



HEALTH BULLETIN—MARCH 2016



**BE ON THE LOOKOUT...COMING SOON...  
MORE INFORMATION TO FOLLOW...**



**BENEFITS...BENEFITS...**

**OPEN ENROLLMENT 2016**

**APRIL 18 THROUGH MAY 31**



Open enrollment period is the designated time each year during which you can:

- (1) make changes to your existing coverage,
- (2) elect or change coverage for your spouse, domestic partner, and/or dependents.

**DID YOU KNOW???**  
**NATIONAL HEALTH OBSERVANCES FOR THE MONTH OF MARCH:**

- Colorectal cancer awareness month
- Bleeding disorders awareness month
- Cheerleader safety month
- Endometriosis awareness month
- Problem gambling awareness month
- Save your vision month
- Trisomy awareness month
- Kidney month
- Nutritional month
- Save your vision month

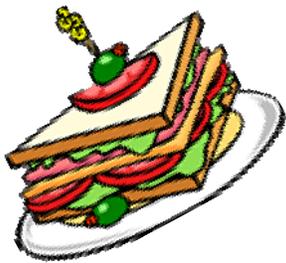
More information is available by visiting [healthfinder.gov](http://healthfinder.gov).

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older.

The good news? If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.



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



Dr. Seuss says...Green Eggs and Ham Sandwiches...  
See <http://goo.gl/Ewbu64> for recipe.

Go **Green** for St. Paddy's Day....March 17, 2106



Luck?  
I don't know anything about luck.  
I've never banked on it, and I'm afraid of people who do.  
Luck to me is something else: hard work — and realizing what is opportunity and what isn't.

Lucille Ball  
<http://goo.gl/9EikBT>



**ORIGIN OF LUCK OF THE IRISH**  
The phrase *luck of the Irish* is commonly thought to mean "extreme good fortune." However, according to Edward T. O'Donnell, an Associate Professor of History at Holy Cross College, and author of *1001 Things Everyone Should Know About Irish American History*, the term has not an Irish origin but "a happier, if not altogether positive," American one.  
<http://goo.gl/YvDwak>

Your employer provides you and your family with an employee support program that can help you live the life you want. Anytime, any day, you have free, confidential access to professional consultants and online resources to assist you with these and other topics:

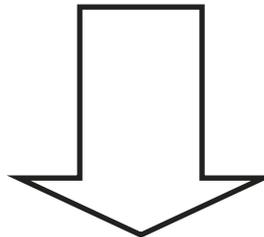
- Child care, elder care, and family support
- Work and career growth
- Daily living and convenience
- Health and well-being
- Referrals to providers, specialists, and resources to meet specific work, life, or caregiving needs

**LOG ON** to your Employee Assistance Program website to access articles, tips, links, and tools, or to Live Chat with a consultant.

[www.eappreferred.com](http://www.eappreferred.com)  
**800-327-3517**



Don't just picture it...experience the freedom of a life in balance.



Enjoy nature...get a **GREATER** feeling of personal well-being.  
Read the Cleveland Clinic Wellness Experts Blog by Mladen Gloubic, MD, PhD  
<http://goo.gl/N5uSvB>



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



Simply answer the questions below and submit your response before Friday, March 25, 2016 to:

APEHP  
333 E. Osborn Road, Suite 300  
Phoenix, AZ 85012



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

**GOOD LUCK!**

1. True or False. March is national dental hygiene month.  
\_\_\_\_\_
2. What are the dates for the 2016 open enrollment period?  
\_\_\_\_\_
3. True or False. Lucille Ball believes luck is realizing what is opportunity.  
\_\_\_\_\_

**Your Contact Information**

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/ZIP: \_\_\_\_\_  
Employer: \_\_\_\_\_