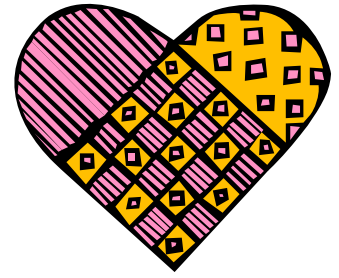


Metropolitan Employees Benefits Association

MEBA Minute

February 2011



**Brea Olinda USD ~ Buena Park SD ~ Capistrano USD ~ Charter Oak USD
Fullerton SD ~ Fullerton JUHSD ~ La Habra City SD ~ Orange County HS of the Arts**

Best Doctors is here!

We know that when you or a family member is faced with a medical decision or serious condition it can be difficult and confusing. You need the right answers to some tough questions: "Is there a different treatment?... "Is surgery really my best option?... "Is my doctor right?" ... "How can I be absolutely sure?"

A simple phone call to Best Doctors can move you closer to certainty. A Best Doctors Member Advocate (nurse) will listen to your concerns and ask about your medical situation. They will gather all of your medical information, analyze your medical condition from every angle, and identify the leading expert doctor(s) best qualified to evaluate your case. Best Doctors will send you and your treating physician the expert's report with the answers for you.

**This is an entirely voluntary benefit.
It's also free and confidential – and you can access it without ever leaving home.**

The ABCs of Avoiding Heart Attack, Heart Disease and Stroke

Why is coronary heart disease the single major cause of death, and stroke the No. 3 killer in the U.S.? One reason is lack of commitment to a heart-healthy lifestyle. Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility. By following these three simple steps, you can reduce all of the modifiable risk factors for heart disease, heart attack and stroke.

Avoid Tobacco

Become Active

Choose Good Nutrition

Here are signs that can mean a heart attack is happening:

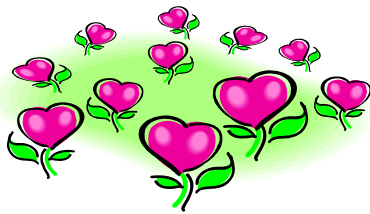
- ✓ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ✓ **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ✓ **Shortness of breath** with or without chest discomfort.
- ✓ **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness
- ✓ **Women** are somewhat more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain.

Heart Problems? Best Doctors Can Help!

- ✓ Have an expert look at your diagnosis and treatment plan.
- ✓ Provide you and your doctor access to the opinions of top specialists.
- ✓ Answer your questions from diagnosis through recovery.

Call 1-866-904-0910 today!





Cupid's arrow is sure to strike when you check out the MEBA website!

The MEBA website is a fast, convenient place to find health benefit summaries, printable forms, and helpful health information links.

www.mymeba.org

Your EAP

Making the Most of Technology

Did you grow up texting? Or are you just starting to explore what you can do with a computer? Either way, there's always more to learn about using technology to meet your needs and interests. That's why your Employee Assistance Program (EAP) is putting technology in the forefront in its website. You'll find "tech tips," including resources on:

- Social networking
- Being a savvy tech consumer
- Using technology wisely

Did you know you could even use technology to reach out to your EAP for help on a wide range of issues, any time of the day or night? Visit our website, www.anthem.com/ca/meba password: MEBA, for information, tips and resources on topics that affect your life. Or call **800-999-7222** for free, confidential assistance from our team of EAP experts.

Anthem Blue Cross News

360° Health

24/7 NurseLine

Health concerns don't follow a 9-to-5 weekday schedule. Sometimes you need answers to your health questions right away – and that can be in the middle of the night or while you're away on vacation. That's why the **24/7 NurseLine** is there for you and your family 24 hours a day, seven days a week.

You can call the **24/7 NurseLine** any time to speak with a registered nurse who is trained to help you make more informed decisions about your health situation.

For accurate, confidential health information, call **(800-977-0027)**. This number may also be printed on the back of your member ID Card. A nurse is just a phone call away.

Sensitive Topic?

No problem. Not everyone is comfortable discussing their health concerns with someone else. If you prefer, you can call and listen to confidential recorded messages about hundreds of health topics in English and Spanish by accessing the AudioHealth Library. Call the number below (this number may also be printed on the back of your ID Card).

Peace of Mind 24/7 – (800) 977-0027

Remember to check out the Anthem Blue Cross website: www.anthem.com/ca

Kaiser Korner

Give the Gift of Life

February 14th is National Donor Day!

Brian Hinsley, 50, is a Los Angeles County firefighter who risks his life to save other's lives. Nine years ago, someone saved his life by giving him a much-needed liver. Hinsley, who was diagnosed with liver failure in 1990, waited two and a half years for a transplant. Today, he's active, healthy, and happy. "If people see me on the street, they would never guess that I've had a transplant," he says. "I want to show people that a sedentary life isn't in store for you after a transplant. I have a lot of energy, and my health is excellent."

Today, more than 100,000 people are waiting for a transplant across the country, according to Donate Life America. But only 38% of licensed drivers have registered to be an organ donor in the United States compared to countries like Spain and Great Britain, which have about 80% and 50% registered donors, respectively.

"The United States lags far behind other countries around the world," says Ron Potts, MD, quality improvement medical director, Kaiser Permanente National Transplant Network. "We can do a lot to catch up and help people who are in need." Dr. Potts continues, "The more we can think about what this gift means to an individual with a severe condition and to the rest of the family, the more people will make their wishes known about being an organ donor."

Visit the Donate Life America web site at www.donatelife.net to learn more about how to become an organ and tissue donor.

Remember to check out the Kaiser Permanente website at www.kp.org