



AUGUST 2013

# Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

BACK TO SCHOOL EDITION



*Take a dip to lower blood pressure.*

## Swimming laps regularly can improve heart health and help bring down your blood pressure.

Taking a dip in the pool can cause something else to dip as well: blood pressure. [According to a study in the American Journal of Cardiology](#), swimming laps regularly helped lower systolic blood pressure by an average of nine points over the course of three months. For this small study, 43 sedentary older adults with elevated blood pressure adopted a slow-to-moderate swimming program, swimming laps for 15 to 45 minutes, three to four days a week. In addition to seeing a reduction in their top BP number, they experienced other significant heart health improvements as well. Swimming is a safe, low-impact way to get your 30 minutes of daily cardiovascular exercise.



*(Courtesy ClevelandWellnessClinic.com)*



## 2013–2014 PLAN REMINDER

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.



Stunning Grilled Pineapple

Find this and many other healthy recipes here: <http://bit.ly/1dbdXim>.

# reminder

## WELLNESS BENEFITS

Please remember that wellness benefits are only covered at 100% if you use an in-network provider.

In addition, don't forget to check with your provider to see if he/she is also using in-network providers, e.g., labs and radiology facilities. If not, you may be getting charged at the out-of-network rate for that lab result.

WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, September 20, 2013 to:

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

## ChooseHealthy®

*A wide variety of specialty healthcare and health improvement services is available to members through the ChooseHealthy Affinity Program.*

With the ChooseHealthy program, you can:

- Receive discounts on services
- Access discounted fees
- Use helpful resources
- Take advantage of online product discounts



For more information, visit [ChooseHealthy.com](http://ChooseHealthy.com) or call (877) 335-2746.

## Be smart about skin cancer

*Perform a self-check every year on a day you'll remember—your birthday!*



The American Academy of Dermatology (AAD) wants families to make a head-to-toe skin cancer self-exam an annual tradition. And what better day

to do it than your birthday? Here's a little mnemonic to remember what

you're looking for: Check moles and spots for your ABCDEs. During your self-exam, you should look for moles or pigmented spots that are Asymmetric, have an irregularly shaped Border, have varied Colors, measure a Diameter of more than six millimeters, or are Evolving (a mole or lesion that looks different from the rest, or one that has changed). It's important to check yourself (and elder family members) every year for skin changes that look suspicious. The AAD offers a body mole map to help you keep track of any changes. Always be sure to visit a dermatologist if you have any concerns.

*(Courtesy ClevelandWellnessClinic.com)*



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

GOOD LUCK!

1. What looks stunning on the grill?  
\_\_\_\_\_
2. What activity can help lower blood pressure?  
\_\_\_\_\_
3. True or False: Out-of-network providers are covered at 100%.  
\_\_\_\_\_

### 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](http://www.apehp.org)

