

Helping you get the most out of your retirement.



Our Mission

To enhance your quality of life and retirement by providing resources and activities that promote optimal health and wellness.

What is LACERS Well?

LACERS Well is an innovative program designed to help our Members attain the best retirement possible. We believe that one's health is an important investment and by taking care of ourselves emotionally and physically, we are more likely to have:

- more active years in retirement
- more time with our friends and loved ones
- more independent living, and
- less time and money spent on doctor visits, medical expenses, and illness.

What LACERS Well offers

You are unique and so is our wellness program. Our commitment to you is to provide fun, engaging, and informative events.

You can look forward to:

- Participation incentives and rewards
- Worthwhile workshops and seminars
- Wellness meet-ups with fellow LACERS retirees
- Information at your fingertips, delivered to your home and your email, and available 24/7 at www.lacers.org/lacerswell

For more information, contact LACERS by calling (800) 779-8328, TTY (888) 349-3996 or by email at lacerswell@lacers.org.

Join our LACERS Well
facebook group





Become a Wellness Champion Today!

Do you have an interest, hobby, or activity that you would like to share with others? Do you look forward to socializing with retirees in healthy ways? If you answered “yes” to either of these questions, you may want to become a Wellness Champion!

LACERS Well is seeking Retired Members who enjoy the following:

- Coordinating and facilitating small group activities
- Encouraging healthy behaviors and living by example
- Socializing with a community of LACERS Members
- Creating a community of healthy retirees
- Cultivating and building upon leadership skills

LACERS Well Champions meet regionally to strategize, collaborate, and plan wellness activities for interested LACERS Retired Members.

As an ambassador, you recognize the importance of staying active, mentally challenged, and socially engaged, and are the foundation of the LACERS Well program.

To apply or to find out more, log on to www.lacers.org/lacerswell and click “Become a LACERS Well Champion,” or contact LACERS at lacerswell@lacers.org or by calling (800) 779-8328.



More About Us

- LACERS Well is free to LACERS Members and their spouses/domestic partners.
- The program is proudly sponsored by LACERS health plans: Anthem Blue Cross, Kaiser Permanente, UnitedHealthcare, SCAN, Blue View Vision, and Delta Dental.
- LACERS Well safeguards your personal information at all times.

Passport to Health

Become eligible for monthly prizes and invitations to exclusive events by logging your activities with LACERS Well!

Visit www.lacers.org/lacerswell for detailed instructions. See you soon!



← Look for this symbol to earn points

