers coming April 2024.
- Download the Delta Dental app to access your electronic dental card as well as manage your oral health anytime.
- Access your electronic BCI ID card at bcidaho.com and go to 'member log in.'
- III-A is a proud sponsor of these upcoming events:
 - 1st Responder and Mental Health Conference (Coeur d'Alene, ID)
 - IRWA Conference (Boise, ID)
 - F.L.I.P. Conference (Post Falls, ID)
 - Idaho Fire Chiefs Association Conference (Coeur d'Alene, ID)
 - IWUA Meeting (Boise, ID)
 - Idaho State Fire Commissioners' Association Conference (Boise, ID)

Meet Your New . . .



Health Coach

Jody Jensen Huerta | Wellness@iii-a.org

Jody has worked in the health and wellness industry for 20+ years. She has a BA degree in Psychology from the University of Wisconsin-Madison. Jody is a National Academy of Sports Medicine (NASM) Certified Personal Trainer, Nutrition Specialist, Weight Loss Specialist, Behavior Change Specialist, Stretch and Flexibility Coach, Diabetes Prevention Lifestyle Coach, Certified Yoga Instructor, and a Certified Health and Well-being Coach. In addition, Jody is fluent in Spanish. Jody embraces the five essential pillars of wellness and is passionate about helping people live their best life. In her spare time, you will find her running and hiking with her dogs or on her yoga mat. She also enjoys music and reading.



Benefits Specialist

Hana Waters | HanaWaters@iii-a.org

Hana was born and raised in North Central Idaho, but calls the Treasure Valley home. In her free time she loves being outdoors and spending time with her family. She's spent a majority of her career in benefits and is excited to bring her experience to III-A! "I can't wait to start getting out and meeting our members."

III-A Board of Trustees

- Dan Hammond, Chair, City of American Falls
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- Tyler Lewis, Eagle Fire Protection District

all about WELLNESS

'Healthy Heart' Wellness Challenge, February 1st-29th:

Participate in a daily 'heart healthy' activity to earn a 'heart'. Anyone who participates will have a chance to win 1 of 5 giveaways!

Delta Dental [HOW] Program:

If you are enrolled in the dental benefit you may be able to maximize your oral care through HOW (Health through Oral Wellness), a patient-centered program that adds additional benefits to your dental plan. Check with your dentist to see if they participate in the Delta Dental HOW program.

Chipotle-Lime Cauliflower Taco Bowls

Servings: 4

- ¼ cup lime juice
- 1-2 TBS chopped chipotles in adobo sauce
- 1 TBS honey
- 2 cloves garlic
- ½ tsp salt
- 1 small head cauliflower, cut into bite-size pieces
- 1 small red onion, halved and thinly sliced
- 2 cups cooked quinoa, cooled
- 1 cup no-salt-added canned black beans, rinsed
- ½ cup crumbled queso fresco
- 1 cup shredded red cabbage
- 1 medium avocado, 1 lime, cut into 4 wedges (Opt.)



Preheat oven to 450°F. Line a large rimmed baking sheet with foil. Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until smooth. Place cauliflower in a bowl; add the sauce and stir. Transfer to the prepared baking sheet. Sprinkle onion over the cauliflower. Roast, stirring once, until the cauliflower is tender and browned in spots, 18 to 20 minutes; set aside to cool.

Divide quinoa into 4 bowls, top each with 1/4 of the cauliflower mixture, 1/4 cup black beans and 2 tablespoons of cheese.

Wellness Wednesday Webinars 12pm PT/1pm MT

February 21st - Unpacking Pain

Presented by Hinge Health, "Unpacking pain" will dive into the science of pain, explore factors affecting your experience, and discuss how exercise therapy can help improve your overall health and wellbeing.

March 20th - Mental Health Mayday

Presented by Shift Wellness, learn how to apply mental performance training techniques to mitigate the effects of acute stress, reduce the symptoms of post traumatic stress, prevent burnout, and improve overall mental health and wellness.

April 17th - Swappportunities and Food Hacks

Presented by Ill-A, making healthy food swaps is a great way to improve your diet by reducing calories, unhealthy fats, sugar, and other less nutritious ingredients while increasing the nutritional value of your meals.

Scan the QR code
< go to the
calendar < click the
day and register.



Weight loss isn't one size fits all.

Wondr Advanced is a comprehensive weight loss program that may include weight loss medications. Tailored to your individual needs, Wondr Advanced builds on the proven, skills-based Wondr program.



What's included in Wondr Advanced:

- A comprehensive weight loss program tailored to you
- 1-on-1 appointments and support with your care team
- Ability to track your progress and treatment plan
- Proven skills-building Wondr program for sustained results
- A personalized treatment plan that may include weight loss medications

Get started today!

