apehp

JULY 2013

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

VACATION EDITION

Keep your feet on the ground, literally.

To avoid foot trouble, wear high heels only for short periods of time, if at all.

One in six people have trouble with their feet due to improperly fitted shoes. High heels are a contributor to this problem. Heels higher than two inches should be worn only for short periods of time, if at all. That's because high-heeled shoes cause excess pressure on the toes and double the pressure on the bottom of the foot. Cramped toes lead to bunions, corns, calluses, hammertoes, and other deformities.

In addition to being cautious about wearing heels, leave a half-inch of space between your toes and the end of the shoe so you can wiggle those tootsies. Also, don't wear shoes so big that your feet slip around in them.

Remember that the purpose of shoes is to protect your feet and keep them comfortable. Athletic shoes are ideal; a compromise is a shoe with a wide toe box and a heel no higher than one inch. *(Courtesy ClevelandWellnessClinic.com)*

2013–2014 PLAN UPDATE

Please note the 2013–2014 plan changes below:

- Up to three 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 RESET ON JULY 1.

AmeriBen

IMPORTANT: If you have received a letter from AmeriBen, please respond promptly in order to avoid possible delays in processing medical claims. Questions? Call (866) 955-1485.

Find this and many other healthy recipes here: http://bit.ly/12E5qzF.

WELCOME, NEW MEMBERS!

Town of Paradise Valley

—

Lakeside Fire District

—

Pima County JTED

Need another reason to start exercising?

How about this: It will help you sleep better!

Here's an incentive to get you walking, riding, and moving: Exercise will help you rest easier at night! That's what the results of the National Sleep Foundation's 2013 Sleep in America poll showed. Self-described exercisers reported better sleep than self-described non-exercisers, even though they said they slept the same amount each night (6 hours and 51 minutes on weeknights, on average). The intensity of the exercise didn't appear to matter. According to the poll, people who were vigorous, moderate, and light exercisers were significantly more likely than non-exercisers to say, "I had a good night's sleep" every night or almost every night of the workweek. And more than three-fourths of exercisers said their sleep quality was very good or fairly good in the past two weeks, compared to slightly more than half of non-exercisers. If you are inactive, even a 10-minute walk can make a difference in the quality of your sleep.

Courtesy ClevelandWellnessClinic.com

Would you like to win $50?

Simply answer the questions below and submit your response before Friday, August 16, 2013 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!

1. What will help you rest easier at night?

   _____

   _____

2. Name one way to avoid foot trouble?

   _____

   _____

3. Which new member of APEHP is closest to your area?

   _____

   _____

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