



JANUARY 2015

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

NEW YEAR EDITION



5 rules for making fitness goals stick

Got fitness or weight-loss goals for the New Year? Do three things to make them stick: Be realistic, commit, and call a friend.

We've got the skinny on how to help see your resolutions through this year. First, set realistic goals you can track. This means creating a realistic vision and a detailed plan for how you're going to make things happen. Instead of a vague, "I'm going to run a half marathon this year," sign up for an event, join a local running club, and then put a weekly training schedule in your calendar. (Check active.com for an extensive list of events.)

A few other stick-with-it tips:

- Change only one thing at a time in your routine.
- Get a buddy. Ask a family member, friend, neighbor, or co-worker to do something active with you. You'll keep each other accountable.
- Measure your progress. Instead of aiming to "walk more," wear a pedometer and track your progress. Make your goal at least 10,000 steps every day (no excuses!).
- Be patient. Most people give up three weeks into a new plan. If you can commit for three months, you're more likely to meet your goals.

Bottom line: Focus on today and keep moving. Not only will you reach your goals, you'll also feel really good right now!

(Courtesy ClevendWellnessClinic.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!

did you
know?



**Apple, Celery,
Sweet Potato Soup**

Try this naturally sweet and super healthy recipe. Find other tasty recipes here: <http://goo.gl/qlt0dg>.



**WOULD YOU LIKE
TO WIN \$50?**



Simply answer the questions below and submit your response before Friday, February 20, 2015 to:

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

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.

Flu season

REST & SLEEP

TO TAKE YOUR ENERGY BACK!



**TAKE COVER
USE TISSUES
WASH FREQUENTLY
DRINK WATER
CALL YOUR DOCTOR
STAY AWAY!**

UBDesign
Graphic Design

Stay Well

University of Maryland
System Health System
600 University Blvd, Suite 110
Baltimore, MD 21201
Tel: 410-328-4111
T: 410-328-4111

Comic relief



Last word

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas."

Anonymous



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

GOOD LUCK!

1. What is your #1 New Year's resolution for 2015?

2. What can you do to "take your energy back?"

3. Name a tip that will help your #1 resolution stick this year.

Your Contact Information

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



Arizona Public Employers Health Pool
333 East Osborn Road, Suite 300
Phoenix, Arizona 85012
(800) 718-8328
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