February Health Bulletin

February is American Heart Month

Choosing healthful meal and snack options can help you avoid heart disease and its complications. So: (1) be sure to eat plenty of fresh fruits and vegetables; (2) eat foods low in saturated fat and cholesterol and high in fiber to help prevent high blood cholesterol; and (3) limit salt or sodium in your diet to help lower your blood pressure.

Many diseases and other unwanted health conditions are spread through person-to-person contact. So, wash up frequently with soap and warm, clean running water. It's one of the easiest ways to avoid getting sick and spreading germs to others.

Regular health exams and tests can help head off problems before they start, and can improve the chances of successfully treating issues that have already emerged. By getting the right health services, screenings, and treatments, you are taking steps toward a longer, healthier, happier life.

Attention FSA Participants

Participants with an FSA account that pays for dental or vision services are required to submit receipts to AmeriBen, in order to verify that the purchase was a qualified expense. Participants who do not respond to a request for receipts or other back-up information will have a hold placed on their account until the appropriate documentation is received.

HSA Participants: 2010 Tax Forms Available

Wells Fargo has mailed Form 1099 to HSA participants. This form reports distributions from a participant's HSA account during the 2010 tax year, and may be needed for tax preparation purposes.

You may access your 1099 immediately by logging on to your account online and clicking "Download 1099 and 5498 SA tax form."

If you have questions related to your account, please feel free to contact the Wells Fargo customer service line at (866) 884-7374.

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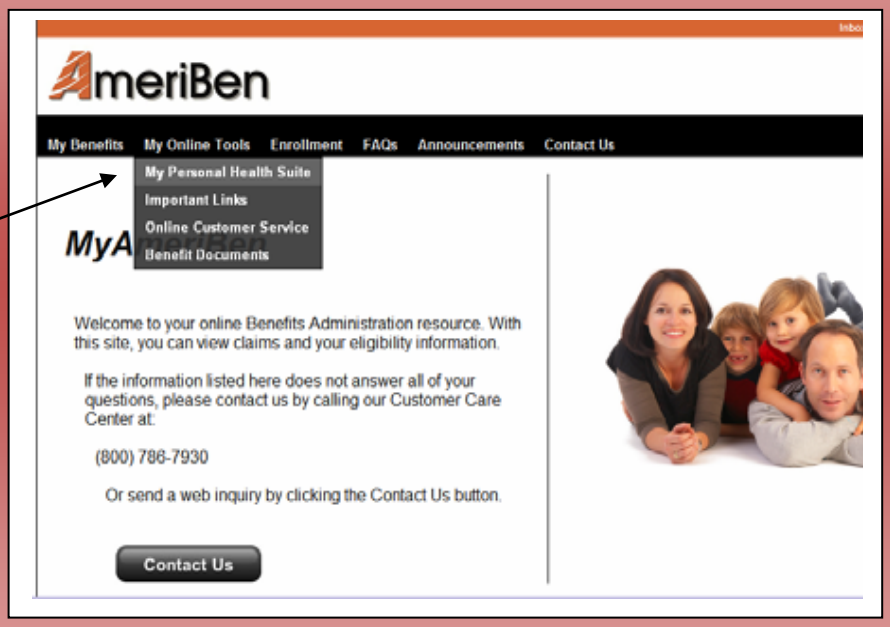
Make the Most of Your Wellness Benefits

Access "My Personal Health Suite" through myameriben.com:

- http://www.myameriben.com
- Click Benefit Participants
- Log into MyAmeriBen
- My Online Tools
- My Personal Health Suite

Once you are logged in, you have access to an individualized health suite. Manage your benefits, view claims status, set reminders for preventive wellness visits, and so much more. And anytime you want, you can change and edit the information online to suit your needs.



If you have claims-related questions, please feel free to contact AmeriBen's dedicated customer service line at (866) 955-1485.

Would you like to win $50?

Simply answer the questions below and submit your responses before *Friday, March 4, 2011* to:

Arizona Public Employers Health Pool **or** **Fax: (602) 222-3878**
333 E. Osborn Rd., Suite 300
Phoenix, AZ 85012

Answer all questions *correctly* and you will be entered into the drawing. GOOD LUCK!

What do foods that are low in saturated fat and high in fiber do for the body?

_____

What can happen if an FSA account holder fails to submit receipts to AmeriBen?

_____

Where can you set reminders for your yearly preventive wellness visits?

_____

Name:_____ **Phone number:** _____

Address: _____

Employer: _____