



MAY 2013

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

SUMMER IS
ALMOST HERE
EDITION



This year, protect your skin from wrinkles, sun damage, and skin cancer.

Apply SPF year-round, not just in the summer.

Thinking about how to look better, longer? Here's an easy way: Protect your skin from wrinkles and sun damage by wearing sunscreen all year long. Just because it's winter doesn't mean you can skip the SPF. You're at just as much risk for sun damage during the colder months, especially if you are around snow or are at higher elevations. Apply a broad-spectrum sunscreen with 30+ SPF 15 to 30 minutes before heading outdoors. Be sure to reapply every two hours. For a fuss-free morning routine, use a daily moisturizer or foundation that contains sunscreen. If you don't want to mess up your makeup by reapplying sunscreen throughout the day, many dermatologists recommend mineral powder sunscreen that you can dust over your face. And don't forget to use lip balm or lipstick with sunscreen as well.



Courtesy ClevelandWellnessClinic.com

2013–2014 PLAN UPDATE

Please note the 2013–2014 plan changes below:

- Up to 3 visits to a dietician covered at 100%.
- \$10 co-pay maximums for generic drugs (may vary by plan).
- Contraceptives for women covered at 100% (generics only).
- HSA contribution maximums increased to \$3,250 for individual coverage and \$6,450 for family coverage.

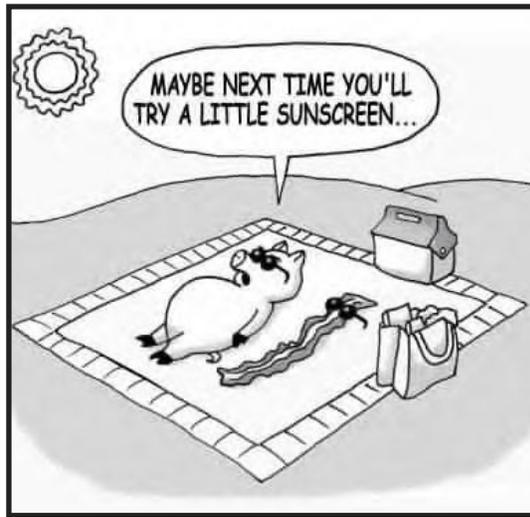
DON'T FORGET THAT DEDUCTIBLES WILL RESET ON JULY 1.





Poached Salmon with Cucumber Sauce

Find this and many other healthy recipes here: <http://bit.ly/147XOr9>.



WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, June 14, 2013 to:

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

Employee Assistance Program (EAP)

Life isn't always easy—but you don't have to face it alone.

APEHP continues to offer an employee assistance program (EAP) to help you through life's rough spots. Under the EAP, both you and your family can receive a variety of counseling services to help identify and address problems that impact your life—all at no additional cost to you. Benefits include the following:

- Free confidential counseling
- Counseling near work or home
- Counselor availability, 24 x 7
- Legal, financial, elder/child care, and other services/assistance

For more information, log on to the EAP website at www.eappreferred.com and click on the link for My Life Values. Your user name is **APEHP**; your password is **eappreferred**. For an appointment or additional information, call **(800) 327-3517, ext. 2**.

Be instantly more attractive: Flaunt your pearly whites.

The pout is definitely out. Whether you're trying to score a date or make new friends, win people over by smiling. In a study by the American Association of Orthodontists, people with beaming smiles were rated more attractive than people who didn't wear a grin. Another study revealed that nearly three-quarters of us believe a smile does more for a woman than makeup. Pictures of grinning women without makeup were said to reveal the women to be more approachable, fun, and youthful than when those same women wore makeup and a straight face. Besides, smiling has perks for your own well-being too. Flashing your smile can improve your mood throughout the day—so long as you're not faking it. To generate a genuine grin, think of happy things, such as your upcoming vacation or your child's birthday.

Courtesy ClevelandWellnessClinic.com



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

GOOD LUCK!

1. How can you improve your mood throughout the day?

2. What type of sauce is in the poached salmon recipe?

3. When should you apply sunscreen?

Your Contact Information

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



Arizona Public Employers Health Pool
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(800) 718-8328
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