



August Health Bulletin

MyAmeriBen Web site tools

Your well-being is AmeriBen's highest priority. That's why MyAmeriBen.com was created. Through this Web portal, you can contact AmeriBen's customer care representatives, manage your benefits and claims, and much, much more.

FEATURES

By utilizing the site's many features, you'll gain a better understanding of your benefit plan and claims. This can save you time and money, while eliminating stress.

EASY TO USE

At the click of a mouse button, you'll be able to access claim status, check on eligibility, get answers to frequently asked questions, receive Explanations of Benefits (EOBs) electronically, find PPO network providers, and access health & benefit resources.

HOW TO LOG ON

- <http://www.myameriben.com>
- Click Benefit Participants
- Log into MyAmeriBen

First-time users must register by clicking "I need to sign up."

Gilbert Hospital Services to be Out of Network, Effective August 15, 2011

The mission of Blue Cross Blue Shield of Arizona (BCBSAZ) is to provide the best value in health insurance and improve quality of life for Arizonans. One way BCBSAZ does this is by negotiating medical claims discounts with hospitals and physicians in its network. Without these discounts, it would be impossible for BCBSAZ to provide APEHP members and other network users with access to affordable health care.

Unfortunately, BCBSAZ and Gilbert Hospital, a current network provider, have been unable to agree on terms required to continue the provider relationship. Therefore, Gilbert Hospital has notified BCBSAZ of its intent to terminate its agreement as a contracted provider effective August 15, 2011.

BCBSAZ remains open to discussions with Gilbert Hospital that will continue to make affordable, high quality, efficient healthcare available to network users. Until further notice, however, APEHP members should consider Gilbert Hospital an out-of-network provider.

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



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Protein and Snacking

Yes, low-carb, high-protein diets work. Yes, they're relatively easy to maintain because protein tastes good.

But are high-protein diets *good* for you? Research has shown that they may not help you permanently shed unwanted pounds any more effectively than more balanced diets. In fact, in the long run, they may actually damage blood vessels. "High-protein diets interfere with Mother Nature's checks and balances," says Eileen Vincent, RD, assistant director of clinical and nutrition research at Northwestern University's Feinberg School of Medicine.

If you choose not to follow a high-protein diet, you may be wondering what kind of snacks are most beneficial to your health. The best snacks combine protein, fats, and carbohydrates. Examples include:

- nut butter and apple slices with pumpkin seeds;
- cheese slices and whole-grain crackers or vegetable sticks;
- whole-grain toast topped with nut butter and sliced bananas;
- vegetable sticks and a hard-boiled egg;
- hummus and veggies on whole-grain pita bread;
- a handful of nuts and dried fruit;
- tuna, whole-grain crackers, and vegetable sticks;
- yogurt and nuts or fruit;
- cheese-and-bean quesadilla triangles;
- cottage cheese and cubed fruit;
- edamame and whole-grain crackers; and
- a turkey, cheese, and vegetable wrap.

Source: Debra Boutin, RD

Hydrate For Health

Our bodies are comprised of up to 75 percent water; your brain, your blood, and your bones all contain water, and cannot do their job without it. Water plays a vital role in digestion, nutrient absorption, removal of toxins, the transportation of electrolytes, and the regulation of body temperature. It also lubricates joints, moistens the tissues of the nose, mouth, and eyes, and much, much more.

Recognizing the importance of water to your health and well-being, you should take steps to avoid dehydration. Dehydration occurs when the body's water supply falls below its normal range, creating serious health risks. Just 2 percent dehydration can cause significant degradation of mental and physical functions; 15 percent dehydration can be lethal.

To stay hydrated, be sure to eat lots of fruits and vegetables, as they have a high water content. Also, drink plenty of fluids before, during, and after outdoor activities. (Large quantities of caffeinated beverages should be avoided, however, as should sodas/fruit juices with a high sugar content.) If you have a hard time drinking sufficient water, try adding a squeeze of fresh lemon or lime, making fresh-squeezed citrus juice ice cubes to cool and flavor water simultaneously, or treating yourself to a flavored water product.

Whatever you do, drink up! Your body will thank you for it.



Source: Maya E. Nahra, RD, LD Health and Wellness Educator

Would you like to win \$50?

Simply answer the questions below and submit your responses before

Friday, September 9, 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 changes are being made to the BCBS network of Arizona?

Name two examples of data you can you find on the AmeriBen Web site.

Name two snacks that are not part of a high protein diet.

Name: _____ **Phone number:** _____

Address: _____

Employer: _____