



SEPTEMBER 2013

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

FALL EDITION



Lift weights to slash your risk of type 2 diabetes.

Doing resistance training five days a week could lower your chances of the disease by 34 percent.

Diabetes doesn't have to be your fate. Regular exercise can drastically reduce your risk of developing type 2 diabetes. Researchers found that men who did resistance training for 30 minutes five days a week lowered their risk of diabetes by 34 percent. Adding aerobic exercise to their routines brought their risk down even further—by up to 59 percent. Even those who engaged in resistance training for less than an hour a week still lowered their risk of getting diabetes by a respectable 12 percent. The study, published in the Archives of Internal Medicine, shows that some exercise is always better than none—and that even if you can't find time to work out five days a week, it shouldn't prevent you from doing what you can when you can.

(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.

Layered Mashed White and Sweet Potatoes with Greens



Find this and many other healthy recipes here: <http://bit.ly/14JsRsF>.

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.

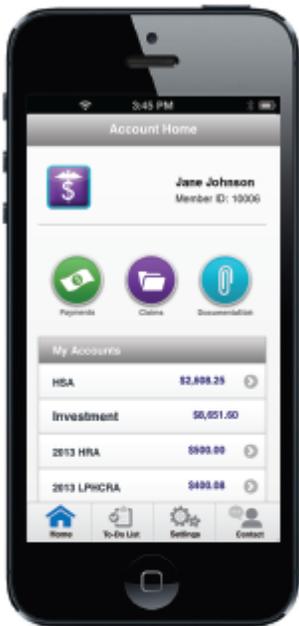
WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, October 25, 2013 to:

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

HealthEquity launches new mobile app



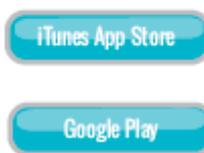
The HealthEquity Mobile App

Managing your health accounts is easier and more convenient than ever before.

Convenient, powerful tools:

- > **ON-THE-GO ACCESS**
You can access all account types wherever you go
- > **PHOTO DOCUMENTATION**
Simply take a photo with your device to initiate claims and payments
- > **SEND PAYMENTS & REIMBURSEMENTS FROM HSA**
You can send payments to providers or reimburse yourself for out-of-pocket expenses from your HSA
- > **MANAGE DEBIT CARD TRANSACTIONS**
Link your debit card transactions to claims and documentation
- > **VIEW CLAIMS STATUS**
View the status of claims as well as link payments and documentation to claims

Download the
FREE
mobile app



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

GOOD LUCK!

1. How can you lower your risk of type 2 diabetes?

2. Where can you download the new HealthEquity mobile app?

3. Name a layer in the recipe found on this page.

Your Contact Information

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

For assistance, call:
877.582.8753
available every
hour of every day



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