

### A Message from Board President Cynthia M. Ruiz



I am honored to be President of the LACERS Board of Administration. Like you, I am a Member of LACERS and what matters to you, matters to me. Some of you may know me from my first City of Los Angeles job as a Commissioner and then as President of the Board of Public Works. At Public Works, I oversaw the department's nearly billion dollar budget

while delivering quality infrastructure and customer service to all Los Angeles stakeholders. I also served as deputy executive director of external relations for the Port of Los Angeles where I was responsible for providing strategic external relations leadership and support to Port senior management and the Harbor Commissioners regarding legislative policy, communications, and regional economic opportunities that require Port and City of Los Angeles collaboration. In addition to serving on the LACERS Board, I am the owner of Cynthia M. Ruiz & Associates, a Marketing Consulting Services firm in Los Angeles.

Now, I am excited to bring my professional experience to the Board of Administration, where our decisions are the result of research, education, training, and expert staff and consultant recommendations. This is our fiduciary duty to you, our Members,

to make prudent investment, financial, actuarial, and benefit decisions that affect LACERS.

Recently, we held three meetings where our actuarial firm, the Segal Company, thoroughly vetted assumptions based on our most recent Actuarial Experience Study. The result was adoption of new demographic assumptions that take into consideration the good news that we are all living longer than previously expected. Specifically, LACERS will use a generational mortality table to provide better projections of mortality for each group of retirees and potential increases in the costs of the Plan over the lifespan of our Members.

While these decisions and many others the Board makes are important, I now would like to move on to other LACERS Board of Administration news. At our July 24 meeting, I was re-elected to another term as President and Commissioner Elizabeth L. Greenwood was elected as Vice-President. In July, we also welcomed two new Commissioners: Sandra Lee, appointed by Mayor Eric Garcetti; and, Elizabeth Lee, elected by Active LACERS Members. They have been great additions to the Board.

Finally, as President, I look forward to an exciting future at LACERS and I hope to serve you well.

### A Message from General Manager Neil M. Guglielmo



When people think of retirement, they may think of long, leisurely days of rest and relaxation. In our world at LACERS, retirement is an exciting and dynamic world full of change, opportunity, and transition. One recent change is the addition of a new Assistant General Manager at LACERS. Todd Bouey joined LACERS in May, having previously worked as an Assistant Director

at the Office of Finance. At LACERS, he will oversee budget, administration, accounting, systems, and financial and actuarial reporting.

As for opportunity, LACERS is reviewing and renewing our Strategic Plan to make sure it is relevant to our mission of delivering retirement and health benefits to you. We have already begun our SWOT analysis (the process where an organization identifies its Strengths, Weaknesses, Opportunities, and even Threats), to examine our system to chart a better path for continued success in customer service, benefit delivery, health and welfare, investments, governance, and human resources. As part of this process, we invited a group of Retired and Active Members to participate in the SWOT analysis. We will keep you posted on our progress in future publications and communications.

We are also working on developing a new website that will provide a better and more intuitive online experience. Again, we will seek your involvement in the focus group process to discover what features and content will best meet your needs.

For now, we have a new feature already available on our website. As a Member, you can register and access the MyLACERS portal at [www.LACERS.org](http://www.LACERS.org). If you have not registered for a MyLACERS account, see the MyLACERS article on page 2 to find out more.

While we are in this transitional phase, we continue to thrive in our daily operations. LACERS is a product of the times and during the next 15 months, the last of the Baby Boomers will be turning 55 (early and normal retirement age). How has this impacted LACERS? Prior to 2009, LACERS retired approximately 500 Members annually. During this last fiscal year, 2017-18, LACERS retired more than 1,000 Members. If you are part of this large group of retirees, congratulations.

If you are an Active Member at the start, in the middle, or near the end of your career, make sure you attend a LACERS Planning for Retirement Seminar because it's never too early to plan for your retirement! Tier 1 Members can register now at MyLACERS at [www.LACERS.org](http://www.LACERS.org) and Tier 3 Members can look forward to registering for a new Tier 3 Planning for Retirement Seminar starting in December.



# New Online Tool from LACERS to Help with Retirement Planning

Debuting just in time for our Retirees' Open Enrollment period, LACERS is launching ALEX, an interactive online tool that will help you review and select the best health benefit plan for you. ALEX will ask you a few questions about your health care needs, crunch some numbers, and point out what makes the most sense for you. Anything you tell ALEX remains private and no personal information is stored or distributed.

ALEX will ask you to estimate what type of medical care you might need this year, calculates the amount each applicable LACERS plan would cost, and comes up with some estimates. ALEX will recommend the least expensive plan for your needs.

