

Benefit	Website	Phone
Benefits Office (eligibility, COBRA, etc.): Zenith American Solutions	zenith-american.com	602-248-8434 or 800-553-2801
Medical: Blue Cross Blue Shield of Arizona	azblue.com	800-232-2345
Telehealth: BlueCare Anywhere	BlueCareAnywhereAZ.com	844-606-1612
Prescription drugs: MedImpact	medimpact.com	833-229-3589
Dental: Delta Dental of Arizona	deltadentalaz.com	800-352-6132, option 1
Vision: VSP	vsp.com	800-877-7195
Employee Assistance Program (EAP): CompPsych	guidanceresources.com	866-365-0801
Life and AD&D: Zenith American Solutions	zenith-american.com	800-553-2801
Short-term disability: Zenith American Solutions	zenith-american.com	800-553-2801
Pension	zenith-american.com	800-553-2801
Defined Contribution [401(k)]	principal.com or zenith-american.com	800-547-7754 800-553-2801

For more information and tips on how to best use your health benefits, read the Benefits Guide. Contact Zenith American Solutions at 602-248-8434 or 800-553-2801 for further assistance, or visit poweringarizonabenefits.com.



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BENEFITS BASICS SUMMER 2023

All content in this newsletter is created and published for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional, or delay in seeking it because of something you have read in this newsletter. If you think you may have a medical emergency, call your doctor, go to the nearest hospital emergency department, or call 911 immediately.

Ready to Learn More About Your Benefits?



Welcome back to your quarterly newsletter! In this issue of *Benefits Basics*, we'll be providing you with tips on how to stay happy and healthy this summer and giving updates on benefits-related news. Remember, any information provided in these newsletters can be found on your benefits site, where you can find coverage information and resources in one convenient location. Visit poweringarizonabenefits.com (or scan the QR code) to get started.



Stay Safe in the Sun

With the arrival of summer come hours in the sun and endless fun. It is important to keep yourself and your loved ones safe by being aware of the damage that too much sun and harmful UV rays can cause, including sunburn, eye damage, and skin cancer. Here are some ways to help stay protected, so you can have a happy and healthy summer:

- » **Use sunscreen.** Apply broad-spectrum sunscreen with an SPF of 15 or higher on exposed skin, at least 20 minutes before you go outside. Remember that sunscreen must be reapplied every two hours, whenever you get out of the water or if you sweat heavily.
- » **Wear protective clothing and accessories.** Sunscreen cannot block all harmful UV rays, so wear clothing to cover as much skin as possible, including hats and sunglasses.
- » **Stay in the shade.** Between the hours of 10 a.m. and 4 p.m., when sunrays are at their strongest, you should be limiting your sun exposure and staying in shaded areas.
- » **Stay hydrated.** Avoid alcoholic and caffeinated drinks when out in the sun, because they can dehydrate you.

If you experience any sun damage or need to contact a health care provider, visit azblue.com, and click on **Find Care** to find in-network doctors, specialists, and more.

Stay Ahead, Stay Healthy

This summer, stay on top of your health by getting preventive care. By investing in preventive care exams, you can save time, money, and help prevent or detect illnesses, diseases, and other health problems at an early stage.

Preventive care services are available to you at no cost if you stay within the Blue Cross Blue Shield of Arizona (BCBSAZ) PPO network, so you can stay healthy without worry of a financial burden. To learn more about preventive care or other plan highlights, visit poweringarizonabenefits.com/health-and-wellness.

Take Advantage of Your Helpful Healthy Programs

Through your Blue Cross Blue Shield of Arizona (BCBSAZ) coverage, a variety of programs are available to you. To help you with your overall health, you'll have access to expert content, exclusive deals, and other wellness resources, including:

- » **Ovia Health:** Resources that provide support for women and families throughout their parenthood journey. You can choose from the Ovia fertility, pregnancy, or parenting program and download the app. There, you'll access content and insights tailored to your needs, including one-on-one health coaching from a team of well-being experts. To get started, register at azblue.sharecare.com, and then select the program that's right for you.
- » **Blue365:** A discount program that features online deals and discounts so you can keep making healthy choices while saving money. Take advantage of special offers from top national brands, including Jenny Craig, Reebok, LasikPlus, and more, with a deal of the week sent straight to your email. Go to Blue365Deals.com/BCBSAZ, and have your BCBS member ID card ready to register.

- » **HealthyBlue:** A wellness program built to help you along your wellness journey. Stay on the road to good health with online health assessments, health coaching, information on topics ranging from nutritional eating to stress management, registered nurses on call to help with informed health decisions, and more. Visit azblue.com/HealthyBlue to register, or call **877-694-2583** with questions and for further assistance.

Be Retirement Ready

It's summertime, which means the year is halfway gone already. Now is a good opportunity to check your retirement readiness and progress for the year, so you can stay on track when it comes to preparing for your future. Don't let any more time pass you by. Visit principal.com to review your 401(k) account, or visit zenith-american.com to review your pension credit history today.

Answer the Call

Be sure to check your caller ID, because you may be getting an important call from Blue Cross Blue Shield of Arizona (BCBSAZ) about managing your health! A health care representative will be reaching out to ask you a few health-related questions and help connect you with a health specialist (usually a registered nurse or lifestyle coach) who'll assist you with your health goals. Learning to understand and control your health can have great benefits, such as:

- » Improvement in health
- » Fewer trips to the ER
- » Reduced health-related costs
- » More time and energy to do what you love

This benefit is available to you at no cost. All you have to do is pick up the phone! Your privacy is important, and your personal information will not be shared. If you don't want to wait for the call, contact BCBSAZ at **877-694-2583**, and ask to speak with a health care representative to get started on your health management journey.

