



MAY 2014

# Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

SUMMER IS  
ALMOST HERE  
EDITION



*Want to live a long and healthy life?*

## Muscle up a little.

Longevity may be less about losing fat or getting thin than about maintaining muscle mass. The more muscle older Americans have, the less likely they are to die prematurely. And it's overall body composition, not BMI, that's the best predictor of how long you'll live. Experts are optimistic that future research will uncover the optimal type and duration of exercise to improve muscle mass and potentially enhance longevity in healthy seniors. In the meantime, [learn about exercises that build and maintain strength](#), whatever your age.



*(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.



**Brown Rice Pilaf with Apples and Dried Fruits**

Find this hearty side dish and other healthy recipes here: <http://bit.ly/1o365JK>.

# 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, June 20, 2014 to:

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

## Grocery shopping best practice

Food safety starts at the supermarket. To lower your risk of food-borne illnesses, and to make sure your food is as fresh and delicious as it was at the store, pack groceries in a way that will prevent cross-contamination. Never put fresh fruits and vegetables, or any other food you're going to eat raw, in the same bag as raw meat. This will keep harmful bacteria from being transferred to your produce. To prevent leakage, always wrap meat in a separate plastic bag that is tied. If using reusable bags, remember to wash them regularly.



(Courtesy ClevelandWellnessClinic.com)

## Comic relief



## Last word

I keep a lighter in my back pocket all the time. I'm not a smoker—I just really like certain songs.

Demetri Martin



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

GOOD LUCK!

1. What is the best predictor of how long you'll live?  
\_\_\_\_\_
2. What goes great with brown rice pilaf?  
\_\_\_\_\_
3. Paper or plastic?  
\_\_\_\_\_

### Your Contact Information

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

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

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

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

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



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