ALEX will be available for Active and Retired Members at [www.myalex.com/lacers/2019](http://www.myalex.com/lacers/2019) and

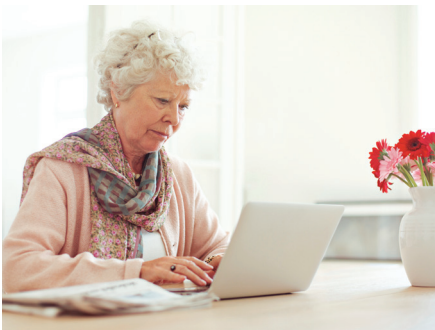
through a link on the LACERS Homepage at [LACERS.org](http://LACERS.org) and is optimized for use on any mobile device you may have. Stay tuned for more details as we get closer to the ALEX launch.



## There's So Much You Can Do with MyLACERS

Before picking up the phone and calling LACERS, did you know you can retrieve all of the following information online, 24 hours a day, 7 days a week through your MyLACERS portal account?

- Direct deposit statements
- 1099R statements
- Health plan confirmation letters
- Current beneficiaries
- Federal and state tax withholdings



Registering for MyLACERS is secure and straightforward. To get started, visit <https://mylacers.lacers.org/RequestPIN.aspx> to request a PIN (personal identification number). You will receive your PIN by mail along with instructions on how to create your MyLACERS portal account.

Join the many other satisfied retirees who are easily accessing their important LACERS information from the comfort of their personal computer, without the wait. Get started today.

## Tips When Contacting LACERS

Our Member Service Center is here to help. Here are a few useful tips to keep in mind when calling our (800) 779-8328 number to ensure that you receive efficient and accurate assistance:

- Security is our top priority. Be prepared to verify information such as your name, address, date of birth, and last 4 digits of your Social Security Number before LACERS staff is able to provide you details pertaining to your LACERS account.
- If a spouse or loved one is calling on your behalf, please note that in order to access information about your LACERS account, either a Power of Attorney (POA) must be on file with LACERS naming them as being able to speak on your behalf or you, the LACERS Member, must be on the phone with them and give them permission to speak to LACERS about your account information.

- If you are calling to request a form, most forms are available to download and print from our website, [www.LACERS.org](http://www.LACERS.org). If you need a form to be mailed to you, a Member Service Center representative can assist you.



# Open Enrollment Period October 15 through November 15, 2018



LACERS recently completed the annual contract renewals of our health plans. Due to favorable market conditions, negotiations with the health plan carriers, and LACERS Members taking good preventive care of themselves resulting in reduced high-cost claims, LACERS medical premium costs for next year will decrease by nearly one million dollars and overall rates will decrease by 0.8%.

Approved by the LACERS Board of Administration, there will be slight premium increases in only the Kaiser Permanente Senior Advantage, Delta Dental PPO, and DeltaCare USA HMO plans. Surplus Anthem Blue Cross premium dollars from previous years will be used to lower the 2019 Anthem HMO, Medicare Supplement, and Anthem Blue View premiums proposed by Anthem.

All Retired Members will be receiving their Open Enrollment packet before our Open Enrollment period begins October 15th. In recent years, LACERS has included in this packet an individualized statement with your current health plan enrollments and 2019 options. This year, that statement will not be available. However, LACERS will have the new ALEX online interactive benefits counselor to help you make your health plan decisions. ALEX is available at [www.myalex.com/lacers/2019](http://www.myalex.com/lacers/2019).

If you are satisfied with the health plan(s) you currently have, no action is needed on your part; your current enrollment will automatically continue into next year. If you are interested in changing plans or just want to learn more about the benefits offered in each of our plans, we encourage you to access the

## Studies Show...

Based on articles published in the Journal of the American Geriatrics Society, studies designed to measure the association between frequency of leaving the house and mortality among the older, non-homebound population show a relationship between not getting outside of one's house with less healthy social, functional, and medical characteristics.

The LACERS *Well* Program is specifically designed to provide our Retired Members with more such opportunities for involvement and engagement in "outside of the home" activities, so please consider participating.

