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

Metropolitan Employees Benefits Association

MEBA Minute

January 2010

Happy New Year!

Anthem Blue Cross News - 360° Health

Save Money with SpecialOffers!

Saving money is good. Saving money on things that are good for you – that is even better. With SpecialOffers, you can receive discounts on products and services that help promote better health and well-being.

And, there is no extra cost to you!

Check out some of the discounts available:

Family & Home:

Babystyle – American Baby Magazine – Safe Beginnings – Dynamic-Living.com – Barnes & Noble.com

Fitness & Health:

Jenny Craig – Weight Watchers – Lindora Lean for Life – GlobalFit – SelfHelpWorks – ChooseHealthy

Medicine & Treatment

Drugstore.com – National Allergy Supply – Lauren’s Hope

Vision, Hearing & Dental

HearPO – EyeMed – TruVision

Go to www.anthem.com/ca > member > health information > health programs > SpecialOffers for specific information on all of these offers and more.

Kaiser Korner - Leapfrog Names 3 KPSC Medical Centers ‘Top Hospitals’ in Nation

Anaheim, Baldwin Park, and Downey (formerly Bellflower) Medical Centers have been named “Top Hospitals” in the United States, based on results of the 2009 Leapfrog Hospital Survey of 1,206 hospitals.

The Leapfrog survey is the nation’s premier hospital safety evaluation tool and provides consumers and healthcare purchasers with up-to-date assessments of participating hospitals’ quality and safety.

The Leapfrog Group was founded in November 2000 by the Business Roundtable and is supported by its members, the Robert Wood Johnson Foundation, the Commonwealth Fund, Agency for Healthcare Research, and Quality, and other sources.

The voluntary survey provides the most complete picture of hospital quality and safety available in the United States, and asks hospitals about their performance in crucial areas. In 2009, Leapfrog selected “Top Hospitals” based on fully meeting:

- Leapfrog standards for implementing computer physician order entry systems that help prevent medication errors up to 85%, and for passing Leapfrog’s test of their system.
- Stringent performance standards for complex, high-risk procedures (such as heart bypass surgery) done in that particular hospital.
- Standards for staffing the ICU, shown to reduce mortality by 40% or more.
- Achieving the best scores in the country for efficiency – rated by Leapfrog for incorporating high quality outcomes, length of stay, re-admission rates, and incidence of hospital acquired conditions and infections. The efficiency standard applies to heart bypass surgery, heart angioplasty, heart attack, and pneumonia patients.

For great information on health & wellness, health services, news, and community, go to www.kp.org

Your EAP - The New Year Is a Time for Renewal

Once the big push to “make it through the holidays” is over, we often experience a feeling of letdown. We may put lots of energy into holiday preparations, only to have the festivities and plans dart by in a flash. Feelings of anger, disenchantment, restlessness, and frustration may set in, often fueled by our disappointment if the holidays failed to live up to our fantasies.

But the New Year can herald a time for rebirth, renewal, and celebration. It is also a time for contemplation and resolution. One of the most important aspects of human experience is the attribution of meaning to our existence. What better time than this to hunker down and reconnect with that which is most precious and nourishing – to get in touch with ourselves, our passions, our purpose, our dreams, our relationships, our values?

Here are some ways to seize this opportunity for renewal:

- Go out of your way to connect with people who are important to you. Sometimes in the holiday hustle, our time with those people is rushed and superficial. Plan to have coffee or a meal together and really talk. Don't let distractions get in the way of communication.
- Send post-holiday letters – especially to folks you don't often see.
- Write thank-you notes for all the presents you received and let each giver know the importance of your relationship.
- Spend time processing anger toward yourself and others to pave the way for forgiveness. If you had some particularly difficult encounters over the last year, reflect on how you might want to renew a relationship or clear the air. Be honest in your self-appraisal as well as your appraisal of others.
- Think about what is most meaningful to you and establish a private ritual of celebration.
- Give yourself a thoughtful gift.
- Count your blessings (really, count them!)
- Review the past year. How have you grown? What have you achieved? Did you allow time for playfulness, laughter, and fun? What do you want to do differently in the New Year?

Do you or a family member have personal or financial concern you'd like to talk to someone about? Your Employee Assistance Program (EAP) is here to help you and your family find support. Your EAP is available 24 hours a day, 7 days a week. Call 1-800-999-7222 or visit the website at www.anthem.com/ca/meba. Password: MEBA. And remember, it's FREE!

Start the New Year off right!

Check out the MEBA website!

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

Go to: www.mymeba.org

National Health Observances January 2010

Glaucoma Awareness Month:

www.preventblindness.org

National Birth Defects Prevention Month:

www.nbdpn.org

Thyroid Awareness Month:

www.aace.com

Cervical Health Awareness Month:

www.nccc-online.org

National Folic Acid Awareness Week:

www.folicacidinfo.org

Benefit Speak

Ever read or hear a health benefit term and you are not sure what it means?

This column will help! Every month, Benefit Speak will list commonly used benefit terms, their acronyms, and their meaning. The more you know, the better a health advocate you can be!

Beneficiary:

The recipient of funds, property, or other benefits, as from an insurance policy or will.

Coordination of Benefits – COB:

A practice used to ensure that insurance claims are not paid multiple times when someone is insured under multiple plans.

Health Insurance Portability & Accountability Act – HIPAA:

A U.S. regulation that gives patients greater access to their own medical records and more control over how their personal identifiable health information is used. The regulation also addresses the obligations of healthcare providers and health plans to protect health information.

