



DECEMBER 2012

Health bulletin

SNOWFLAKE EDITION 

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

The secret to resisting sugary and salty treats

Struggling to downsize your portions? Getting too little sleep can make us overeat, so be sure to get your shut-eye.

From Thanksgiving until the end of the year, many of us struggle to keep our portions in check. An easy way to help yourself do just that: Let visions of sugarplums dance in your head. A new study in the journal SLEEP found that when we don't skimp on sleep, we have an easier time resisting sugary and salty treats. According to the research, men and women who don't get enough rest are much more likely to overeat. When weary from too little shut-eye, our appetite increases, and it can take longer to feel full. So, if you know you're heading to the mall for some high-octane holiday shopping, be sure to get plenty of rest the night before; it could save you from an impulsive binge at the food court. And, help keep your appetite and your weight in check year-round by clocking at least seven hours of sleep each night.



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.

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





Roasted Pumpkin-Apple Soup

Find some easy and healthy holiday recipes here: <http://goo.gl/tT3qZ>



WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, January 18, 2013 to:

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

Microwave your toothbrush

4 unorthodox ways to keep a cold or the flu at bay



Microwave your toothbrush.

That's right! Put it in for 10 seconds, and you'll kill germs that can cause colds and more. You should also replace it every month when you change the page on your calendar, and after you've had a cold.



Take a weekly sauna.

People who sauna have half the number of colds. Researchers believe that the hot air kills viruses. If you can't sauna, you can inhale hot air from a blow-dryer. Just make sure you set it on warm—not hot—and that you hold it about 18 inches or more from your face and breathe in through the nose. Give it a good 15 minutes.



Meditate.

If you don't like the idea of meditating, sit quietly and focus on one word. Choose a word that comforts you. Reducing stress builds immune strength. Stressed people get two times as many colds.



Let a bit of air in during the winter.

Open a window or crack open a door. Fresh air chases out germs. But don't freeze!



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

GOOD LUCK!

- Name one way to help prevent getting a cold or the flu.

- To resist sugary and salty treats, you can try this.

- How long should you inhale hot air from a blow-dryer to help prevent a winter cold?

Your Contact Information

Name: _____

Phone: _____

Address: _____

City/ZIP: _____

Employer: _____



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

