NOVEMBER 2013

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

TURKEY EDITION

To maintain strong bones, snack on dried plums daily.

Eating prunes may help boost bone density by preventing the breakdown of bone.

Did you know that your chances of breaking a bone double during the winter months? To help keep your bones strong and reduce your chance of a fracture, try snacking on dried plums. Research shows that women who snacked on 10 prunes a day had higher bone mineral density after a year than those who snacked on other dried fruit. Dried plums can help prevent the breakdown of bone as we age, thus reducing the risk of osteoporosis.

(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.

Find this heart-healthy snack and other healthy recipes here: http://bit.ly/19OU2K9.

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, December 27, 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 dried fruit helps keep bones strong?

   _____

   _____

2. What is the strangest Thanksgiving dish you've ever eaten?

   _____

   _____

3. Name one thing you can do to prevent spreading the flu.

   _____

   _____

Your Contact Information

Name:_____

Phone:_____

Address:_____

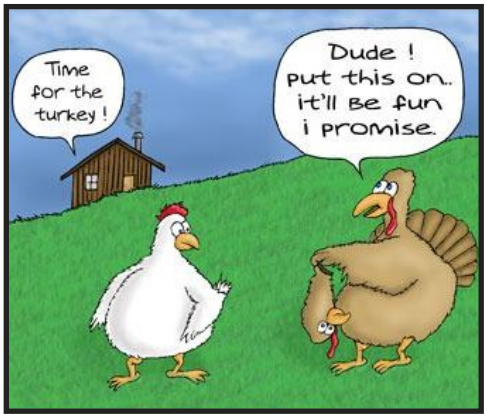
City/ZIP:_____

Employer:_____

Over-the-counter pain relievers.

Taking acetaminophen or ibuprofen several times a week may increase the risk of hearing loss.

If you pop pain relievers like candy, here's a reason you may want to take them more judiciously: Research suggests that women who take ibuprofen or acetaminophen several times a week have an increased risk of hearing loss. Those at greatest risk appear to be women under 50, especially those who take over-the-counter analgesics six or more times each week. These study results, published in the American Journal of Epidemiology, back up findings from last year, which showed similar results for men. If you take ibuprofen or acetaminophen for frequent aches or pains, you may want to discuss other pain management techniques with your doctor.
(Courtesy ClevelandWellnessClinic.com)



Flu season

Health Insurance Marketplace

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

apehp

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