



## June Health Bulletin

### Men's Health Awareness Month/Prostate Cancer Awareness

National Men's Health Week was established in 1994 by the U.S. Senate and House of Representatives. The purpose was to help raise awareness of simple diagnostic and screening tests that can save lives.

What once lasted only a week has now grown into a month-long educational event. During Men's Health Awareness Month in June, health care providers, public policy makers, the media, and friends and families encourage men and boys to seek regular medical advice and early treatment for disease and injury.

One disease of particular concern is prostate cancer. It is the second leading cause of cancer death in men, with more than 186,320 new cases each year. Estimates are that by age 50, one in four men will have some cancerous cells in the prostate gland, and that by age 80, one in two men will have these cells present.

Risk factors for prostate cancer include increasing age, a high fat diet, family history of prostate cancer, and race or ethnicity. (Prostate cancer occurs more often in African-American men than in men of other races.) Possible symptoms are blood in urine, weak urine flow, frequent urination at night, difficulty/pain in starting to urinate, painful ejaculation, persistent dull pain in the lower pelvic region, and general pain in the lower back, hips, and upper thighs.

APEHP offers prostate-specific antigen (PSA) testing as a useful tool for screening and early detection of prostate cancer. Men are advised to have an annual digital rectal exam (DRE) and a PSA blood test beginning at the age of 40.

Screening allows for early detection and treatment, which may lead to better patient outcomes.

#### Screening

Digital Rectal Exam

Prostate Specific Antigen (PSA)



#### Online Directions to Find a BlueCross BlueShield Provider

The BlueCross BlueShield provider directory is designed to allow AHIP participants to search by physician name or location, hospital name or location, or by type of service. It's fast, it's easy, and it provides the most up-to-date information. Follow these simple steps when searching for a provider:

- Go to <http://www.azblue.com> and click "Guest"
- Click on "Search the Provider Directory"
- Scroll to the bottom of the text and graphics
- Click on "Search the Provider Directory"
- Select the "PPO" health plan under "Search by Network"
- Complete the other search options

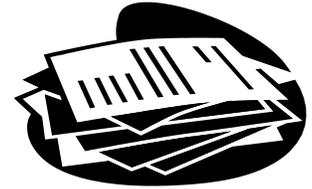
#### How to Find AmeriBen Claims & Enrollment Information Online

AmeriBen makes online claims information available for APEHP members. This can be helpful if, for example, you're unsure of your deductible/out-of-pocket maximum, or you want to check the status of a claim. You can also verify your elected coverage. See below for instructions on how to look up your claims & enrollment information:

- Go to <https://services.ameriben.com/>
- Click on "Benefit Participants"
- If you are a new user, click "I need to sign up." If not, enter your username and password
- Enter your information in the required fields
- Select "Claims Inquiry" or "Coverage Inquiry" on the left of the page



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### Open Enrollment Plan Changes

In 2010, Congress reformed the U.S. healthcare system by passing the Affordable Care Act (ACA). The following changes, required by the ACA, will take effect on July 1, 2011.

- Coverage must be made available for dependent children up to age 26, regardless of the child's student or marital status.
- The following insurance plan provisions are prohibited:
  - pre-existing condition exclusion for individuals under age 19,
  - lifetime benefit dollar maximum, and
  - lifetime maximum on the dollar value of essential benefits.
- Coverage may be rescinded in cases of participant fraud or intentional misrepresentation of material facts.
- A new claims and appeals process will be introduced.
- Over-the-counter medications must be prescribed by a physician in order to be eligible for reimbursement through a flexible spending account (FSA) or health savings account (HSA).
- The penalty for using HSA funds for non-medical or non-medically related expenses will increase from 10% to 20%.

### Claim Issues!

Claims are sometimes "pended," meaning that processing stops until further information is provided. Very often, YOU are responsible for providing that information.

If you are have issues with a pending claim or an unpaid wellness claim, please contact an employee advocate to assist at (800) 718-8328.

### Would you like to win \$50?

Simply answer the questions below and submit your responses before *Friday, July 8, 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 screenings are offered to men on the plan to help monitor their health?

\_\_\_\_\_

Who is often responsible for providing information when a claim is held?

\_\_\_\_\_

On what date do the changes required by the ACA become effective for the pool?

\_\_\_\_\_

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Address: \_\_\_\_\_ Employer: \_\_\_\_\_