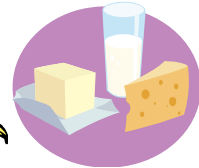




## January Health Bulletin

**Make a few small changes for a healthy and happy 2012!**



### **Fruits and Vegetables**

"Eat your fruits and vegetables." You've likely heard this statement since childhood. Research shows why it is good advice:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other nutrients that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.

### **Meet Your Daily Fluid Needs**

These are some of the health benefits of water and other fluids:

- help maintain normal body temperature
  - lubricate and cushion your joints
  - protect your spinal cord and other sensitive tissues
- get rid of wastes through urination, perspiration, and bowel movements

### **Get Active and Stick With It**

Physical activity is anything that gets your body moving. Adults need 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (e.g., brisk walking) every week. Pick physical activities you enjoy and that match your abilities. This will help ensure that you stick with them.

**Take a few minutes for your health every day in 2012.**



## January Health Bulletin

### LASIK Discounts Through VSP

VSP has arranged for members to receive LASIK and PRK at a discounted fee, which could mean hundreds of dollars in savings. Although the amount of the discount may vary by location, on average the savings will be 15 percent of the contracted laser center's usual and customary price. If the laser center is offering a special promotion, and the promotional price is less than the VSP-discounted price, VSP members will receive an additional 5 percent off the promotional price.

Regardless of the discount level, the maximum fee a member will pay is \$1,500 per eye for PRK; \$1,800 per eye for LASIK; and \$2,300 per eye for Custom LASIK.

These prices include the surgery itself, and all preoperative and postoperative care.

### Have you visited the APEHP Web site lately?

There you can find answers to common questions, locate a provider, print a temporary identification card, get medical or prescription claim forms, review prior health bulletins, and so much more.

Go to <http://www.apehp.org> today!

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

Simply answer the questions below and submit your responses before *Friday, February 3, 2012* 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 life changes can be made for a healthy 2012?  
\_\_\_\_\_

How much moderate-intensity aerobic activity should you try to undertake each week?  
\_\_\_\_\_

What discounts are provided to members who are enrolled with VSP?  
\_\_\_\_\_

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

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

If you have claims-related questions, feel free to contact AmeriBen's dedicated customer service line at (866) 955-1485.