DECEMBER 2013

Health bulletin

HOLIDAY EDITION

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

Unexplained back pain, headaches, fatigue, stomach issues or chest pain?

All can be caused by unmanaged stress. Learn to decompress.

You haven't injured it, but your back is causing you excruciating pain. Your workload keeps piling up as you try to work around your headaches. Your morning coffee just isn't doing its job of perking you up anymore. Perhaps you have chest pain, even though your doctor says your heart is fine. Though you should see your doctor to have these types of symptoms assessed, you may be surprised to learn that they can be physical manifestations of chronic stress. You might think that you don't have time to practice stress-relief techniques, but not doing so can leave you irritable, anxious, less productive—and in a lot of pain. Research shows that online programs targeted at reducing stress are an effective and cost-efficient way to improve your emotional well-being and quality of life.

(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.

Dark Chocolate Frozen Banana Bites

Find this heart-healthy snack and other healthy recipes here: http://bit.ly/1bcA1HN.

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, January 24, 2014 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. How can you breathe a little easier?

   _____

   _____

2. Finish this phrase:
   Dark Chocolate Frozen……

   _____

   _____

3. Name a cost-efficient way to improve your well-being.

   _____

   _____

Your Contact Information

Name:_____

Phone:_____

Address:_____

City/ZIP:_____

Employer:_____

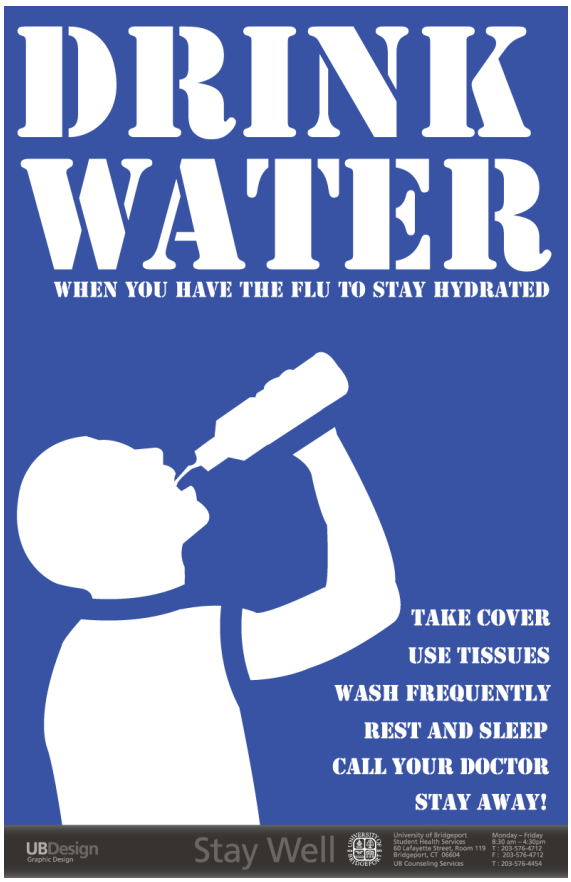
Breathe easier with broccoli.

Vitamin C can help reduce the impact of air pollution on breathing problems like asthma and COPD.

Fight air pollution with vitamin C. People with chronic lung issues like asthma and COPD (chronic obstructive pulmonary disease) are at greater risk of breathing problems when air quality levels are poor. However, researchers have found that eating a diet rich in vitamin C can help keep such breathing problems at bay. Published in the journal Epidemiology, the study found that patients with chronic lung problems who were least likely to be hospitalized during high-pollution days were those with the greatest consumption of vitamin C. To reduce the effect of air pollution on your lungs, fill your diet with citrus, broccoli, spinach, papaya, bell peppers, strawberries and kiwis.

(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