

GETTING YOUR HEALTH

# Back on Track



***How can we establish new, healthier routines?***

Psychologist and weight management specialist Leslie Heinberg, Ph.D., offers answers to these health and wellness concerns. Slow and steady wins the race. In the long run, consistency is of more importance than speed.

“

***Start with much easier goals that act as building blocks for future success. Rather than try to change everything, try one thing, like cutting back on fast food until you've successfully given it up. Once that's established, you can add on.***

”

DR. HEINBERG



## A Message from **Stephanie Smith**

Wellness Program Manager

**The LACERS Well wellness program,**  
*in partnership with our health plan carriers,*  
strives to support LACERS Members in a healthy lifestyle.

LACERS' review of health plan carrier reports shows  
that approximately

**45%** of Members are **pre-diabetic,**

**19%** are diagnosed with **high blood pressure,** and

**75%** are **obese.**

It is essential to have regular check-ups and screenings to identify and treat any concerns before they become problems. In this issue of **Your Health Matters**, we enlighten you about living a healthy lifestyle and preventing or managing disease by **exercising, eating well, and keeping a healthy weight in collaboration with any recommended treatments prescribed by your primary care doctor.**

Achieving your health goals all by yourself can be challenging, but know that you are never alone. Your doctor and health plan programs and resources are always available to help keep you on track to a healthy lifestyle.

Dr. Heinberg says,

“ **Start with much easier goals that act as building blocks for future success. Rather than try to change everything, try one thing, like cutting back on fast food until you’ve successfully given it up. Once that’s established, you can add on.** ”

She compares it to running, saying,

“ **You don’t just go from not exercising at all to running marathons. You have to build up, slowly adding just a little bit more each day. Eventually, you get to a point where that success feeds on itself.** ”

**To learn more about health and wellness topics, visit**



**CLEVELAND CLINIC HEALTH ESSENTIALS at**  
[health.clevelandclinic.org](http://health.clevelandclinic.org)

and



**NATIONAL INSTITUTE ON AGING at**  
[nia.nih.gov/health](http://nia.nih.gov/health).





**A Message from  
Neil M.  
Guglielmo**

**LACERS General  
Manager**

**The mission**

of the **LACERS Well wellness program** is to enhance the quality of life and retirement for Members by providing resources and activities that promote optimal health and wellness. The wellness team recently received a thank you card from a LACERS Member and her spouse who live in the Las Vegas area expressing, "We want to sincerely thank you for bringing the Aging Mastery Program (AMP) to us. It was so meaningful and enriched our retirement lives." AMP is a course developed by the National Council on Aging to help older adults build their own personal playbook for aging well. Participants learn about healthy eating and hydration, fitness, finances, sleep, and other topics.

**Ultimately, LACERS wants you to have the most enjoyment out of your retirement,** and we know that your health can significantly influence how your time and money are spent. The LACERS Well program offers informational workshops and seminars; fun activities with other LACERS retirees, some led by our Champions (retired Member volunteers) that include garden tours, museum visits, hikes, book clubs, and more; and various resources to support your retirement goals. We look forward to returning to in-person events in the near future but have adapted to the pandemic by offering virtual workshops and social events. This has allowed Members from all over to participate in our events, and we will continue to offer virtual options when we resume in-person events so that we can reach even those Members who live outside the United States. If you haven't participated in our events yet, many of them have been video recorded and are available on our YouTube channel. We encourage you to check out some of the presentations by expert speakers on such topics as managing finances, finding your purpose, technology, protecting yourself from scams, and so much more.

**We see your health as a partnership:** we provide you with the information and resources you need, and hopefully some motivation, to stay healthy, but we rely on you to take the next steps toward managing your health. LACERS encourages you to get your health screenings, take your prescribed medications, get regular check-ups, and take advantage of all of the health support programs offered by your health plan. Your active participation in the wellness program and making preventive care a priority not only helps keep your health on track, but is critical in keeping retiree health costs lower so that we can sustain your LACERS health benefits program long into the future. Your commitment to wellness is a win-win for all.



Visit the **LACERS Well Events Page** at [lacers.org/lacers-well-events](https://lacers.org/lacers-well-events) for all the informative webinars and activities offered by LACERS Well and our Champions.



Check out the **LACERS YouTube channel** at [youtube.com/lacersyoutube](https://youtube.com/lacersyoutube) to view LACERS Well videos and subscribe to receive notifications of newly uploaded videos.



