

What can you do to help prevent cancer?

Exercise

It is safe for most adults to exercise, even those with chronic illnesses such as heart disease, high blood pressure, diabetes, and arthritis. In fact, many of these conditions can be improved with proper exercise. If you are not sure if exercise is safe for you, or if you are currently active, ask your doctor.

If you are just starting to exercise, begin slowly. Start with exercises that you are already comfortable doing, such as walking or swimming. A gradual, comfortable approach makes it less likely that you will injure yourself. It also helps prevent soreness from overdoing it. As you progress, you can engage in more strenuous exercises. At the outset, however, the point is just to start moving your body. You will want to get your heart rate up, stretch your muscles, and lift weighted objects to build muscle tone.



Be careful regarding your maximum heart rate; knowing your limits ensures a safe, healthy, and non-threatening workout. To measure your maximum heart rate, start with the number 220. Subtract your age from 220, and then take 10 percent off of that number. The final number is your maximum heart rate.

Example:

Starting Number	-Age	-10 percent	=Max Heart Rate (bpm)
220	-75 = 145	14.5	130.5 beats per minute
220	-55 = 165	16.5	148.5 beats per minute
220	-30 = 190	19	171 beats per minute

**These figures are based on a normal, healthy heart. They may need to be adjusted according to your heart's condition and/or if you are on certain prescribed medications. Always check with your doctor before beginning an exercise program.*

Your employer recognizes the challenges of balancing work with personal life. That's why you and your family have work-life services available as part of your employee assistance program. When you call our toll-free number, a qualified work-life consultant will respond to your request promptly and thoroughly. Plus, when you log on to the work-life Web site, you'll find many useful resources, articles, links, and interactive tools.

ACCESS IS EASY

No matter when, no matter from where, you and your family have access to professional support. Call or log on to get started.

TOLL-FREE:
800-327-3517

24 HOURS/7 DAYS

WEB SITE:
www.eappreferred.com

USERNAME: APEHP123

PASSWORD: eappreferred





Health care reform update:

On June 28, 2012, the U.S. Supreme Court announced its decision in three cases challenging the legality of the Affordable Care Act. In its decision, the Court upheld the law's requirement that most individuals without health coverage pay a penalty when filing their federal income tax return (this provision of the law is commonly referred to as the "individual mandate"). Had this provision been found unconstitutional, it is possible that the Court would have struck down the entire law. As the Court ruled, however, the provisions of the Affordable Care Act relevant to employers and health plan sponsors were upheld.

More updates will be included in upcoming bulletins.

Would you like to win \$50?

Simply answer the questions below and submit your response before Friday, September 7, 2012 to:

APEHP
333 E. Osborn Rd., Suite 300
Phoenix, AZ 85012
(or fax 602-222-3878)

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

How do you measure your maximum heart rate?

Who can you contact for professional support with life challenges?

What services are available during the wellness fairs?

Name: _____

Phone: _____

Address: _____

City/Zip: _____

Employer: _____

Date/Member	Wellness Services	Location
9/13/2012 Town of Payson	Mammograms, 8:00 a.m.–4:00p.m. Flu Shots/HealthWaves 9:00 a.m.–noon	303 N. Beeline Hwy, Payson
9/18/2012 Town of Camp Verde Chester Newton American Heritage	Mammograms, 7:00–11:00 a.m. Flu Shots/HealthWaves, 7:30–10:00 a.m. (Held at the Town of Camp Verde) (Held at the Town of Camp Verde)	646 S. 1 st Street, Camp Verde
9/18/2012 Town of Clarkdale Clarkdale Jerome S.D. Clarkdale Fire District Town of Jerome	Mammograms, 1:00–5:00 p.m. Flu Shots/HealthWaves 1:00–4:00 p.m. (Held at the Town of Clarkdale) (Held at the Town of Clarkdale) (Held at the Town of Clarkdale)	890 Main Street, Clarkdale
9/18/2012 Clarkdale Jerome S.D.	Flu Shots/HealthWaves 11:15 a.m.–12:15 p.m.	1615 Main Street, Clarkdale
9/25/2012 City of Cottonwood	Mammograms, 7:00–11:00 a.m. Flu Shots/HealthWaves 9:00–11:30 a.m.	199 S. 6 th Street, Cottonwood
9/25/2012 Cottonwood–Oak Creek S.D. American Heritage (Cottonwood location)	Mammograms, 12:30–5:00 p.m. Flu Shots/HealthWaves 1:30–4:30 p.m. (Held at Cottonwood–Oak Creek S.D.)	1 N. Willard Street, Cottonwood
10/2/2012 Navajo County/Town of Pinetop Lakeside/ Pinetop Lakeside Sanitary District	Mammograms, 7:00–11:00 a.m. Flu Shots/HealthWaves 8:00–11:00 a.m.	1360 N. Neils Hansen Ln., Pinetop–Lakeside
10/2/2012	Mammograms, 1:00–5:00 p.m. Shots/HealthWaves noon–3:00 p.m.	550 N. 9 th Place, Show Low
10/3/2012	Mammograms, 8:00 a.m.–5:00 p.m. Flu Shots/HealthWaves 9:00 a.m.–2:00 p.m.	100 E Code Talkers Dr., Holbrook
10/4/2012	Mammograms, 8:00 a.m.–5:00 p.m.	100 E Code Talkers Dr., Holbrook
10/8/2012 Central Yavapai Fire District	Mammograms, 8:00 a.m.–5:00 p.m. Flu Shots/HealthWaves 9:00 a.m.–noon	8555 E. Yavapai Road, Prescott Valley
10/9/2012 City of Sedona	Mammograms, 7:00–11:00 a.m. Flu Shots/HealthWaves 9:00–11:00 a.m.	102 Roadrunner Drive, Sedona
10/9/2012 Sedona Oak Creek S.D.	Mammograms, 12:30–5:00 p.m. Flu Shots/HealthWaves 1:30–4:30 p.m.	570 Posse Ground Road, Sedona