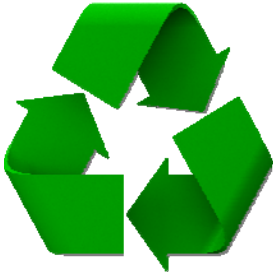


Please welcome the Town of Payson as a new member of the pool, effective July 1<sup>st</sup>!



## July Health Bulletin



### Go Paperless, Go Green!

#### Paperless EOBs

AmeriBen is now offering participants the option to “go paperless” and receive Explanations of Benefits (EOBs) online. It’s a simple way to help the environment while still getting the information you need.

Currently, AmeriBen mails an EOB every time a claim is processed. The EOB includes important claim payment and processing information.

On the AmeriBen Web site, however, you can choose to receive your EOBs electronically rather than on paper through the mail. With paperless EOBs, you’ll receive an email notification when your EOB is ready. Then you can view it at your leisure through MyAmeriBen.com.

If you choose to go paperless, please note that you will no longer receive a copy of your EOB in the mail. You will be able to access your EOBs only by logging on to the AmeriBen Web site with your user name and password.

### When to use urgent care

### DECISIONS COUNT

**Urgent care is an alternative to the emergency room when you have a sudden illness or injury. An urgent health condition is one that must be addressed immediately – that is, it cannot wait for a regular medical appointment – but is not life-threatening.**

Urgent care is a quicker, less expensive alternative to emergency rooms for minor, acute illnesses and injuries. If your medical situation is not an emergency, but you believe you need to receive treatment within 24 hours, call your doctor. He or she will make the necessary arrangements to get urgent care for your condition. If you cannot reach your doctor, contact an urgent care center, many of which are available for after-hours treatment.

Conditions that may require urgent care include:

- severe headache;
- sudden onset of dizziness;
- abdominal pain;
- minor cuts & lacerations;
- minor injuries;
- cold, cough, or sore throat;
- earache;
- menstrual and muscle cramps;
- bruises, small cuts, or minor burns; and
- rashes or minor swelling.

**Emergency rooms provide critical, life-saving services for those with true medical emergencies. They are also among the most expensive places to get care. Learn to use the emergency room wisely: Don’t be one of the 50% of ER visitors who seek minor, non-emergency medical treatment there.**

When should you go to the hospital emergency room? **ONLY** go when your situation is an emergency, involving a severe illness or injury. (See the examples listed below.) If you are not sure if your illness or injury is an emergency, call your doctor.

- chest pain;
- loss of consciousness;
- uncontrollable bleeding;

- major trauma or injury;
- pregnancy labor;
- intolerable or uncontrollable pain;

- poisoning (call a poison control center first);
- severe shortness of breath;
- coughing or vomiting blood; and
- change in mental status (confusion).

Please welcome the Town of Payson as a new member of the pool, effective July 1<sup>st</sup>!



## July Health Bulletin

### ID CARD REMINDER:

New ID cards were mailed out to all plan participants.

The new ID cards include your name and a unique ID number.

Please do not dispose of your current ID cards until you receive your new cards.

Please visit the new APEHP Web site at:

<http://www.apehp.org>

FSA and HSA debit cards were reissued to members with either type of account.

### PRESCRIPTION REMINDER:

InformedRx became the new pharmacy benefits manager on July 1. If you plan to take advantage of the prescription mail order program, you must obtain a new prescription from your doctor and submit it to InformedRx.

Upcoming changes, effective January 1, 2011:

- Purchases of over-the-counter medications using flexible spending account (FSA) and health savings account (HSA) funds will require a written prescription.
- The health savings account (HSA) penalty will increase from 10 percent to 20 percent for any non-qualified medical expense purchases.

These changes are a result of the new federal health care law.

### Would you like to win \$50?

Simply answer the questions below and submit your responses before *Friday, August 12, 2010* to:

Arizona Public Employers Health Pool      or      Fax: (602) 222-3878  
333 E. Osborn Rd., Suite 300  
Phoenix, AZ 85012

Answer all questions *correctly* and you will be entered into the drawing. **GOOD LUCK!**

What is the new name of the pool, effective July 1, 2010?

\_\_\_\_\_

Give two examples of conditions for which you should seek ER care rather than urgent care.

\_\_\_\_\_

Name one of the plan changes due to the federal health care law.

\_\_\_\_\_

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Address: \_\_\_\_\_ Employer: \_\_\_\_\_