



May Health Bulletin

Mental Health Awareness Month

Just when you think you have life figured out, along come new challenges. Whether those challenges are big or small, your Life Assistance and Work/Life Support Program is available to help you and your family find solutions.

Call us any time, any day. Whenever you need us, we're just a phone call away—at no cost to you. An advocate will assess your needs and develop options to help address them. He or she can also direct you to an array of tools and resources in your community and online.

Call us whenever you need help, or go online for confidential assistance, information, and resources:

<http://www.eappreferred.com>

Click on the link to My Life Values.

user name: **EAPP123**

password: **eappreferred**

For an appointment, call:

(800) 327-3517, ext. 2

July 1, 2012 Plan Changes

What's New for 2012-2013?

You now have the option of getting basic immunizations (like flu, pneumonia, and shingles shots) at your pharmacy instead of a medical office.

Helpful Enrollment Tips

- Dependent children up to age 26 can be covered under a parent's plan, regardless of student or marital status.
- Participants cannot be covered by more than one APEHP employer's plan for any medical, dental, or life insurance benefits.
- If you are expecting a baby and want APEHP coverage for your child, please remember to complete the appropriate forms within 31 days following the birth.

Would you like to win \$50?

Simply answer the questions below and submit your responses before *Thursday, May 31, 2012* to:

Arizona Public Employers Health Pool or Fax: (602) 222-3878

333 E. Osborn Rd., Suite 300

Phoenix, Arizona 85012

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

Can individuals on the plan be covered through multiple APEHP employers for services?

What wellness benefit for plan participants has been added to the plan?

What is a good way to get past being uncomfortable with therapy?

Name: _____ Phone number: _____

Address: _____



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Frequently asked questions and answers **about mental health issues**

How do I know if therapy can help me?

Studies show that behavioral health services may be helpful if you have any of the following symptoms every day for at least two weeks:

- Depressed mood
- Loss of interest or pleasure in previously enjoyable activities
- Significant weight loss or gain
- Difficulty falling asleep or staying asleep
- Loss of energy
- Difficulty concentrating

These are just examples; there are many other situations in which therapy can be helpful. (If you are having any physical symptoms, please check with your primary care physician or family physician immediately.)

How do I describe my problem to a therapist? It's uncomfortable and embarrassing.

You can start with whatever is on your mind, and eventually you'll cover the important points. Therapists understand your discomfort and self-consciousness, and know how to help put you at ease. Most people get over their discomfort once they have been talking for just a few minutes.

How will I know when I no longer need therapy?

You and your therapist will develop a treatment plan together, based on what you wish to accomplish in therapy. The plan will include means for determining when you have met your treatment goals. Once those goals are met, therapy is no longer considered necessary.

For more information about mental health awareness, go to:

<http://www.mentalhealthamerica.net/go/may>

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!

If you have claims-related questions, please contact AmeriBen at (866) 955-1485.