Learn more at wondrhealth.com/III-A
or Scan the QR Code



Hearing Loss and the Dangers of Ignoring It

By: Dustin Dove, BC-HIS, Dove Hearing Center

Have you ever had a conversation and started missing words or mixing words up when listening? Do you have to stop and think about what someone said? Need help hearing softer spoken voices or background noises? You may be living with hearing loss.

What's familiar to you may not be normal adult hearing. When we lose our hearing, it happens gradually and a tiny bit every day for decades, primarily if you work in a loud environment. This is, of course, not the only way it happens. Certain medications and sudden traumatic acoustic events (gunshots, explosions, etc.) can all lead to acute nerve damage in our inner ear, which is typically irreversible.

Another type of hearing loss, such as conductive hearing loss, happens

when damage occurs to the middle ear system (eardrum, ossicles). This hearing loss can occur from an ear infection, cerumen(wax) plugged ears, or head trauma. This hearing loss can typically be corrected with medical attention via medications or surgery. In my 16 years of experience, this is more common than you would think. There is no specific age at which hearing loss occurs.

Sensorineural hearing loss, or nerve deafness, is the most common type of hearing loss today. The dangers of ignoring it are substantial and not common knowledge. Johns Hopkins did a study over 12 years and found adults with mild hearing loss were three times more likely to develop dementia, and someone with severe hearing loss is five times more likely. There are multiple

reasons causes of dementia, but the portion of the brain that processes speech is also the portion of the brain tied to our memory. It truly is a use-it-or-lose-it scenario. The good news is, today hearing loss can be easily corrected. That being said, hearing aids do not slow the decline of hearing loss. Every individual is different. They will, however, keep the portion of the brain that processes speech active.

Hearing aids the size of an almond, nearly invisible, rechargeable and Bluetooth compatible are available. There is always more than a "one size fits all" solution.

Be as diligent about the health of your hearing as you are about your teeth, eyes, and the rest of your health. Hearing is a vital part of living a fulfilling and rewarding life.

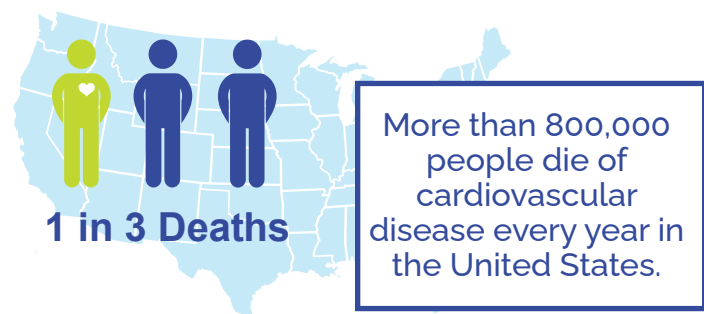
Taking Care of Your Heart

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



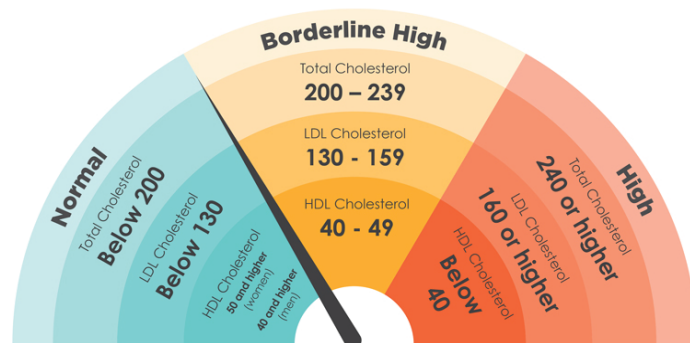
Know the symptoms of stroke. If you have any stroke symptoms or see them in someone else, call 911.

- Sudden numbness or weakness of face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



What do my cholesterol levels mean?

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood. Your total cholesterol score is calculated using the following equation: HDL + LDL + 20 percent of your triglyceride level. A total cholesterol score of less than 180 mg/dL is considered optimal.



Cholesterol Levels

Know the Differences:

Cardiovascular Disease

A term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, congenital heart defects and peripheral artery disease.

Coronary Heart Disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease.

Heart Disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function. Keep in mind — all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease. The most common type of heart disease is coronary heart disease.



What can you do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart:

- Know your numbers! Get your annual III-A Wellness Screening. Ask your doctor or nurse practitioner about your blood pressure, cholesterol, and A1C
- In your diet, reduce sodium, increase fruits, vegetables, and whole grains
- Be physically active
- Control your weight
- Don't smoke or quit smoking
- Manage stress
- Talk with the III-A Health Coach: Wellness@iii-a.org, 208-938-5632