



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

SEPTEMBER 2016

Health

HEALTH & WELLNESS FAIR CAL-

The following **FREE** services will be provided:

(NEW) Assured Imaging will be providing mammograms (women 35+), skin cancer screenings, and bone density screenings (women 60+).

Healthwaves will be providing flu and pneumonia shots, cholesterol tests (high-density lipoprotein, HDL), glucose check (finger stick tests), and blood pressure, height, weight, and BMI measurements.

You can go to **any location** shown below. Participation is encouraged.

DATE	LOCATION	DATE	LOCATION
9/16/16	Pima JTED 2855 W. Masterpieces Dr., Tucson Assured Imaging: 1:00–5:00 PM Healthwaves: 1:00–3:00PM	9/28/16	Town of Cave Creek 37622 N. Cave Creek Rd, Cave Creek Assured Imaging: 1:00–5:00 PM Healthwaves: 1:00–3:00 PM
9/20/16	Town of Camp Verde, 395 S. Main , Camp Verde Assured Imaging: 7:00–10:30 AM Healthwaves: 8:00–10:00 AM	10/10/16	Cottonwood–Oak Creek SD 1 N. Willard St., Cottonwood Assured Imaging: 8:00 AM–4:00 PM <i>*Healthwaves will be onsite on 9/20/2016 for flu, pneumonia, cholesterol/HDL/glucose, blood pressure, and BMI assessments.</i>
9/20/16	Town of Clarkdale, Clarkdale SD 19 N. 9th Street, Clarkdale Assured Imaging: 12:00–5:00 PM Healthwaves: 11:15 AM–1:30 PM	10/11/16	Verde Valley Fire District 2700 Goddard Rd., Cottonwood Healthwaves <i>only</i> : 9:00–10:00 AM
9/20/16	Cottonwood–Oak Creek SD 1 N. Willard St., Cottonwood Healthwaves: 2:30–4:45 PM <i>*Assured Imaging will be onsite on 10/10/2016 for mammograms, bone density tests, and skin cancer screens.</i>	10/11/16	City of Cottonwood 199 S. 6th St., Cottonwood Assured Imaging: 8:00 AM–4:00 PM Healthwaves: 11:00 AM–1:30 PM
9/21/16	City of Sedona 102 Roadrunner Dr., Sedona Assured Imaging: 7:00–11:00 AM Healthwaves: 10:00 AM–12:00 PM	10/13/16	Town of Payson 303 N. Beeline Hwy, Payson Assured Imaging: 8:00 AM–4:00 PM Healthwaves: 10:00 AM–1:00 PM
9/21/16	Sedona–Oak Creek SD 570 Posse Ground Rd., Sedona Assured Imaging: 1:00–5:00 PM Healthwaves: 2:00–4:00 PM	10/14/16	Pinetop Lakeside 958 S. Woodland Rd., Lakeside Assured Imaging: 8:30–11:00 AM Healthwaves: 9:00–11:00 AM
9/28/16	Town of Paradise Valley 6401 E. Lincoln Dr., Paradise Valley Assured Imaging: 7:00–11:00 AM Healthwaves: 7:00–9:00 AM		

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SEPTEMBER IS Healthy Aging MONTH

WORKING TOGETHER FOR AGING ADULTS

Caring for an aging adult requires a variety of duties like food shopping, transportation to appointments, grooming, housekeeping, and bill paying. Caregiving can bring with it a great deal of stress, especially if the caregiver has other family commitments or is working outside the home. A collaborative effort between family members and service providers can lighten the burden. Let your Employee Support Program help your family work together to care for an aging adult.

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: 800-327-3517
 WEBSITE: www.eappreferred.com
 USERNAME: APEHP
 PASSWORD: eappreferred

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.



Please note: APEHP members will receive an *ExtraCare Health Card*. This is a free program that provides APEHP members with 20% savings on CVS brand health-related items. The ECHC mailing for APEHP members went out on 7/20/16. Attached is a member FAQ and a newsletter to provide additional information.