



OCTOBER 2013

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

HALLOWEEN EDITION



Why this type of noise can help you sleep better

Sleep more soundly with pink noise—a low-frequency version of white noise. Playing it while you sleep improves the quality of your ZZZs.

Here's good news for light sleepers: Adding pink noise to your bedtime routine could help you sleep better. Similar to white noise, the pink variety has a lower frequency and sounds like gentler, more muted static. Researchers found that 75 percent of test subjects reported a more restful sleep when exposed to pink noise. The stable sleep time of people listening to pink noise also increased by 23 percent. ♦ You can download white and pink noise apps to your iPhone. You can also purchase a white noise machine, like the Marpac Dohm-DS Sleep Machine, from the Cleveland Clinic Wellness store.



(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.

Banana Pumpkin Mousse



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

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, November 22, 2013 to:

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

Halloween Safety Tips

For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physically active, and focus on safety.



Flu season

WASH YOUR HANDS

IT'S YOUR BEST DEFENSE AGAINST THE FLU



TAKE COVER
USE TISSUES
WASH UP
DRINK WATER
REST AND SLEEP
CALL THE DOCTOR
STAY AWAY!

UBDesign
Graphic Design

Stay Well



University of Bridgeport
Student Health Services
50 Goldapple Village, Room 119
Bridgeport, CT 06604
US Counseling Services

Monday - Friday
8:30 am - 4:30 pm
T: 203-576-4212
F: 203-576-4212
T: 203-576-4464



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

GOOD LUCK!

1. What color of noise will help you sleep better?

2. What is the best Halloween costume you've ever seen?

3. What is one thing you can do to avoid getting the flu?

Your Contact Information

Name: _____

Phone: _____

Address: _____

City/ZIP: _____

Employer: _____

Get some good safety tips on all things Halloween, including pumpkin carving, costumes, trick or treating, make-up, and even pet safety: <http://bit.ly/16iDX8y>.

Health Insurance Marketplace

For information regarding the Health Insurance Marketplace, or exchange, under the Affordable Care Act, visit <https://www.healthcare.gov>.



Arizona Public Employers Health Pool
333 East Osborn Road, Suite 300
Phoenix, Arizona 85012
(800) 718-8328
www.apehp.org

