JANUARY 2014

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

NEW YEAR EDITION 2014

4 keys to living a healthier and longer life

Live a longer and healthier life by following the big four: stay active, don't smoke, manage stress, and eat whole, real foods.

Turns out your grandmother was right! Some of the smartest things you can do to live a long and healthy life don't require a gym membership or any special equipment. Here's what to do: Keep moving (walk at least 10,000 steps a day); don't smoke (and commit to quitting if you already do smoke); meditate; and eat real foods like fruits, vegetables, and whole grains. A healthy lifestyle can make a real difference. In fact, older Americans can expect to live two healthy years more than their parents did. Older Americans—men and women, black and white—are reporting fewer disease symptoms and less trouble with activities like standing and walking. However, the health problems affecting younger people today are related to a sedentary lifestyle and poor diet. So even if you're enjoying middle age in good health, to ensure that you'll stay that way and live younger longer, start adopting healthy habits now. Some of the most important things you can do: Avoid smoking, enjoy one beer or glass of red wine per day, exercise regularly, meditate twice a day, and maintain a healthy weight. And focus on your mental health too! Successful aging also depends on intellectual stimulation (it's never too late to join a book club or debate hot topics with friends) and being social (take a walking coffee break). Finally, make sure to schedule regular health screenings with your doctor.
(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 perfected pizza and other healthy recipes here: http://bit.ly/1eaC46n.

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, February 21, 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. Finish this phrase:
   Live long and…...
   _____
   _____

2. What can help perk up your energy level?
   _____
   _____

3. Name one way you can help prevent the flu.
   _____
   _____

Your Contact Information

Name:_____

Phone:_____

Address:_____

City/ZIP:_____

Employer:_____

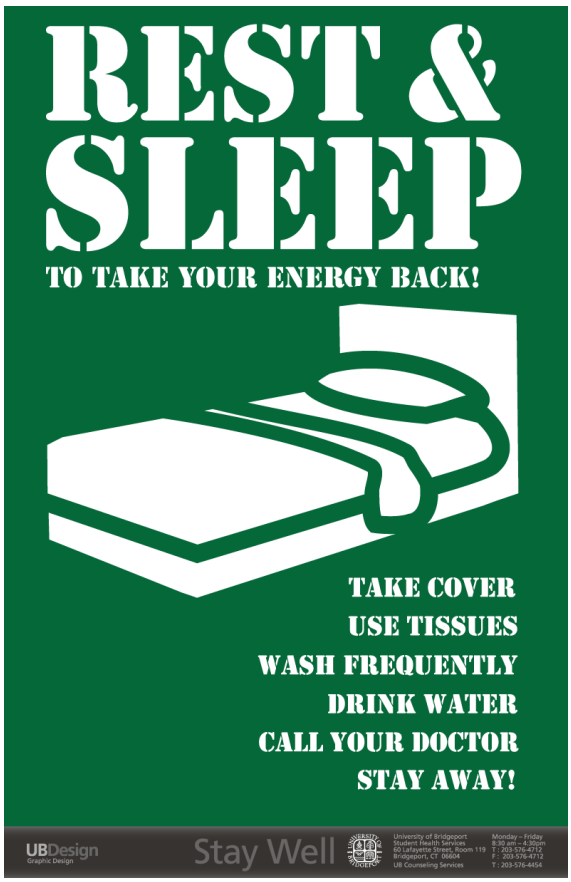
Perk up your energy level.

Spend a few minutes outside each day—rain or shine. Outdoor activity and nature boost your well-being.

Feeling frazzled or lethargic? Regulate your mood and energy levels by getting outdoors a few times each day—yes, even in the rain or snow! Spending time in nature (urban parks count), or just enjoying outdoor activities, can elevate your mood and put a little pep in your step. Go for an after-dinner stroll, take a quick walk around the block at lunch, or ride your bike to the corner store. When it's raining or snowing, bundle up in waterproof outerwear, then jump in puddles and do your best reenactment of "Singing in the Rain," or help build a snowman. You'll feel invigorated, and maybe even a little like a kid again.

(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