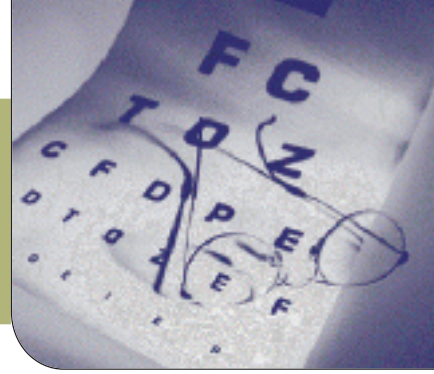


JLMBC Health Benefits

Quarterly

Winter 2008 • Volume 1, Issue 1

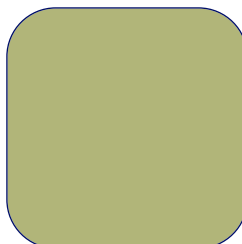


January 15 – February 15: Annual Enrollment for Part-Time Faculty

If you're an eligible part-time faculty member, you have from January 15 to February 15, 2008 to sign up for the District's health care benefits. Your coverage will go into effect on March 1.

You'll find detailed information about eligibility, benefit options, and costs in the enrollment kit you received around the end of December. If you have any questions, please call the LACCD Benefit Service Center at (800) 842-6635.

Remember, whether you are enrolling for the first time or wish to continue coverage, you must return your completed enrollment forms on or before February 15, 2008.



ANNUAL ENROLLMENT FOR BENEFITS IS A BIG SUCCESS

The District held its first online annual benefits enrollment in November, and the new Employee Self-Service (ESS) portal got off to a good start. More than 2,600 people logged on to the portal to review their benefits information and make their 2008 elections, and the feedback we got from users was very positive. The improved ESS portal will be open for business again during next fall's annual enrollment.

Update Your Beneficiary Information

If you didn't update your life insurance beneficiary information through ESS during annual enrollment, you can do so now by simply completing a beneficiary designation form (available online at www.laccd.edu/health/active) and returning it to LACCD's Health Insurance Section. Making sure your beneficiary information is correct is an important part of planning for your loved ones' security. If you're not sure who you named as your beneficiary—or if you have gotten married or divorced since you first became eligible for the District's life insurance plan—please update your beneficiary information today.

Big Turn-Out at the Health Fairs

More than 1,000 people attended our campus health fairs, where they met with benefit plan representatives and took advantage of the free health screenings, seated massage, and flu shots. Everybody who wanted a flu shot was able to get one—the District gave out 767 shots! We also provided 338 blood pressure/cholesterol screenings. Congratulations to everyone who got tested for taking a positive step toward good health.

Record-Breaking Support for AIDS

District employees once again participated in AIDS Walk Los Angeles in October, raising close to \$3,000 to support AIDS service organizations in Los Angeles County. Thanks to everybody who took part, the 2007 walk raised a record \$3.9 million.



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Chair, JLMBC

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Management Representative
Director, LACCD Business Services

Michael W. Shanahan

Employer/Employee Relations
Associate Vice Chancellor

Velma J. Butler

President
AFT College Staff Guild Local 1521A

Frank Torres

SEIU Local 99

Royston Thomas

Teamsters Local 911

Violet Amrikhas

SEIU Local 721

Ted Strinz

Building & Construction Trade Council

Carolyn Widener

L.A. College Faculty Guild

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Employee Benefits Specialist

Retiree Resources to the JLMBC

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NEW MAIL SERVICE PHARMACY FOR BLUE SHIELD MEMBERS



As of January 1, 2008, mail-order prescription drug orders for the Blue Shield medical plans are being handled by PrimeMail. If you currently receive your drugs through the mail, your prescription has automatically been transferred from Express Scripts to PrimeMail.

If you have any questions about your mail-order prescriptions, PrimeMail's specially trained service representatives and on-site pharmacists are available 24 hours a day, 7 days a week at **(866) 346-7200**. You can also check the status of your prescriptions at **www.MyPrimeMail.com**.

MAKE THE MOST OF YOUR EAP

EAP'S WEB SITE

www.horizoncarelink.com

Login code: **laccd**

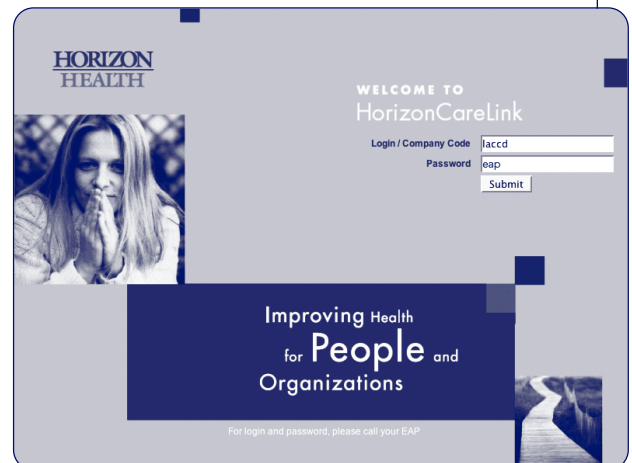
Password: **eap**

If your New Year's resolutions include plans to live a healthier lifestyle—whether by quitting smoking, losing weight, or beginning an exercise program—the employee assistance program (EAP) has resources that can help. Start by logging into the EAP's Web site. You'll have

access to an extensive library of articles and videos, as well as tools, calculators, and work-life resources. The EAP is completely confidential and free to you and the members of your household.