ALEX system and/or attend one of our Open Enrollment events. Open Enrollment events provide the opportunity to attend presentations by our carriers and see what LACERS has planned for 2019. Six events are scheduled:

**Six meetings are scheduled:**

- **October 16:** California Endowment Center, 1000 N. Alameda St. Los Angeles, CA 90012
- **October 18:** Courtyard by Marriott, 600 E. Esplanade Dr. Oxnard, CA 93036
- **October 25:** Airtel Plaza Hotel, 7277 Valjean Ave. Van Nuys, CA 91406
- **October 30:** Double Tree Hotel, by Hilton 222 N. Vineyard Ave. Ontario, CA 92612
- **November 8:** The Orleans Hotel, 4500 W. Tropicana Ave. Las Vegas, NV 89103
- **November 14:** Sycamore Plaza, 5000 Clark Ave. Lakewood, CA 90712

Registration for the Open Enrollment events is required and is now available online at [LACERS.org](http://LACERS.org) or through your Member Portal account at [MyLACERS.LACERS.org](http://MyLACERS.LACERS.org).

Among the exciting changes coming in 2019 are no-cost gym membership for enrollees in our Anthem HMO and PPO plans and new emphasis for our LACERS *Well* program. Just like Members enrolled in our Anthem Blue Cross Life and Health, UnitedHealthcare, and SCAN Medicare plans, Members and their covered spouses/domestic partners will be eligible for no-cost gym membership through the SilverSneakers program. LACERS Members enrolled in the Kaiser Senior Advantage plan are eligible for a similar fitness program called Silver&Fit. More details are available at <http://lacers.org/lacerswell>; just click on the Silver&Fit or SilverSneakers Quick Links on the right.

We will start a new LACERS *Well* campaign in 2019 with a focus on Finding and Keeping Purpose in Retirement. The transition from the workforce to retirement may result in a loss of identity or purpose for many Members, so LACERS will be holding events and workshops, and providing materials to help Members find or renew their sense of purpose during their retirement years.

As always, if you have questions regarding your health benefits or any of LACERS' programs, we are ready to help. Please give us a call at our Member Service Center at (800) 779-8328.

For more information on involvement opportunities offered by LACERS, you can go online to <http://www.lacers.org/health-webpage/index.html> or for details regarding this and other related research studies, please go to <https://onlinelibrary.wiley.com/doi/full/10.1111/jgs.15148>.

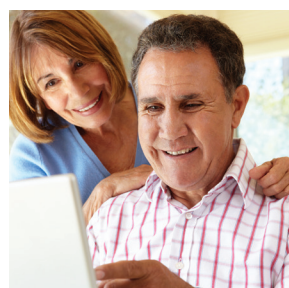




# There's More Than One Way to Reach Us!

Mailing Address: P.O. Box 512218, Los Angeles, CA 90051-0218  
Visit LACERS at 202 W. First Street, Suite 500, Los Angeles, CA 90012, Mon-Fri, 7:00 am to 4:00 pm  
Call: (800) 779-8328 | TDD (888) 349-3996 Fax: (213) 473-7297  
E-mail: [LACERS.services@lacers.org](mailto:LACERS.services@lacers.org) | [LACERS.health@lacers.org](mailto:LACERS.health@lacers.org) Web: [www.LACERS.org](http://www.LACERS.org)

## Consider a Power of Attorney



What would happen to you and your loved ones if you were unable to care for yourself? Who would you want to make decisions for you if you suddenly became mentally or physically disabled?

Any action on your behalf relating to your LACERS pension and health benefits requires a Power of Attorney (POA). Spouses, domestic partners, beneficiaries, and children cannot make any changes to your account without a POA. Since LACERS plays a role in your financial affairs, a copy of your POA for personal and financial affairs needs to be provided and kept on file at LACERS. By doing so, the person you authorize can act on your behalf in connection with your LACERS benefits.

You can specify in the POA when it would become effective, such as only when you become incapacitated. However, you cannot initiate or revoke a POA after you become mentally incompetent.

If you currently have a POA, you may want to ask LACERS to review it to make sure it conforms to state law and that it will carry out your wishes. Be certain that the person you have designated to act on your behalf is still willing and able to do so.

POAs are legal documents. You may wish to seek professional legal advice for additional information.

## New Office Hours

Effective September 1, 2018, LACERS has new office and phone hours. The new hours are **7:00 a.m. – 4:00 p.m., Monday – Friday, excluding holidays**. Please plan accordingly when visiting the LACERS offices and when calling the Member Service Center.

## LACERS News Staff

**Health Benefits Administration and Communications Division**  
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**Investments Division**  
Rodney June, Chief Investment Officer  
Bryan Fujita, Chief Operating Officer

**Retirement Services Division**  
Karen Freire, Chief Benefits Analyst

## Investments Yield Healthy Return for FY 17-18

The LACERS portfolio earned 9.04% (net of fees), ending the fiscal year with a market value of \$16.9 billion.

FY 17-18

\$16.9 billion  
market value

