MARCH 2014

Health bulletin

SHAMROCK EDITION

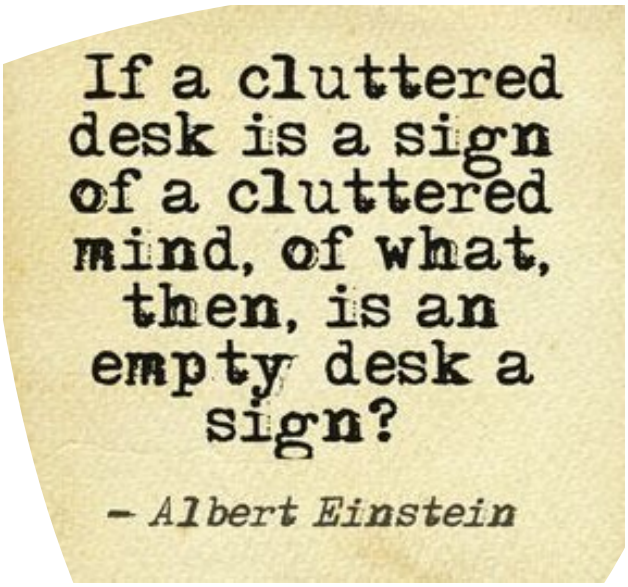
ARIZONA PUBLIC EMPLOYERS HEALTH POOL

Go ahead and make a mess!

That cluttered desk might just help you find a solution to a difficult problem at work.

If you've been stymied by a challenge at work, don't waste another minute straightening up your desk or office area. Having a disorganized work area actually inspires the kind of creative thinking that stimulates new and interesting ideas that lead to problem solving. Research indicates that when given a choice, people with messy offices are more likely to prefer a new product instead of an established one. Tidy surroundings, on the other hand, seem to encourage people to do exactly what's expected of them. So if "clear the clutter" is on your to-do list, focus on all the other things you really must do during this busy time of year. The mess on your desk can wait.

(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 tasty salad that packs a punch and other healthy recipes here: http://bit.ly/Oq89Mm.

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.

10 Ways to Boost Your Wellness at Work

#1—Go green
#2—Be thankful
#3—Stay on the ball
#4—Get up, stand up!
#5—Break for lunch
#6—Step outside
#7—Laugh it up
#8—Surf the web
#9—Think positively
#10—Choose wisely

For more detail on each wellness-boosting tip shown above, visit http://bit.ly/1npJGa4.

(Courtesy ClevelandWellnessClinic.com)

Health Savings Account (HSA)

Is an HSA right for you?

Watch the "Winning with an HSA" video here: http://bit.ly/1hj4JDE. Click on Video Library, then the "Winning with an HSA" link.

Expert advice is also available every hour of every day, just call (866) 346-5800 or email memberservices@healthequity.com.

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

WOULD YOU LIKE TO WIN $50?

Simply answer the questions below and submit your response before Friday, April 18, 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. What is a cluttered desk a sign of?

   _____

   _____

2. What is #4 under 10 ways to boost your wellness? Now do it.

   _____

   _____

3. Wellness benefits are only covered at 100% if you use what type of provider?

   _____

   _____

Your Contact Information

Name:_____

Phone:_____

Address:_____

City/ZIP:_____

Employer:_____