



## February Health Bulletin

# Healthy Heart



### **Blood pressure—check it often**

It's important to check your blood pressure often, especially if you are over 40 years old. So, check your blood pressure at least every two years starting at age 18.

### **Checking your blood pressure is easy**

Many shopping malls, pharmacies, and grocery stores have blood pressure machines available to the public. Most of these machines are free to use. Or you can visit your doctor.

### **High blood pressure is the same as hypertension**

The medical term for high blood pressure is hypertension. High blood pressure has no signs or symptoms. The only way to know if you have high blood pressure is to get tested.

### **Take action!**

If you have high blood pressure, take steps to protect your health. For example, shop for foods that are low in sodium (salt). By taking steps to lower your blood pressure, you can reduce your risk of heart disease and stroke. You can also live a longer, healthier life.



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Have you visited the APEHP Web site lately?

There you can find answers to common questions, locate a provider, print a temporary identification card, get medical or prescription claim forms, review prior health bulletins, and so much more.

Go to <http://www.apehp.org> today!

### 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: 2011 Tax Forms Available

Health Equity has emailed notifications that Form 1099 for HSA participants is ready. This form reports distributions from a participant's HSA account during the 2011 tax year, and may be needed for tax preparation purposes.

You may access your 1099 immediately by logging on to your account online and download the form.

If you have questions related to your account, please feel free to contact the Health Equity customer service line at (866) 346-5800.

Tips and information on FSA accounts:

<http://savesmartspendhealthy.com/media-center.html>

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

Simply answer the questions below and submit your responses before *Friday, March 9, 2012* 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 is an alternative name for high blood pressure?

\_\_\_\_\_

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

\_\_\_\_\_

What document is provided to members who are enrolled in an HSA?

\_\_\_\_\_

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

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

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

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