



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

JUNE 2016

Health



bulletin

SUMMER EDITION



There are changes 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. **If you have questions regarding your coverage with CVS, please call the customer care support line at 855-248-3447.**

Client Code: 0244 RXBIN: 004336 RXPCN: ADV RXGRP: RX0244



Identification cards. 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 (HSAs) 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.

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

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

June is Men's Health Month



Men's health month encourages early detection and treatment of disease among men and boys.

Wear BLUE Day is Friday, June 17 (the Friday before Father's Day) to bring awareness to Men's Health Month.

For more information visit www.menshealthmonth.org



Miss an Open Enrollment Meeting?



An open enrollment video has been posted on the APEHP website. Click or visit <http://www.apehp.org> to watch the video. Please be advised that the information discussed in the video includes benefits that may not apply to all members.

If you have questions regarding the enrollment process, please contact Kristen Short at 800.718.8328.



Stay Hydrated This Summer

Your body is dependent on water. Every cell, tissue, and organ uses water to function properly. While there is no correct amount of water to drink to remain hydrated, you should try for six to eight 8-ounce glasses of water each day. This number should go up when you're outside in the heat or working out.

Tips for staying hydrated:

1. Keep a reusable water bottle with you during the day.
2. Add a slice of lemon or lime if you don't like the taste of plain water.
3. Try drinking water when you're feeling hungry. Hunger is often confused with thirst. True hunger will not be satiated by water, so try drinking a glass of water first.
4. Make a water schedule if you have trouble remembering to drink it regularly. For example, one small glass at the beginning of each hour.
5. Leave a glass of water on your nightstand when you go to bed. Then drink it first thing when you wake up. After 7-8 hours of sleep, you're dehydrated! This will also kick-start your metabolism for the day.

(Courtesy of Family Doctor)



WOULD YOU LIKE
TO WIN \$50?



Simply answer the questions below and submit your response before Friday, June 17, 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. What is the new in-network annual out-of-pocket limit for a family of 2 or more?

2. June is _____ Health Month.
3. What is one tip for staying hydrated this summer?

Your Contact Information

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

