

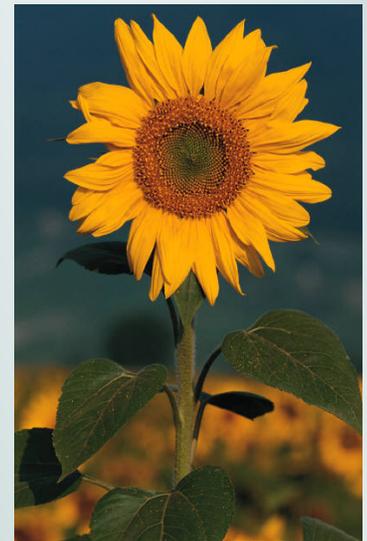


July Health Bulletin

Please welcome the following new members to the pool:

- *Central Yavapai Fire District*
- *Town of Pinetop–Lakeside*
- *Pinetop Lakeside Sanitary District*

July is UV Safety Month, which means it's a great time to spread the message of sun, fun, and UV safety in your community. UV (ultraviolet) radiation is the main cause of skin cancer. UV rays can also damage your eyes.



Anyone can get skin cancer, but the risk is greatest for people with:

- white or light-colored skin with freckles
- blond or red hair
- blue or green eyes

You can take these steps to help prevent skin cancer:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves and a hat.
- Check your skin regularly for any changes.

Did you sign up for a health savings account this year?

If so, monthly statements are provided for a fee of \$1.00 per month. If you wish to cancel this service, please call Member Services: (866) 346-5800.

Also, please note that you may view your balance online at any time at no charge. If you have questions regarding your HSA account, see Heath Equity's FAQs at:

<http://www.healthequity.com/resourcecenter/learnabouthsas/hsafaqs>,

or find contact information here: <http://goo.gl/eWr9K>.

Do you have a provider invoice, but are unsure whether the claim has been processed?

**If so, feel free to contact your member advocate for assistance:
(800) 718-8328.**

Please note: all claims must be filed and processed within a year from the date of service to be covered through your insurance.



Online Directions to Find a BlueCross BlueShield Provider

Are you pregnant? Do you know a co-worker who is?

The plan allows 31 days from the date of birth to add a new dependent to your health insurance coverage.

For additional details, or to complete a mid-year change form, please contact your human resources manager.



The BlueCross BlueShield provider directory is designed to allow APEHP 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. To search for a provider, begin at the BlueCross Blue Shield Web site: <http://www.azblue.com>. Then:

- Click on "Guest"
- Click on "Search the Provider Directory" in the center of the page
- Click on "Search the Provider Directory" under "Not a Member Yet?"
- Select "PPO/EPO" in the "Search by Network" pulldown menu
- Complete the other search options

Reminder

If you are planning a well-ness visit, please inform your provider of this before your exam. Please keep in mind, too, that during a wellness visit, only wellness services may be rendered. If you receive other services, it could result in the claim not being completely paid for by the plan.

Would you like to win \$50?

Simply answer the questions below and submit your response before Friday, August 17, 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 are some ways you can prevent skin cancer?

How many days do you have to add a new dependent to your coverage?

What Web site address should you use to search for a network provider?

Name _____ Phone #: _____

Address: _____

