



JANUARY 2016

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

NEW YEAR EDITION

January is Cervical Health Awareness Month ...

there's a lot you can do to prevent cervical cancer...

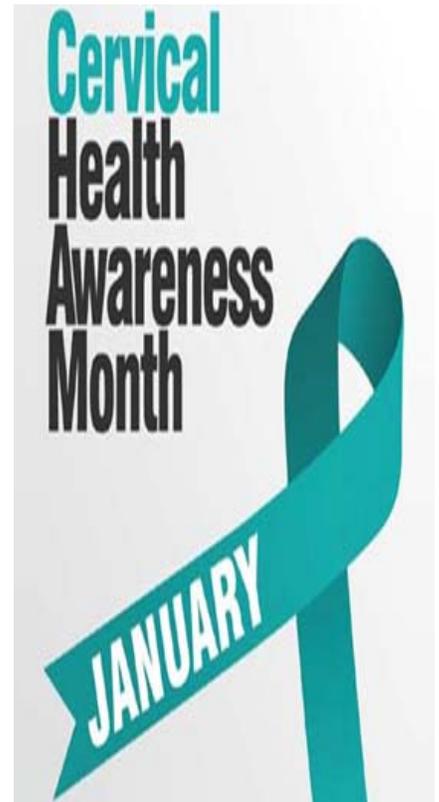
HPV (human papillomavirus) is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

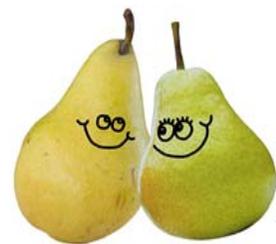
- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care. Cervical cancer screenings can help detect abnormal (changed) cells early, before they turn into cancer.

Make a difference...

- Encourage women to get their well-woman visit this year.
- Let women know that the health care reform law covers well-woman visits and cervical cancer screening. This means that, depending on their insurance, women can get these services at no cost to them.
- Talk to parents about how important it is for their pre-teens to get the HPV vaccine. Both boys and girls need the vaccine.



In honor of National Cervical Health Awareness Month, visit <http://www.nccc-online.org/>



BE WELL...STAY HEALTHY



<http://goo.gl/QWnZPX>
Apricot Bread Recipe

NATIONAL DESSERT DAYS...

- January 20: Granola Bar Day
- January 22: Blonde Brownie Day
- January 23: Pie Day
- January 24: Peanut Butter Day
- January 26: Peanut Brittle Day
- January 27: Chocolate Cake Day
- January 28: Blueberry Pancake Day
- January 30: Croissant Day



Simply answer the questions below and submit your response before Friday, January 30, 2016 to:

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

The Smart Investor
<http://goo.gl/qhg8fP>

Consider These 7 Things Before You Invest

- 1) What's your goal?
- 2) What do your finances look like right now?
 - 3) When do you need money?
 - 4) How do you feel about risk?
- 5) Is your investment portfolio diversified?
- 6) How involved do you want to be in managing your investments?
- 7) There is only one sure thing...the market is going to go up! Then it's going to go down. Then it's going to go up! Then down...up....down...and so on.

Laugh Out Loud



"I rolled over my 401(k) into the football pool."
Cartoon compliments of Reader's Digest
Visit <http://goo.gl/30G1N6>



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

GOOD LUCK!

1. The pool administrator must be notified of all qualified life events within 30 days of the event.

True or False?

2. January 27th is what national dessert day?

3. The HPV vaccine may be given to both girls and boys.

True or False?

Your Contact Information

Name: _____

Phone: _____

Address: _____

City/ZIP: _____




In the case of qualified life events, including terminations from APEHP, the appropriate form(s) must be submitted to the pool administrator within 30 days of the event/termination, except as noted in the Plan Document/Summary Plan Description. Failure to submit the form(s) within the required period will impact the participant's benefits and/or enrollment.

AND FINALLY...

All of us every single year, we're a different person.
I don't think we're the same person all our lives.

By Steven Spielberg

Read more "Brainy Quotes" at <http://goo.gl/rX5R9S>



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