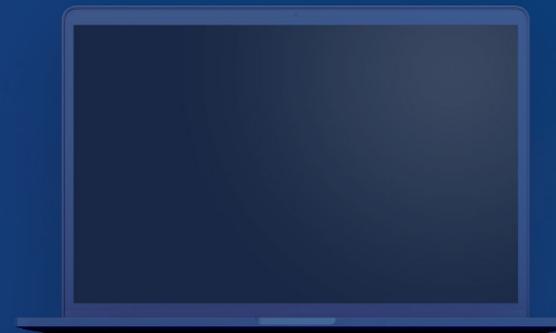
# 5 Ways

## to Get the Most Out of Your Health Benefits

- 1. Ensure you understand** your LACERS and health plan benefits, coverage, limits, and who to contact if you have questions. Visit [lacers.org/health-benefits](http://lacers.org/health-benefits) for more information.
- 2. Schedule an appointment** to check your blood pressure, blood glucose, and cholesterol. This provides your doctor with valuable information in managing diabetes, heart disease, and hypertension.
- 3. Participate in health assessments** when offered by LACERS and your health plan. These assessments help you plan for conversations with your doctor and take charge of your health.
- 4. Whenever possible, consider generic medications and mail-order pharmacy.** Generics can work just as well as brand-name medications but cost substantially less. Often a mail-order pharmacy can fulfill a 90-day supply at cost savings versus a 30-day supply at a local pharmacy.
- 5. Utilize health plan websites or smartphone apps** to access your personal health care information (e.g., lab results, claims) and manage your health effectively. See article “Telemedicine Appointments Available Through Your Health Plan” for more information.

## Telemedicine Appointments Available Through Your Health Plan

Telemedicine uses technology (computers, video, phone, text messaging) by a medical professional to diagnose and treat patients in a remote location.



### Let the doctor come to you by video.

Got a health matter that needs attention? Now you can get care without visiting the office. Video appointments may be available with your primary care doctor, mental health provider, and for urgent situations with an emergency medicine doctor. You need to contact your health plan carrier’s customer service number on your ID card to inquire about video appointments. You will need a camera-equipped computer or mobile device. Be aware that copays may apply.

### Video visits may be available for various concerns, such as:

- Follow-up appointments
- Minor burns/sunburn
- Skin rash or infection
- Shingles
- Nausea/vomiting/diarrhea
- Joint problems
- Medication questions

### Need help setting up your mobile device or computer for video appointments with your doctor?

You may contact

**Mom’s Computer at  
(800) 281-0692 or  
[help@momscomputer.com](mailto:help@momscomputer.com).**

*There is no charge to LACERS Members for this service.*



## Preventive Care Screenings and Flu Shots for All Members



Take advantage of these preventive care screenings and immunizations offered by your health plan.

### Preventive care services such as

- immunizations
- flu shots
- routine physicals
- mammograms
- cholesterol screenings

are available to you as a Kaiser Permanente, Anthem Blue Cross, United Healthcare, or SCAN member. Also, consider getting colorectal cancer and prostate cancer screenings.

**Immunizations to consider and discuss with your doctor:** influenza vaccine (*flu shot*); pneumococcal vaccine (*pneumonia*); Tdap (*tetanus, diphtheria, pertussis*) vaccine and/or the Td (*tetanus, diphtheria*) booster; shingles (*herpes zoster*) vaccine; COVID-19 vaccine; hepatitis A vaccine; and hepatitis B vaccine.



Visit [health.gov/myhealthfinder](https://health.gov/myhealthfinder) to learn more about recommended screenings needed by gender and age.

# 2022 Open Enrollment Reminders & Updates

Open Enrollment will be held

## October 15 – November 15

with Open Enrollment packets being mailed in early October.

### For Members age 65 and older,

your packet will be the same as in previous years and include a Health Plan Statement, Open Enrollment Overview, and 2022 Health Benefits Guide.

### For Members under age 65,

your packet will be lighter this year. To reduce costs, your packet will include a Health Plan Statement, Open Enrollment Overview, and instructions on how to access the 2022 Health Benefits Guide online. Of course, if you want a physical copy, just contact LACERS after receiving your packet, and one will be mailed to you.



As a reminder, because our previous Open Enrollment period was extended until March 2021, if you made an Open Enrollment change that was effective February 2021 or after, you are not eligible to make another change during the upcoming Open Enrollment period. However, you will be able to make a change during the following Open Enrollment period or if you experience a qualifying event.



**LACERS**  
LA CITY EMPLOYEES'  
RETIREMENT SYSTEM



## **Health Plan Website Information**

ANTHEM BLUE CROSS – [anthem.com/ca](https://anthem.com/ca)

KAISER PERMANENTE – [my.kp.org/lacers](https://my.kp.org/lacers)

SCAN HEALTH PLAN – [scanhealthplan.com/lacers](https://scanhealthplan.com/lacers)

UNITEDHEALTHCARE – [uhcretiree.com](https://uhcretiree.com)



### **Did you miss a LACERS Well virtual event?**

Visit the **LACERS YouTube Channel** at [youtube.com/lacersyoutube](https://youtube.com/lacersyoutube) or by hovering your mobile device camera over the QR code image to view video content. Make sure to click the subscribe button to be notified about the latest content.



### **Connect with your LACERS Well community via Facebook.**

Visit Facebook.com and search for the **LACERS Well Private Group** and request to join the group. Be sure to visit the page periodically for content available exclusively to LACERS Well Facebook subscribers.