



NOVEMBER 2012

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

TURKEY EDITION



Did you spend last year's holiday season stuck in bed with the flu?

The magic formula for keeping the flu at bay: Get your flu shot, don't skimp on sleep, wash your hands often, and exercise regularly.

This year, build a stronger immune system that you can give thanks for at the Thanksgiving table. Your first line of defense against the flu should always be your annual flu shot. It takes two weeks for the vaccine to kick in, so if you want immunity from flu-harboring relatives this holiday season, get your shot ASAP. You can also boost your immune system by getting enough shut-eye. Chronic sleep deprivation increases your susceptibility to colds, and it may even have an impact on the effectiveness of vaccines. Exercise also gives the immune system a boost, but the effects are short-lived, so working out regularly is the best way to keep your system primed. Finally, to keep germs at bay, wash your hands regularly.



Courtesy ClevelandWellnessClinic.com

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.)

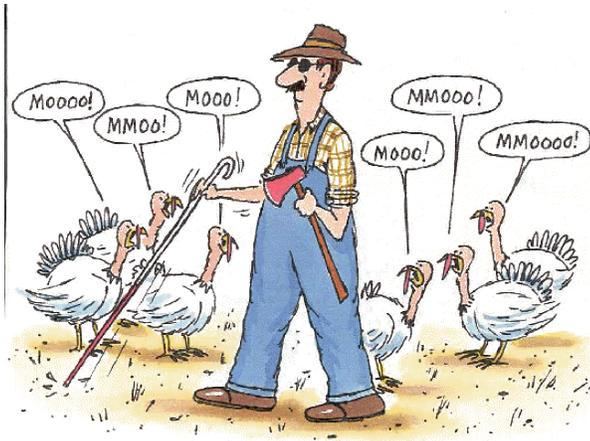
More updates on the ACA will be included in future bulletins.



Green Bean Casserole



Find some healthy Thanksgiving recipes here: <http://goo.gl/kvpBK>



WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, December 14, 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!

- Where can you get more information regarding your pharmacy plan benefits?

- What is the magic formula for keeping the flu at bay?

- When are the responses to these questions due?

Your Contact Information

Name: _____

Phone: _____

Address: _____

City/ZIP: _____

Employer: _____



mycatamaranRx.com
your personal website is waiting

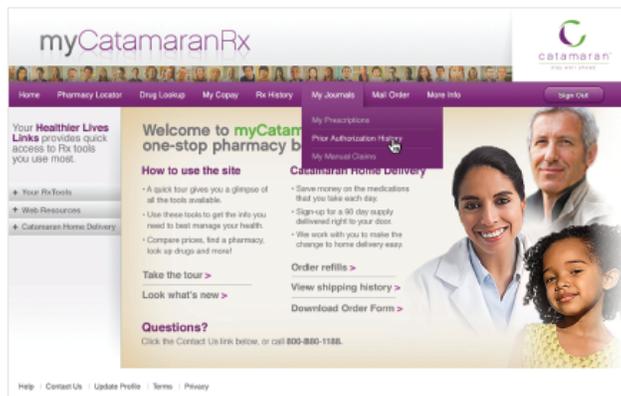
This private, secure website is designed just for you. All of your pharmacy plan information is available and kept up-to-date in real time.

Easy access allows you to:

- Compare prices at local pharmacies and Home Delivery
- Find your lowest copay
- Locate your pharmacy and get driving directions
- Manage your Home Delivery prescriptions – request a refill or track an order
- Keep track of your health history
- Learn more about your drugs
- Take it all with you through the Catamaran mobile app

... And much more!

Visit mycatamaranRx.com today!
You will need your pharmacy member ID # to log in.



Contact Member Services using the number on your pharmacy ID card if you have any questions.



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