



APRIL 2014

# Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

SPRING EDITION



*Here's a cozy way to reduce stress:*

## Cuddle up to your partner. Holding hands, hugging, and other caring touches help keep us calm and happy.

Team up to fight stress! Spending time holding one another can help melt away tension. Research shows that when couples took time to show physical affection by way of hand-holding, hugging, and cuddling, it boosted their levels of the love hormone oxytocin and reduced levels of alpha amylase, a stress marker. For men, it also resulted in lower blood pressure, which may be especially important in protecting the heart from stress.

So, snuggle up against your partner while watching TV on the couch or in bed before going to sleep. In addition, a simple hand-squeeze or hug when your loved ones are feeling stressed can help them—and you—feel better.

*(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.



Chia Guacamole

Find this super food dip and other healthy recipes here: <http://bit.ly/1i8n3Uy>.

# 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, May 23, 2014 to:

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

## Health Savings Account (HSA)

Learn to maximize your HSA savings. FREE webinars are available for our members here: <http://www.healthequity.com/webinars>.

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



### Learn to Maximize your Savings

#### Attend a FREE Webinar!

SEE OUR LIST OF TOPICS BELOW →

- Investing Your HSA Dollars** [VIEW SCHEDULE](#)  
Join us for a 45-minute webinar that will introduce you to HealthEquity Advisor™. See how this innovative web interactive tool provides investment advice and ongoing oversight to build your health savings through sound investment diversification. Learn how to minimize investment risk while maximizing growth.
- Health Savings Account Basics** [VIEW SCHEDULE](#)  
Join us for a 30-minute webinar that will introduce you to HealthEquity and health savings accounts (HSAs). Learn how an HSA with a qualifying health plan can help you spend less and save more on health care. A health savings expert will be on hand to answer your questions.
- Tips to Maximize Your Health Savings** [VIEW SCHEDULE](#)  
This 30-minute webinar will present tips to help you grow your health savings account. Learn ways to stretch each dollar when it comes time to use your HSA. A health savings expert will be on hand to answer your questions.
- An Overview of the Member Portal** [VIEW SCHEDULE](#)  
Join us for a 30-minute webinar that will introduce you to the HealthEquity member portal. Learn how to pay a provider, add a beneficiary to your account, and much more. A health savings expert will be on hand to answer your questions.



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

GOOD LUCK!

1. Name one free webinar you can attend.  
\_\_\_\_\_
2. What can help melt away tension and reduce stress?  
\_\_\_\_\_
3. Are you a glass is half-empty or half-full type of person?  
\_\_\_\_\_

### Your Contact Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/ZIP: \_\_\_\_\_

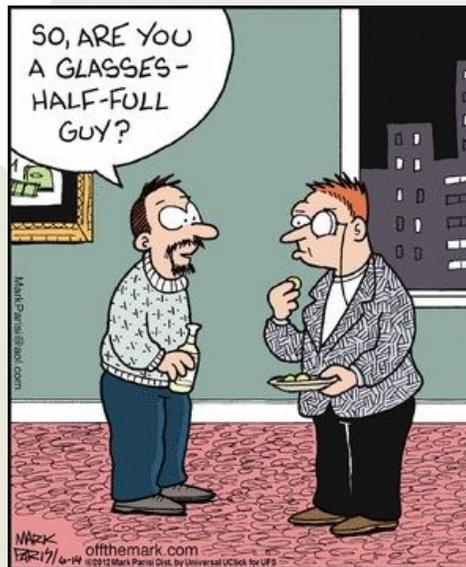
Employer: \_\_\_\_\_

## Comic relief

## Last word

The worst time to have a heart attack is during a game of charades.

Demetri Martin



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