



SEPTEMBER 2012

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

In 2008, the Department of Health and Human Services declared September to be National Yoga Month as a way of encouraging the exploration of yoga for its health benefits.

Balance with yoga

What is yoga?

People have practiced yoga for thousands of years in India. Yoga is based on the idea that the mind and body are one. Practitioners believe that yoga improves health by improving how you see the world, which calms the spirit and decreases stress.

One popular kind of yoga is known as "Hatha" yoga. Two basic components of Hatha yoga are: (1) proper breathing; and (2) exercises, called postures, that stretch the body. You do postures while standing, lying down, sitting in a chair, or in a headstand position. While practicing a posture, you do breathing exercises to help relax your muscles, maintain the posture, and focus your mind.

Hatha is just one of many types of yoga. While each type has a different emphasis, all share the same goal, which is not only improved physical and mental health, but achievement of "oneness" with a higher being, the self, or some form of higher awareness.

What is yoga used for?

Most people who try yoga find that it increases their flexibility and reduces stress. If you suffer from a chronic (long-term) medical condition, you can often combine yoga and conventional medical treatment.

Several studies have shown that yoga helps lower blood pressure, improves a person's sense of well-being, and can help people who have asthma learn to breathe more easily.

Is yoga safe?

Experts consider yoga to be safe. Even so, you should always tell your doctor if you are thinking about using yoga as an alternative therapy, or if you are considering combining yoga with your conventional medical treatment. (It may not be safe to forgo your regular treatment and rely solely on yoga, or any other alternative therapy.) In addition, as with any physical activity, yoga can cause sprains or muscle strains. Gentle stretching before a yoga session can help prevent injuries.



HEALTHCARE REFORM UPDATE

As part of the Affordable Care Act (ACA), prescription contraceptives will be covered at 100% (no co-payment) beginning July 1, 2013.

(As a reminder, on June 28, 2012, the U.S. Supreme Court announced its decision in three cases challenging the legality of the ACA. In its decision, the provisions of the Affordable Care Act related to the individual requirement to purchase insurance, and to employers and health plans, were upheld.)

More updates on the ACA will be included in future bulletins.





Employee Assistance 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.

The teenage years are a time of great change for both parents and children. Teenagers explore boundaries and experience new freedoms, with more time spent with friends, in cars, and on the Internet. It can be difficult for parents to know how much trust to place in their kids. The Employee Assistance Program can help with informational articles, tips on healthy communication, links to parenting resources, and more.

Call or visit us online to get the answers to your questions on parenting teenagers.

TOLL-FREE:
800-327-3517

WEB SITE:
www.eappreferred.com

USERNAME:
APEHP

PASSWORD:
eappreferred



CAN I TRUST MY TEEN?

PARENTING TEENAGERS

WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, October 5, 2012 to:

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



Answer all the questions correctly, and you will be entered into the drawing.

GOOD LUCK!

- Name the basic components of Hatha yoga.

- What healthcare benefit will be covered beginning July 1, 2013?

- What program is available to assist with teen parenting and relationship issues?

Your Contact Information

Name: _____

Phone: _____

Address: _____

City/ZIP: _____

Employer: _____

Using your VSP benefit is easy.



1. **Find the right provider for you.** To find a VSP doctor, visit vsp.com or call (800) 877-7195.

2. **Review your benefit information.** Visit vsp.com to review your plan coverage before your appointment.

3. **At your appointment, tell them you have VSP.** There's no ID card required.

That's it! We'll handle the rest—there are no claim forms to complete when you see a VSP doctor.



Arizona Public Employers Health Pool
333 E. Osborn Road, Suite 300
Phoenix, Arizona 85012
(800) 718-8328

