



OCTOBER 2012

# Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

*It's the scariest night of the year! But with a little attention to safety, you can keep it fun and not frightful. Here are a few tips for you to follow and share with your kids. Boo!*

## 7 tips for a safe Halloween



### Don't Frankenstein Your Lights

When purchasing electrical decorations, make sure to shop at a reputable retailer, and look for the UL Mark. Also, be sure to check the rating on your extension cords; do not plug in more than the recommended wattage. Use special, heavy duty extension cords for high wattage decorations such as fog machines and electrically-powered inflatable decorations.



### Beware of Candles!

Candles, especially in a Jack O'Lantern, should not be placed on the ground or within children's reach. Try battery-operated LED candles for an even safer option.



### Inspect Decorations with Fiendish Care

Inspect all of your electric lights and decorations for damage or wear. Cracked sockets, frayed or bare wires, and loose connections may pose a fire or shock hazard. Replace damaged light strings with energy-efficient LED lights. Look for a red UL Mark to indicate that lights are certified for both indoor and outdoor use. A green UL mark indicates certification for indoor use only.



### Don't Trip Up Your Goblins

Halloween costumes should allow full movement for your kids. Costumes that drag, constrict, or drape pose a dangerous hazard, especially at night. Check to ensure that costumes don't restrict your children's vision, and instruct them to watch out for tripping hazards, such as cords.

*Continued on next page >>*

## 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.





# October is National Breast Cancer Awareness Month

*Five Minutes or Less for Health Weekly Tip: Check for Breast Cancer*

Breast cancer is one of the most common cancers among American women. It is also one of the leading causes of cancer deaths. The best way to detect breast cancer is with a mammogram. It's also important to keep up clinical breast exams and breast self-exams. Women should have mammograms every two years from ages 50–74. So:

- Make an appointment to schedule a mammogram.
- Find low-cost and free breast and cervical cancer screenings in your area if you do not have insurance coverage.
- Know your family history of breast cancer.

For more information, upcoming events, and the latest news from the National Breast Cancer Awareness Month (NBCAM), go to [www.nbcam.org](http://www.nbcam.org).

## WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, November 9, 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!**

1. What is supposedly the scariest night of the year?

\_\_\_\_\_

\_\_\_\_\_

2. What month is National Breast Cancer Awareness Month?

\_\_\_\_\_

\_\_\_\_\_

3. What website can you visit to learn more about the Arizona Public Employers Health Pool?

\_\_\_\_\_

\_\_\_\_\_

### Your Contact Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

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

City/ZIP: \_\_\_\_\_

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

## Halloweening, continued...



### Say Boo! to Unsafe Costumes

Be sure to purchase or make costumes out of flame-resistant materials such as nylon or polyester, as these fabrics will resist burning and will extinguish quickly. Make sure your child knows to stop, drop, and roll in case his/her costume catches fire.



### Keep Hungry Monsters from Feeding

Never let your kids eat Halloween candy before you inspect it in the light at home. Even if you know your neighbors, you should always check to be safe. Throw away open candy or anything that looks at all suspicious.



### Be Safe and Bright

Choose costumes that are lighter in color, and attach reflective materials to them. Make sure each child has a flashlight to help him/her see and be seen.



Arizona Public Employers Health Pool  
333 East Osborn Road, Suite 300  
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