



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

MAY 2016

Health

bulletin



There are changes being implemented for the plan year starting July 1, 2016

Below is a brief summary of those changes. Please refer to the open enrollment guide for more information. (Note: Benefits offered may vary by member.)

CVS/Caremark will be your new pharmacy benefit manager. If you utilize the mail order program, starting July 1, 2016 you will need a new prescription from your doctor to transfer to the Caremark Mail Service Pharmacy (even if your current prescription has not expired).

Identification cards. This year a new identification card will be issued for medical/prescription drug coverage prior to the new plan year. **Important: Please do not destroy your current ID card until you have received the new card.**

Flexible spending accounts (FSAs). The medical and dependent care accounts will no longer be available.

Health savings account (HSA) contributions will increase. The HSA maximum allowable contributions for the 2016–2017 plan year are \$3,350 for individual coverage and \$6,750 for family coverage.

Out-of-pocket limit will decrease on \$1,500 HDHP with HSA medical plan. The in-network annual out-of-pocket limit will be \$6,550 for a family of 2 or more.

Out-of-pocket limit will decrease on \$2,500 HDHP with HSA medical plan. The in-network annual out-of-pocket limit will be \$6,550 for a family of 2 or more.

SUMMER IS ALMOST HERE...



Hellooo, sunshine!

Soak up some rays to get your vitamin D, but balance it with good skin sense.

After a seemingly endless winter this year, lo and behold, here comes the sun! By all means, bask in its warmth and glow, but be as smart as we know you are and protect your skin.

Spend 10 or 15 minutes outdoors with your arms and legs exposed to get a healthy dose of vitamin D2/3, aka the “sunshine vitamin.”

A little D2/3 will do you more good than you can imagine, protecting against everything from osteoporosis to cancer and heart disease. Just remember, a little dose will do ya! To keep your healthy skin as smooth as a summer lake, cover up with a hat, lightweight long sleeves, and a broad-spectrum sunscreen with an SPF of at least 30, and an active ingredient of micronized zinc oxide. Then set the timer on that smartphone to reapply every two hours (or more often).

For even more fun in the sun, eat plenty of phytonutrient-rich strawberries, tomatoes (cooked is better), and leafy greens, along with...drumroll, please...dark chocolate! All of these delicious foods reduce sun damage.

(Information provided by Cleveland Clinic)

May is Melanoma/Skin Cancer Detection and Prevention Month

Skin cancer is the most common type of cancer in the United States.

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma.

The good news?

Skin cancer can almost always be cured when it's found and treated early.

Find more information with the American Academy of Dermatology Visit <https://www.aad.org>



MEMBER	DATE	LOCATION	TIME
Town of Payson	5/04/2016	303 N. Beeline Highway, Payson	9:30 AM–1:00 PM
Pima County JTED	5/05/2016	2855 W. Master Pieces Drive, Tucson	1:00–4:00 PM
Pima County JTED	5/06/2016	2856 W. Master Pieces Drive, Tucson	8:30–11:30 AM
City of Sedona	5/10/2016	102 Roadrunner Drive, Sedona	9:30–11:00 AM
Town of Camp Verde	5/10/2016	395 Main Street, Camp Verde	1:00–2:30 PM
Clarkdale FD	5/12/2016	895 First South Street, Clarkdale	8:00–9:00 AM
Town of Clarkdale	5/12/2016	39 North 9th Street, Clarkdale	9:30–10:30 AM
Town of Jerome	5/12/2016	600 Clark Street, Jerome	11:00 AM–12:00 PM
Town of Paradise Valley	5/17/2016	6401 E. Lincoln Dr., Paradise Valley	10:00–11:30 AM

Employer not hosting a meeting?

Unable to attend a scheduled meeting?

No problem!

An open enrollment video is posted on the APEHP website for those whose employers are not hosting, or who are otherwise unable to attend an in-person open enrollment meeting.



The video provides information that will be presented at the open enrollment meetings. Please be advised, however, that the information discussed includes benefits that may not apply to all members.

Note: Employees can attend a meeting at a different location if there are none available in their area. Please notify APEHP if anyone will be attending a meeting at a different location.

If you have questions regarding your open enrollment meeting or the enrollment process, please contact Kristen Short

WOULD YOU LIKE TO WIN



Simply answer the questions below and submit your response before Friday, May 27, 2016 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. The “sunshine vitamin” is B12? True or False
2. The name of the new pharmacy benefit manager effective July 1, 2016 is?

3. _____ is the most common type of cancer?

Your Contact Information

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