Get Younger in 2008

You may know your birth date, but do you know how old you are inside? The EAP site will link you to a Web site where you can take the online RealAge Test, which analyzes data about your current health status, lifestyle, and family background to calculate whether you are biologically younger, older, or the same as your calendar age. The test just takes a few minutes to complete. You'll receive a list of what's making you younger or older than your age, along with a personalized plan to help you feel younger. Just click on **My Health**, then **Self-Help**, then **Health Assessments** to take the RealAge Test—and start getting younger!



KAISER: BETTER MEDICINE THROUGH TECHNOLOGY

If you've ever tried to read a doctor's handwriting, you'll appreciate the value of technology that lets doctors send prescriptions to pharmacies electronically. The online prescription service is just one part of Kaiser Permanente's new health information system.

Kaiser has undertaken a "quiet revolution," said Dr. Phillip Kurzner, a surgeon at Kaiser's West Los Angeles facility. Addressing the JLMBC in November 2007, Dr. Kurzner described how Kaiser's sophisticated information technology enables caregivers to refer patients to specialists on the spot, access medical records and other data electronically, and share information in real time with other physicians. According to Dr. Kurzner, these advances in technology, together with Kaiser's team approach to health management, have improved disease prevention—in recent years, deaths from breast cancer have declined among Kaiser members.



SAVE MONEY WITH BLUE SHIELD PREFERRED PROVIDERS

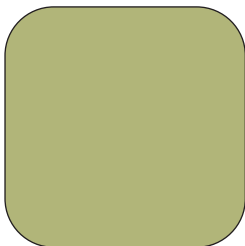
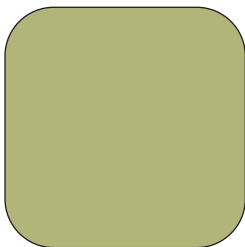
Good health care is important. So is making sure that the health care providers you go to can help you get the highest level of benefits under your Blue Shield PPO plan.

What Is a Preferred Provider?

Preferred providers are members of Blue Shield's PPO network. They include health care professionals (such as doctors and therapists), as well as health care facilities (such as hospitals, laboratory/imaging centers, urgent care centers, and pharmacies). These providers give you a discount on their charges; they have also agreed to accept Blue Shield's payment, plus any deductible or copayments you may be responsible for, as payment in full. This means they will never charge you more for a covered medical service than Blue Shield considers appropriate. And there are no claim forms or other paperwork to complete when you go to a preferred provider.

Preferred providers also understand Blue Shield's rules, and they can work with you to make sure a procedure or treatment program is covered under the plan. Think of preferred providers as your partners in health care, working together with you to get the most out of your medical plan.

Always check to make sure your doctor—as well as any other provider your doctor may refer you to, such as a lab or a physical therapist—is a Blue Shield preferred provider!





**JOINT LABOR-MANAGEMENT
BENEFITS COMMITTEE**

770 Wilshire Boulevard
Los Angeles, CA 90017

First-Class Mail
U.S. Postage
PAID
Long Beach, CA
Permit No.1221



Important Contact Information

MEDICAL PLANS

Blue Shield

P.O. Box 272540
Chico, CA 95927-2540
(800) 443-5005
www.blueshieldca.com

U.S. Behavioral Health Plan
(mental health services administrator)
(877) 263-8827
www.unitedbehavioralhealth.com

Kaiser Permanente

(800) 464-4000
www.kp.org

DENTAL PLANS

Blue Cross

P.O. Box 9201
Oxnard, CA 93031
(800) 627-0004
www.bluecrossca.com

SafeGuard

P.O. Box 3594
Laguna Hills, CA 92654
(800) 880-1800
www.safeguard.net
(plan code 0150-D)

VISION PLAN

VSP

P.O. Box 997100
Sacramento, CA 95899-7105
(800) 877-7195
www.vsp.com

FLEXIBLE SPENDING ACCOUNTS (FSAS)

SHPS, Inc.

11405 Bluegrass Pkwy.
Louisville, KY 40299
(800) 678-6684
www.myshps.com

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Horizon Health

(800) 342-8111
www.horizoncarelink.com
login code: laccd
password: eap

TERM LIFE AND AD&D INSURANCE

LACCD

770 Wilshire Blvd.
Los Angeles, CA 90017
(213) 891-2200
www.laccd.edu/health

MetLife

National Service Center
P.O. Box 2517
Aurora, IL 60507-2517
(877) ASK-MET7
www.metlife.com

OTHER BENEFITS & COBRA INFORMATION

Benefit Service Center

9500 Topanga Canyon Blvd.
Chatsworth, CA 91311
(800) 842-6635
services@bscinc.com