



MARCH 2013

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

SHAMROCK EDITION



A sweet (and effective) home remedy for a nagging cough

Don't like cold medicine? If a cough is keeping you up at night, try a spoonful of honey to help ease nighttime symptoms.

'Tis the season for stuffy noses and nasty coughs. If you've got a cough that won't quit and are not a fan of over-the-counter cold medicine, try a spoonful of honey instead. It may act as a natural cough suppressant. A study of young children found that a dose of honey before bedtime worked better than cough medicine to alleviate nighttime coughing. It also led to better sleep. Some researchers believe that honey may help by soothing the back of the throat and breaking up mucus. (Children under the age of one should not be given honey.)



Courtesy ClevelandWellnessClinic.com

HEALTHCARE REFORM REMINDER

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

Rental costs of breast feeding equipment and supplies are covered at 100%, not subject to your deductible; this only includes rentals from a hospital facility.

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





Black Bean Chili

Savage Chickens

by Doug Savage



Find this and many other healthy recipes here: <http://goo.gl/inle0>

WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, April 19, 2013 to:

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

Access claims information online

Ameriben Customer Care Center

Members can access claim status and eligibility and benefit information online, 24/7, at www.myameriben.com. For questions related to claims, please call (866) 955-1485.



Feeling the pressure?



Learning the art of stress management

Workplace deadlines. Family conflicts. Personal worries. Stress is a part of life. Though you can't avoid it completely, you can learn to manage it. Your Employee Assistance Program is available anytime for support and resources that will keep you from feeling the pressure.

Call or visit us online to learn more about how to manage the stress in your life.

TOLL-FREE: (800) 327-3517
WEBSITE: www.eappreferred.com
USERNAME: APEHP123
PASSWORD: eappreferred

You can also use the login information above to register for the stress management webinar referenced in the box to the right.

Available anytime, any day, your EAP/Work-Life Service is a free, confidential program to help you balance work, family, and your personal life.

WEBINAR

Building Resiliency 101
MAR 19 — 12 pm, 2 pm ET

It's how we react to stress that determines if it will have a harmful impact on our health and well-being. Learn helpful tools and techniques to become more resilient to stress at home and at work.

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

GOOD LUCK!

1. What may help stop a nagging cough during the night?

2. What date is the EAP Preferred stress management webinar?

3. How many chickens are on this page?

Your Contact Information

Name: _____
Phone: _____
Address: _____
City/ZIP: _____
Employer: _____



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