



SEPTEMBER 2015

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

FALL EDITION



Be a nicer and happier person—here's how!

Try this: compassion meditation. It's a practice that can actually make you nicer—and happier.

Meditation, the age-old practice of “resting” or “focusing” the mind, is a beneficial way to let go of biases and anxieties, calm yourself, and reduce stress. But a specific type of meditation, an ancient Buddhist technique known as compassion meditation, has unique benefits that might help you be happier too. To practice compassion meditation, find a place to sit quietly. Then envision a person you know who is suffering and repeat a phrase, such as “May you be free from suffering. May you have joy and ease.” In just a few weeks, you’ll have taught yourself how to be kinder and more compassionate with yourself as well as others. Compassion, it seems, is like a physical or intellectual skill—it can be improved with training and practice. *(courtesy: Cleveland Wellness Clinic)*




Changes were implemented for the plan year starting July 1, 2015. This section provides a brief summary of those changes. Please refer to the open enrollment guide for more information. (Note: Benefits offered may vary by member.)

Identification cards. New identification cards will be issued for medical, prescription drug, and dental coverage prior to the new plan year. Please do not destroy your current ID cards until you have received a new set.

New \$5,000 High Deductible Health Plan (HDHP). You will now have a third HDHP choice with a larger deductible and lower premium cost.

Health savings account (HSA) contribution increase. The IRS has increased the HSA contributions for 2015–2016 to \$3,350 (individual) and \$6,650 (family).

AmeriBen Medical Management replacing American Health Group. Claims and pre-certifications will now be processed through AmeriBen.

Reliance Standard Life Insurance (RSLI) replacing Lincoln Financial Group. Life and AD&D insurance will now be covered by RSLI. During this open enrollment period, you may elect up to the guaranteed issue amount, even if you did not do so during your initial enrollment in APEHP.

Out-of-network coinsurance. The out-of-network coinsurance for all plans will change to 50% coinsurance.

Out-of-pocket maximum. There are no longer out-of-pocket maximums for out-of-network services.

Preauthorization requirements for some medications. Preauthorization will be required for compound and unit cost drugs costing more than \$300. Individuals *currently* receiving a compound or unit cost prescription through the plan are exempt from this requirement.

Medication therapy management. This will be required for certain individuals, to be determined by the plan.

Health & **WELLNESS FAIR CALENDAR 2015–2016**

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.

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WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, October 2, 2015 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!

- Which wellness fair will you be attending?

- What swims upstream and broils very nicely?

- How can you be a nicer and happier person?

Your Contact Information

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

DATE	LOCATION
9/14/15	Town of Pinetop–Lakeside, Pinetop–Lakeside Sanitary District 1360 N. Neils Hansen Ln., Pinetop 8:30–11:00 AM, Mammograms and Healthwaves Contact: Melissa Pentz (928) 368-8696, ext. 226
9/15/15	Town of Payson 303 N. Beeline Hwy., Payson 11:00 AM–5:00 PM, Mammograms 11:30 AM–2:00 PM, Healthwaves Contact: Tomi Dunny (928) 474-5242, ext. 233
9/21/15	Town of Camp Verde, Camp Verde Fire District, Montezuma Fire District 432 S. Main St., Rm 206/207, Camp Verde 7:00–10:30 AM, Mammograms 9:30–11:30 AM, Healthwaves Contact: Russ Martin (928) 554-0001
9/21/15	Town of Clarkdale, Clarkdale Fire District, Clarkdale SD 1615 Main St., Clarkdale 12:00–5:00 PM, Mammograms 1:30–4:00 PM, Healthwaves Contact: Kathy Cwiok (928) 639-2454
9/22/15	City of Sedona 102 Roadrunner Dr., Sedona 7:00–11:00 AM, Mammograms 10:00 AM–12:00 PM, Healthwaves Contact: Nancy Wilson (928) 203-5038
9/22/15	Sedona–Oak Creek SD 570 Posse Ground Rd., Sedona 1:00–5:00 PM, Mammograms 2:00–4:00 PM, Healthwaves Contact: Kathleen Hutchison (928) 204-6828

DATE	LOCATION
9/23/15	Cottonwood–Oak Creek SD 1 N. Willard St., Cottonwood 8:00 AM–4:00 PM, Mammograms 2:30–5:00 PM, Healthwaves Contact: Barbara Amato (928) 634-2288, ext. 160
9/24/15	City of Cottonwood 199 S. 6th St., Cottonwood 8:00 AM–4:00 PM, Mammograms 8:30–10:30 AM, Healthwaves Contact: Amanda Wilber (928) 340-2713
9/29/15	Town of Fountain Hills 16705 E. Ave. of the Fountains, Fountain Hills 7:00–9:00 AM, Mammograms 9:00–11:00 AM, Healthwaves Contact: David Trimble (480) 816-5125
9/29/15	Town of Paradise Valley 6401 E. Lincoln Dr., Paradise Valley 10:30 AM–1:00 PM, Mammograms 1:30–3:30 PM, Healthwaves Contact: Jinnett Hancock (480) 348-3520
10/14/15	Pima JTED 2855 W. Masterpieces Dr., Camp Verde 1:00–5:00 PM, Mammograms 1:00–3:00 PM, Healthwaves Contact: Martha Martinez (520) 352-5833

Comic relief



Upstream success!



Broiled Salmon with Cannellini Bean Purée and Tomato

Find this tasty delight and other healthy recipes here:
<http://goo.gl/oGu6lF>.

Last word

"In life as in football, fall forward when you fall."

- Arthur Guiterman



Arizona Public Employers Health Pool
333 East Osborn Road, Suite 300
Phoenix, Arizona 85012
800.718.8328
www.apehp.org

