



AUGUST 2014

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

BACK TO SCHOOL EDITION



Put down the cotton swabs!

The rule that you should “never put anything smaller than your elbow in your ear” really is true.

If you’ve been tempted to dig out earwax using a cotton swab or some similarly tapered object, don’t do it! Using cotton swabs to clean out your ears is dangerous. Here’s a safer way to clear your ears of excess wax: Put a drop of mineral oil in your ear, and lie down on your side with your ear facing upward. This will let the oil seep in. Lie still for 20 to 30 minutes—read or meditate while you’re waiting—and allow the wax to dissolve. Turn over and place a towel or paper towel under your ear to soak up the oil and wax as it drains out. Then repeat, if necessary, on the other side.

Earwax serves as protection and has lubricating and anti-bacterial properties. Using a cotton swab—or anything else for that matter—to clean your ears only serves to push the wax in even deeper, which can cause harm.

(Courtesy ClevelandWellnessClinic.com)



2014–2015 PLAN UPDATE

Please note the 2014–2015 plan changes below, which became effective on July 1:

- There is no longer a pre-existing condition limitation.
- Acupuncture and chiropractic limits have changed from \$500/year to a maximum of eight visits per year.
- Outpatient rehabilitation visits (any combination of PT, OT, or ST) have increased from 50 visits per person, per lifetime to 60 visits per plan year.
- Inpatient rehabilitation services have increased from 60 consecutive days per person, per lifetime to 60 days per plan year.
- New annual out-of-pocket (OOP) limits: Core plan—\$4,500/\$9,000 (in-network) and \$6,500/\$13,000 (out-of-network); Copay plan—\$5,000/\$10,000 (in-network) and \$7,000/\$14,000 (out-of-network).
- A new health FSA carryover provision allows you to carry over to the new flex plan year up to \$500 of any unused balance.



Health & WELLNESS FAIR CALENDAR 2014-2015

The following **FREE** services will be provided:

- mammograms
- flu and pneumonia shots
- cholesterol test (high-density lipoprotein, HDL)
- glucose check (finger stick tests)
- blood pressure, height, weight, and BMI measurements

You can go to **any location** shown below.

You can go to **any location** shown below.

WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, September 12, 2014 to:

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

| DATE | LOCATION | DATE | LOCATION |
|-------------------|---|---------|--|
| 9/9/14 | Pine Strawberry Fire District 6198 W. Hardscrabble Mesa Rd., Pine 7:00–10:00 AM, Mammograms 8:00–10:00 AM, Healthwaves | 9/24/14 | Cottonwood Oak Creek SD 1 N Willard St., Cottonwood 2:30–5:00 PM, Mammograms 2:30–5:00 PM, Healthwaves |
| 9/9/14 | Town of Payson 303 N. Beeline Hwy., Payson 11:30 AM–5:00 PM, Mammograms 11:30 AM–2:00 PM, Healthwaves | 9/25/14 | Cottonwood Oak Creek SD 1 N Willard St., Cottonwood 7:00–11:00 AM, Mammograms |
| 9/10/14 | Town of Pinetop-Lakeside, Lakeside Fire District, Pinetop-Lakeside Sanitary District 1360 N. Neils Hansen Ln., Pinetop 7:00–11:00 AM, Mammograms 8:30–11:00 AM, Healthwaves | 9/25/14 | Verde Valley Fire District 2700 Godard Rd., Cottonwood 1:00–4:00 PM, Mammograms 1:00–3:00 PM, Healthwaves |
| 9/22/14 & 9/25/14 | Central Yavapai Fire District 8555 E. Yavapai Road, Prescott Valley 1:00–5:00 PM, Mammograms (9/22/14) 9:30–11:30 AM, Healthwaves (9/25/14) | 9/30/14 | Town of Fountain Hills 16705 E. Ave. of the Fountains, Fountain Hills 7:00–11:00 AM, Mammograms 9:00–11:00 AM, Healthwaves |
| 9/23/2014 | City of Sedona 102 Roadrunner Dr., Sedona 7:00–11:00 AM, Mammograms 10:00 AM–12:30 PM, Healthwaves | 9/30/14 | Town of Paradise Valley 6401 E. Lincoln Dr., Paradise Valley 1:00–5:00 PM, Mammograms 1:00–3:30 PM, Healthwaves |
| 9/23/2014 | Sedona Oak Creek SD 570 Posse Ground Rd., Sedona 1:00–5:00 PM, Mammograms 2:00–4:00 PM, Healthwaves | 10/8/14 | Town of Camp Verde, Camp Verde Fire District, Montezuma Fire District 432 S. Main St., Rm 206/207, Camp Verde 7:00–11:00 AM, Mammograms 8:30–11:00 AM, Healthwaves |
| 9/24/14 | City of Cottonwood 199 S. 6th St., Cottonwood 7:00 AM–1:00 PM, Mammograms 10:30 AM–1:00 PM, Healthwaves | 10/8/14 | Town of Clarkdale, Clarkdale Fire District, Clarkdale SD 1615 Main St., Clarkdale 1:00–5:00 PM, Mammograms 1:00–4:00 PM, Healthwaves |



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

GOOD LUCK!

- When is the Wellness Fair for Town of Payson scheduled?

- Name one free service provided at a wellness fair.

- True or False: You should never put anything smaller than your elbow in your ear.

Welcome New Members!

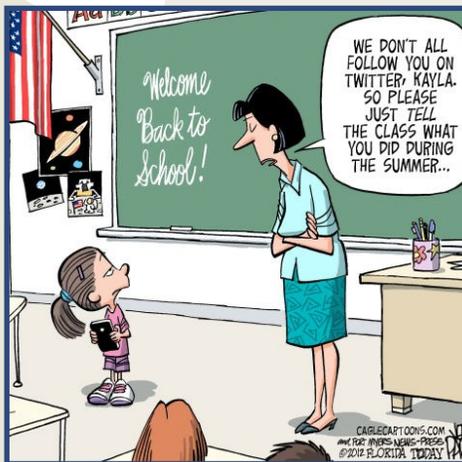
Northern Arizona Consolidated Fire District

Comic relief

Last word

"I am so clever that sometimes I don't understand a single word of what I am saying."

Oscar Wilde



Your Contact Information

Name: _____

Phone: _____

Address: _____

City/ZIP: _____

Employer: _____



Arizona Public Employers Health Pool
333 East Osborn Road, Suite 300
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