



SEPTEMBER 2014

Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

FALL EDITION



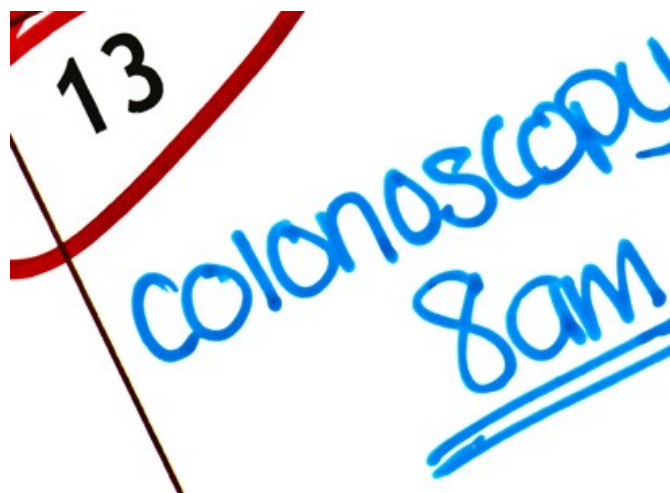
We can do better!

U.S. colon cancer rates dropped 30 percent in the past decade, thanks to an increase in lifesaving screenings.

While it remains the third most common cancer overall, colon cancer rates are dropping rapidly—by more than 3 percent each year between 2000 and 2010. Experts point to increased awareness of screening tests, including colonoscopies, as a key factor in this trend. In fact, the percentage of Americans ages 50 to 75 who have had at least one colonoscopy jumped from 19 percent in 2000 to 55 percent in 2010.

If more Americans were to get screened, the rate could drop even more. Screenings are essential for colon cancer prevention because they detect the polyps, or tissue growths, in which colon cancer starts. Doctors can then remove the polyps before they can do any long-term damage. Colon cancer screenings generally begin at age 50, but because the disease has a genetic component, those with a family history may need to be screened earlier. If colon cancer runs in your family, guidelines are for a first colonoscopy 10 years prior to the age at which your youngest relative with colon cancer received the diagnosis.

(Courtesy ClevelandWellnessClinic.com)



2014–2015 PLAN UPDATE

Please note the 2014–2015 plan changes below, which became effective on July 1:

- There is no longer a pre-existing condition limitation.
- Acupuncture and chiropractic limits have changed from \$500/year to a maximum of eight visits per year.
- Outpatient rehabilitation visits (any combination of PT, OT, or ST) have increased from 50 visits per person, per lifetime to 60 visits per plan year.
- Inpatient rehabilitation services have increased from 60 consecutive days per person, per lifetime to 60 days per plan year.
- New annual out-of-pocket (OOP) limits: Core plan—\$4,500/\$9,000 (in-network) and \$6,500/\$13,000 (out-of-network); Copay plan—\$5,000/\$10,000 (in-network) and \$7,000/\$14,000 (out-of-network).
- A new health FSA carryover provision allows you to carry over to the new flex plan year up to \$500 of any unused balance.



Health & WELLNESS FAIR CALENDAR 2014-2015

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

- mammograms
- flu and pneumonia shots
- cholesterol test (high-density lipoprotein, HDL)
- glucose check (finger stick tests)
- blood pressure, height, weight, and BMI measurements

You can go to **any location** shown below.

You can go to **any location** shown below.

DATE	LOCATION	DATE	LOCATION
9/9/14	Town of Payson 303 N. Beeline Hwy., Payson 11:30 AM–5:00 PM, Mammograms 11:30 AM–2:00 PM, Healthwaves	9/24/14	Cottonwood Oak Creek SD 1 N. Willard St., Cottonwood 2:30–5:00 PM, Mammograms 2:30–5:00 PM, Healthwaves
9/10/14	Town of Pinetop-Lakeside, Lakeside Fire District, Pinetop-Lakeside Sanitary District 1360 N. Neils Hansen Ln., Pinetop 7:00–11:00 AM, Mammograms 8:30–11:00 AM, Healthwaves	9/25/14	Cottonwood Oak Creek SD 1 N. Willard St., Cottonwood 7:00–11:00 AM, Mammograms
9/22/14 & 9/25/14	Central Yavapai Fire District 8555 E. Yavapai Road, Prescott Valley 1:00–5:00 PM, Mammograms (9/22/14) 9:30–11:30 AM, Healthwaves (9/25/14)	9/25/14	Verde Valley Fire District 2700 Godard Rd., Cottonwood 1:00–4:00 PM, Mammograms 1:00–3:00 PM, Healthwaves
9/23/2014	City of Sedona 102 Roadrunner Dr., Sedona 7:00–11:00 AM, Mammograms 10:00 AM–12:30 PM, Healthwaves	9/30/14	Town of Fountain Hills 16705 E. Ave. of the Fountains, Fountain Hills 7:00–11:00 AM, Mammograms 9:00–11:00 AM, Healthwaves
9/23/2014	Sedona Oak Creek SD 570 Posse Ground Rd., Sedona 1:00–5:00 PM, Mammograms 2:00–4:00 PM, Healthwaves	9/30/14	Town of Paradise Valley 6401 E. Lincoln Dr., Paradise Valley 1:00–5:00 PM, Mammograms 1:00–3:30 PM, Healthwaves
9/24/14	City of Cottonwood 199 S. 6th St., Cottonwood 7:00 AM–1:00 PM, Mammograms 10:30 AM–1:00 PM, Healthwaves	10/8/14	Town of Camp Verde, Camp Verde Fire District, Montezuma Fire District 432 S. Main St., Rm 206/207, Camp Verde 7:00–11:00 AM, Mammograms 8:30–11:00 AM, Healthwaves
		10/8/14	Town of Clarkdale, Clarkdale Fire District, Clarkdale SD 1615 Main St., Clarkdale 1:00–5:00 PM, Mammograms 1:00–4:00 PM, Healthwaves

WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, October 17, 2014 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!

- Which Wellness Fair will you be attending?

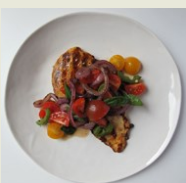
- True or False: You can attend a Wellness Fair at any scheduled location.

- At what age should you begin to get an annual colon cancer screening?

Your Contact Information

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

Winner, winner, chicken dinner!



Grilled Chicken Cutlets with Charred Onion and Tomato Salad

Find this chicken dinner and other healthy recipes here:
<http://bit.ly/1nLGMGR>.

Last word

“Life is very tough. If you don’t laugh, it’s tough.”

Joan Rivers

Comic relief



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”



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

