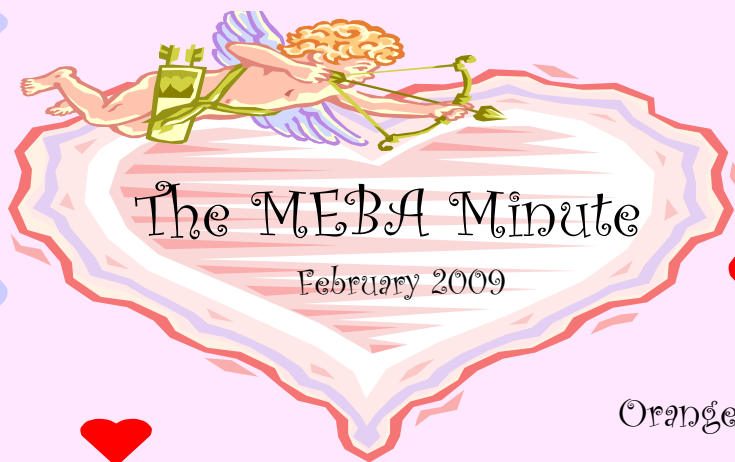


# Metropolitan Employees Benefits Association



Brea Olinda USD  
Buena Park SD  
Capistrano USD  
Charter Oak USD

Fullerton SD  
Fullerton JHSD  
La Habra City SD  
Orange County HS of the Arts



**Be Our Valentine -**  
Check out the MEBA website!  
The website contains a wealth of  
information, including benefit  
summaries, frequently asked  
questions, health links, printable  
forms, and much more!  
Go To [www.mymeba.org](http://www.mymeba.org)

Do you know the difference between  
education and experience?

Education is when you read the fine  
print; experience is what you get  
when you don't.

~Pete Seeger



## Kaiser Korner

## Cancer - Prevention & Early Detection

Doctors cannot always explain why one person gets cancer and another does not. Your genes, age, sex, and race can play a role. Although there is no known way to guarantee protection against cancer (or having cancer return after treatment) there are ways to lower your risk and improve your health.

**Screening - a vital step:** The earlier cancer is diagnosed and properly treated, the better the chance of it responding to treatment or being cured. Some types of cancer - such as skin, breast, and mouth - may be detected by routine self-examination or other screening measures before the symptoms become serious.

**Seven warning signs to notice:** These signs may not mean you have cancer, only your doctor can tell for sure, so you should report them promptly. 1) **unusual bleeding or discharge from any body opening** 2) **a lump or thickening in the breast or elsewhere** 3) **a sore that doesn't heal** 4) **persistent change in bowel or bladder habits** 5) **persistent hoarseness or cough** 6) **persistent indigestion or difficulty in swallowing** 7) **change in a wart or mole.**

**Five ways to reduce your risk:** You can significantly reduce your risk of getting one of the many types of cancer by following these recommendations from the American Cancer Society: 1) **If you smoke, quit** 2) **Avoid overexposure to the sun - cover up and use sunscreen** 3) **Limit exposure to carcinogens such as car fumes, household solvents, and lawn and garden chemicals** 4) **Make a move to moderation in smoked, BBQ'd, and fatty foods** 5) **Control your weight.**

For more information on this subject and many others visit [www.kp.org](http://www.kp.org).

## Heart Failure (HF) - A Dangerous Condition If Left Unmanaged

For a person with Heart Failure (HF), the heart is weakened and cannot keep up with the flow of blood into or out of its chambers. Undiagnosed, HF can cause serious damage to the heart and limit quality of life and lifespan. However, if you are diagnosed with this condition, and receive proper treatment and management, your chances of continuing a happy and healthy life are better than ever.

**Do you have any of the following symptoms?**

- Shortness of breath
- Swollen ankles and feet
- Fatigue or feeling tired
- Rapid weight gain

**Have you:**

- Had a chest x-ray, which showed an enlarged heart?
- Had an echocardiogram (ECHO)?
- Been prescribed diuretics or "fluid pills?"

**If you answered yes to any of the above, call your doctor today.**

### How Can your Health Plan Help?

We have a special program to help our members with HF. We can provide all sorts of valuable support beyond that. Our HF program has registered nurses available to help you follow your doctor's care plan and to recommend and support you in lifestyle changes that could be beneficial. Of course, remember that your most important medical resource is your doctor.

**Call us today at (800) 522-5560 for more information or visit [www.anthem.com](http://www.anthem.com) and click on 360° Health.**

## Your EAP



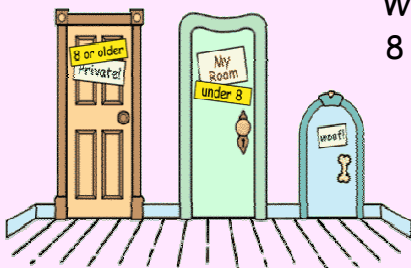
HI EVERYONE!  
My name is Cool.  
If you are looking for a website for kids that is fun, safe, and appropriate -  
LOOK NO FURTHER!

## Kids Stuff: Cool Minds



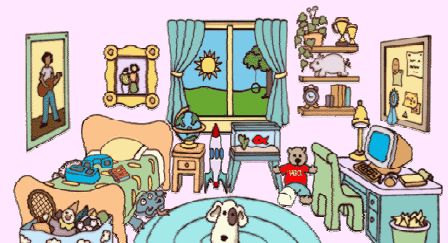
### COOL MINDS IN YOUR EAP IS THE RIGHT PLACE FOR KIDS!

The Cool Minds site is designed for kids. It has a wealth of information for kids on how to deal with parents, teachers, and friends. In addition, it has links to homework help and other cool kid stuff on the internet.



When they enter Cool Minds, kids choose to enter one of three doors, 8 or older, under 8, and woof! They then have a variety of objects to click on that will take them to games, articles, and links associated with the object they clicked.

Your kid can even email Cool with their own cool ideas!



To access Cool Minds, go to [www.anthem.com/ca/meba](http://www.anthem.com/ca/meba).

Program Name: MEBA. On MEBA's Your EAP homepage, click on "Kids' Stuff: Cool Minds" located on the left side of blue index bar.

To access a wealth of information and services available to you AT NO CHARGE through Your EAP, call 800-999-7222 (24/7) or go to [www.anthem.com/ca/meba](http://www.anthem.com/ca/meba). Program Name: MEBA.