



APRIL 2013

# Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

SPRING EDITION



*Not enough hours in the day?*

## Increase your sense of time by volunteering. Giving away time helps us feel as if we have more of it.

Feel like you don't have enough hours in the day to get everything done? Volunteer. Yes, you read that right. Ironically, researchers found that volunteering—essentially, giving away our time—helps us feel as if we have more time to spare. While we might not be able to increase the actual amount of time in a day, we can boost our sense of how much free time we have. Compared to wasting time, spending “me time,” or gaining an unexpected hour of free time, spending time on others increased people's perception of how much unhurried leisure time was available to them. So, if you want to feel less frazzled or pressed for time, do yourself a favor and volunteer. It will help others as well.



*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...

Every-morning Oatmeal



Find this and many other healthy recipes here: <http://bit.ly/Xgk9BB>.



WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, May 17, 2013 to:

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

## Flexible Spending Account (FSA)

### Debit cards

Effective April 1, 2013, a new federal regulation requires that health care consumers with an FSA be provided with the ability to pay for services using a personal identification number (PIN) at the point of sale (similar to a debit card). However, the use of a PIN is not required for participants using the Benny Cards issued by AmeriBen. Participants may continue to use their Benny Cards as they always have, simply swiping their cards and providing a signature.

#### TO REQUEST A PIN FOR YOUR Benny Card:

To create a PIN, please call 1-888-999-0121. The automated system will walk you through the prompt to create your own self-selected PIN for your Benny Card. Remember to keep your PIN private. We recommend creating a unique PIN that cannot be easily guessed by others.

## The ladies get the limelight

While we're always passionate about the eye health and wellness of all of our members, this April we're focusing on women's eye health and safety.

Did you know that women are more likely than men to suffer from eye-related diseases and conditions, such as **cataracts** and **glaucoma**? The good news is, yearly preventive eye exams can help identify diseases such as these early. And with 88% of our doctors offering extended hours, it's easy to fit in a visit.

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We put members first. That's why we help keep you healthy through early detection of chronic conditions like diabetes, hypertension, and high cholesterol. **Locate a Vision Service Plan (VSP) doctor** and make your appointment today.



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

GOOD LUCK!

1. What word is the person on the cover of this bulletin pointing to?  
\_\_\_\_\_
2. Do men or women suffer more from eye-related diseases?  
\_\_\_\_\_
3. Besides oatmeal and bananas, name one ingredient in the recipe linked on this page.  
\_\_\_\_\_

#### Your Contact Information

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

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

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

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

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



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