



OCTOBER 2014

# Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

HALLOWEEN EDITION



*Walking every day? Good for you!*

## But don't neglect strength training, which helps preserve muscle and improve balance.

When it comes to preventing health problems, exercise is one of the best medicines we have. It eases anxiety, lowers stress, stabilizes mood, and improves body image and self-esteem. It also helps with hot flashes, back pain, and depression. Though we're making progress with aerobic exercise—nearly 52 percent of Americans meet the weekly, albeit still minimal, guidelines of 150 minutes of exercise—only 29 percent of us make strength training a priority.

Wondering why you have to do strength training if you're already walking 150 minutes each week? Strength training helps preserve and build muscle; you otherwise lose one-half of one percent each birthday. Having more muscle also helps you burn calories, which keeps weight under control. It improves balance, too, which helps keep you injury-free. And it maintains bones, which can reduce the risk of osteoporosis.

Here's Melissa Hendricks, MEd, manager of the Cleveland Clinic fitness centers: "I think the biggest obstacle I see for Cleveland Clinic employees is that they simply don't know what they should be doing. And weight rooms can be very intimidating places!" The good news is that you don't even have to set foot in one to get a good workout. To get started, [try these moves](#), which are perfect for beginners and require nothing more than your body and a set of dumbbells.

*(Courtesy ClevelandWellnessClinic.com)*

your muscles called  
(they want you back)

## 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.





Moroccan Sweet Soup

Find this foodie-friendly dish and other healthy recipes here: <http://goo.gl/5dlKpA>.

# REMINDER

## WELLNESS BENEFITS

Please remember that wellness benefits are only covered at 100% if you use an in-network provider.

In addition, don't forget to check with your provider to see if he/she is also using in-network providers, e.g., labs and radiology facilities. If not, you may be getting charged at the out-of-network rate for that lab result.

WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, November 21, 2014 to:

APEHP  
333 E. Osborn Road, Suite 300  
Phoenix, AZ 85012  
(or fax to 602-222-3878)

Thanks to all who took a giant step toward improving their health and wellness by participating in one of the **2014-2015 HEALTH & WELLNESS FAIRS!**



The following **FREE** services were provided:

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



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

GOOD LUCK!

1. What was the best thing about the Wellness Fair you attended?  
\_\_\_\_\_
2. How can you help yourself preserve and build muscle?  
\_\_\_\_\_
3. Are you a foodie? If yes, why not try the recipe this month!  
\_\_\_\_\_

DELTA DENTAL

**47%** of Americans say the **SMILE** is the most important physical attribute in making someone attractive.

2013 Delta Dental Oral Health and Well-being Survey



## SMILE!

Get the latest oral health tip and resources by visiting [www.deltadentalazblog.com](http://www.deltadentalazblog.com).

## Comic relief



## Last word

"I forgot to post on Facebook that I was going to the gym. Now this whole work-out was a waste of time."

Anonymous

### Your Contact Information

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



Arizona Public Employers Health Pool  
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