



NOVEMBER 2014

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

THANKSGIVING EDITION



Do you exercise THIS part of your body?

Hit the road, path, or trail, with feet that are strong enough to carry you as far as you want to go.

Your feet are the Swiss Army knives of locomotion; they're in charge of balance, power, and agility. Get off on the right foot with these easy strengthening exercises.

1. **Air alphabet.** Practice your ABCs. Seated in a chair, lift one foot at a time, or both feet, a few inches off the ground and write the alphabet in the air with your toes. Move your foot only at the ankle. Repeat three times a day.
2. **Towel scrunches.** Sit with a towel or similar item beneath your feet. Keeping your heels planted on the ground, use your toes to scrunch the towel and pull it toward your chair. Do five sets; repeat three times a day.
3. **Tiptoe walk.** Walk on the tips of your toes for 20 seconds and then rest for 20 seconds. Do six sets; repeat twice a day. No tulips required.
4. **Heel walk.** Walk on your heels for 20 seconds, and then rest for 20 seconds. Do six sets; repeat twice a day.

(Courtesy CleverdWellnessClinic.com)



CLAIMS PROCESSING

Below are some helpful tips to ensure smooth claims processing:

- Be sure that your provider has a copy of your ID card.
- When you receive a bill from a provider, make sure that you have an Explanation of Benefits (EOB) from AmeriBen/IEC Group that matches the date of service and charges. If you do not, call your provider to verify that AmeriBen/IEC Group has been billed.
- Review your EOB carefully, and be sure to pay directly to the provider any amounts that are due. If you have questions about how your claim was processed, please call AmeriBen's Customer Care Center at (866) 955-1490. If you have any additional questions, please call your APEHP member advocate at (800) 718-8328.

IMPORTANT: If your claim is pended for lack of information, and you fail to submit the information in a timely fashion, the claim may ultimately be denied. So, be sure to respond to all requests for information as quickly as possible!





Nutty Banana Muffins

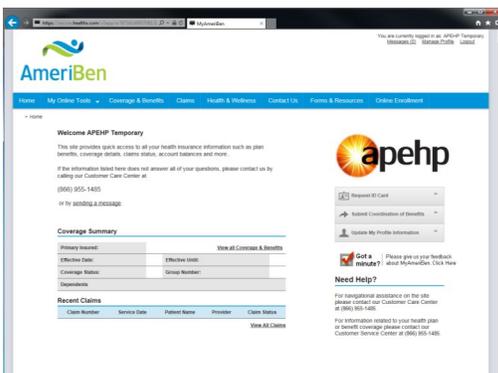
Start the day off right with this and other healthy recipes here: <http://ow.ly/DDP4p>.

Online Wellness Tool and Resources

Did you know you had all this available—and more—at the click of the mouse?

- ✓ My Personal Wellness Suite
- ✓ MyWellness Tracker
- ✓ Tools & Calculators
- ✓ Wellness Information
- ✓ Hospital Information & Rankings
- ✓ Diet & Nutrition Information
- ✓ Medical Terms Dictionary
- ✓ Rx & Drug Information

Log in to www.myameriben.com today!



Root Canals vs. Dental Implants



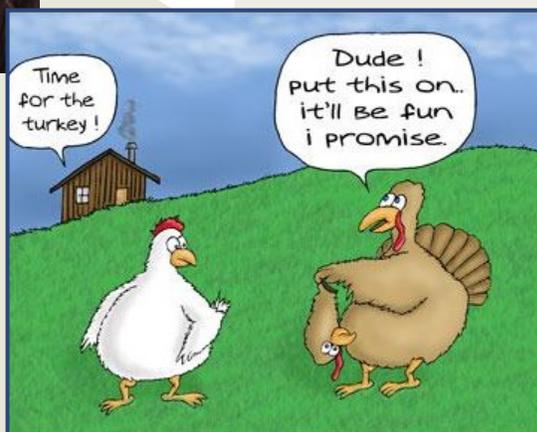
Get the latest on this dental debate by visiting <http://ow.ly/DDNU1>.

Last word

"Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence."

Erma Bombeck

Comic relief



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, December 19, 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. Banana muffins. Nuts or no nuts?

2. What exercises can you do to help strengthen your feet?

3. What are you thankful for this Thanksgiving?

Your Contact Information

Name: _____
Phone: _____
Address: _____
City/ZIP: _____
Employer: _____

