Your pantry holds the key to better health

Food as medicine: Spice up your life...to extend it!

Could adding more spice to your life—literally—let you enjoy it for longer? A large population study suggests that it may. After accounting for important variables—like family history, age, and overall diet, exercise, and smoking habits—researchers found a link between eating spicy food and living longer. During the eight-year period of the study, those who ate spicy food once or twice a week were measurably less likely to die—from heart disease, cancer, and respiratory diseases in particular—than those who ate spicy foods less than once a week. Ye olde "correlation doesn't prove causation" lesson is important to remember here. (In a nutshell: If people who wear red shoes have fewer migraines, that does not mean that red shoes prevent migraines.) But there's no doubt that chili pepper is loaded with beneficial compounds that have anti-inflammatory, antioxidant, and antibacterial effects in the body. Include it and other spices—turmeric, cumin, cinnamon, ginger, oregano—in your weekly diet. They'll benefit your health, and whether or not they extend your life, they'll make it more delicious!

(Courtesy ClevendWellnessClinic.com)

CLAIMS PROCESSING

Below are some helpful tips to ensure smooth claims processing:

- Be sure that your provider has a copy of your ID card.
- When you receive a bill from a provider, make sure that you have an Explanation of Benefits (EOB) from AmeriBen/IEC Group that matches the date of service and charges. If you do not, call your provider to verify that AmeriBen/IEC Group has been billed.
- Review your EOB carefully, and be sure to pay directly to the provider any amounts that are due. If you have questions about how your claim was processed, please call AmeriBen's Customer Care Center at (866) 955-1490. If you have any additional questions, please call your APEHP member advocate at (800) 718-8328.

IMPORTANT: If your claim is pended for lack of information, and you fail to submit the information in a timely fashion, the claim may ultimately be denied. So, be sure to respond to all requests for information as quickly as possible!

Roasted Root Vegetables

Try this and other healthy recipes here: http://goo.gl/s1MGGW.

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.
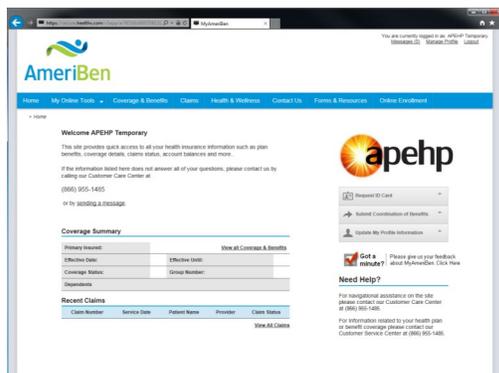
Online Wellness Tool and Resources

Did you know you had all this available—and more—at the click of the mouse?

- √ My Personal Wellness Suite
- √ MyWellness Tracker
- √ Tools & Calculators
- √ Wellness Information
- √ Hospital Information & Rankings
- √ Diet & Nutrition Information
- √ Medical Terms Dictionary
- √ Rx & Drug Information

Log in to www.myameriben.com today!

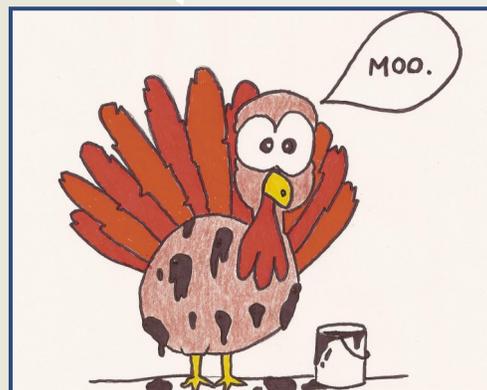Answer all the questions correctly, and you will be entered into the drawing.

GOOD LUCK!

1. What will you roast this month?
   _____
   _____

2. Name one thing in your pantry that can spice up your healthy living?
   _____
   _____

3. What are you thankful for this Thanksgiving?
   _____
   _____

Combatting Tooth Decay

Three ways to help kids get a passing grade in oral health this school year. Read all about it here: http://goo.gl/7pMOGu.

Comic relief

Your Contact Information

Name:_____

Phone:_____

Address:_____

City/ZIP:_____

Employer:_____

Last word

"No one has ever become poor from giving."

Maya Angelou