



ARIZONA PUBLIC EMPLOYERS HEALTH POOL



# Health *bulletin*

AMERICAN HEART MONTH

February 2016

- Did you know? Heart disease is the leading cause of death for both men and women in the United States: <http://1.usa.gov/ijFWzj>
- Find out what you can do today to lower your risk for heart disease: <http://1.usa.gov/13d8oBq>
- Worried about your blood pressure? Check out these questions to ask your doctor: <http://1.usa.gov/1wGp3ta>
- Confused by cholesterol? Watch this presentation from @medlineplus4you to learn what's what: <http://1.usa.gov/ifq74n>
- Planning a grocery store trip this weekend? Eat heart healthy by choosing foods that are low in sodium (salt). See <http://1.usa.gov/zIGWmf>
- Did you know? You need to get your blood pressure checked every 2 years starting at age 18. Learn why: <http://1.usa.gov/mRFcKh>
- Are you a woman over age 55? Talk to your doctor about taking aspirin to reduce your risk of stroke: <http://1.usa.gov/jnchQM>

Visit <https://healthfinder.gov/Default.aspx>.



*Keep Your **Heart** Healthy*

Eat healthy and get active.

Watch your weight.

Quit smoking and stay away from second-hand smoke.

Control your cholesterol ("koh-LEHS-tuh-rah") and blood pressure.

If you drink alcohol, drink only in moderation.

Take steps to prevent type 2 diabetes.

Manage stress.

More information available:

<https://goo.gl/qp4hgz>

## WEAR RED ON FEBRUARY 5, 2016

Celebrate National Wear Red Day to raise awareness about women and heart disease. Visit [www.goredforwomen.org](http://www.goredforwomen.org) for more information.



## Eating healthy just got easier.

Delicious Decisions offers you recipes of all kinds, from quick and easy to slow cooker favorites. All are from cookbooks full of the same delicious and healthy recipes that make your mouth water and your heart sing. Visit <http://goo.gl/IWvWtA> for more books and recipes.



**WOULD YOU LIKE  
TO WIN \$50?**



Simply answer the questions below and submit your response before Friday, February 29, 2016 to:

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



**In the case of qualified life events, including terminations from APEHP, the appropriate form(s) must be submitted to the pool administrator within 30 days of the event/termination, except as noted in the Plan Document/Summary Plan Description. Failure to submit the form(s) within the required period will impact the participant's benefits and/or enrollment.**

### WORDS OF THE MONTH



#### Valentine's Day:

February 14, observed in honor of St. Valentine as a day for the exchange of valentines and other tokens of affection. Also called Saint Valentine's Day. (As defined in Dictionary.com: <http://goo.gl/zXDEs8>)

#### Valentine:

1. a card or message, usually amatory or sentimental, but sometimes satirical or comical, or a token or gift sent by one person to another on Valentine's Day, sometimes anonymously.
  2. a sweetheart chosen or greeted on this day.
  3. a written or other artistic work, message, token, etc., expressing affection for something or someone.
- (As defined in Dictionary.com: <http://goo.gl/N7rZUZ>)

### MAKING THE GRADE

My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE." The following day, I received in return a valentine from the teacher. It read:

"Thank you, but it's still BE MINE-US."

Contributed by Brad Wilcox for Reader's Digest...<http://goo.gl/cxPedA>

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

**GOOD LUCK!**

1. What is another name for Valentine's Day?  
\_\_\_\_\_
2. To be heart healthy, you should choose foods low in sodium.  
  
True or False?  
\_\_\_\_\_
3. National Wear Red Day is on what date in 2016?  
\_\_\_\_\_

#### **Your Contact Information**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

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

City/ZIP: \_\_\_\_\_

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



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