

Metropolitan Employees Benefits Association

# The MEBA Minute

January 2011

# Happy New Year!

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.**

### Making the Most of Your Doctor Visit

Does visiting a doctor's office make you nervous or even scared? You may have only a few minutes with your health care provider, so being prepared can help you get the most of your visit. Here are some things that can help:

- Bring a list of your questions and concerns.
- Bring a list of all your medicines (including over-the-counter medicine and supplements) and how much (the dose) you take of each one.
- Repeat what your doctor tells you in your own words, to make sure you understand.
- Take notes.
- Ask how to reach your doctor between visits.
- Bring someone with you for support.

**If you don't understand your diagnosis, 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!**

**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 links.

Go to: [www.mymeba.org](http://www.mymeba.org)

## Your EAP

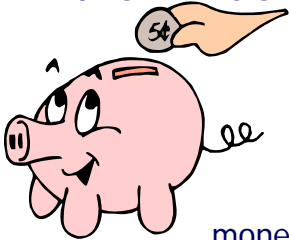
## Everything In Its Place

Made a resolution to finally get organized? Clear your mind, your workspace and your home with our tools and tips on living a clutter-free lifestyle. Your Employee Assistance Program (EAP) can help you learn new ways to bring order to your life at work and at home. Just log on to our website this month to read these feature articles:

- Balancing Work and Home When You Work From Home
- Taming the Scatterbrain
- Ten-Minute Organizing Tricks
- Time Management: Remember the Basics

Your EAP is available whenever you are. We can help you get back on track and stay there. Visit our website, [www.anthem.com/ca/meba](http://www.anthem.com/ca/meba) (password: MEBA), or call 800-999-7222, for free, confidential assistance from our team of EAP experts.

## Anthem Blue Cross News



### Save Money with SpecialOffers@Anthem!

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

Check out some of the discounts available:

#### Family & Home:

American Baby Magazine - Safe Beginnings - Senior Link - VPI Pet - Barnes & Noble

#### Fitness & Health

Jenny Craig - Weight Watchers - Lindora - GlobalFit - SelfHelpWorks - Choose Healthy

#### Medicine & Treatment

Drugstore.com - National Allergy Supply

#### Vision, Hearing & Dental

HearPO - TruVision - Premier Lasik

Check out all the discounts available to Anthem Blue Cross members at:

[www.anthem.com/ca/meba](http://www.anthem.com/ca/meba) > Health Extensions

And don't forget - Anthem's 360° can help you feel better and be healthier -

[www.anthem.com/ca](http://www.anthem.com/ca) > Health & Wellness

## Kaiser Korner

### Music as a Bridge to Wellness

By Harley Goldberg, D.O.



Whether it's a tune from your prom or the first dance at your wedding, music is often associated with special memories and celebrations.

Next time you listen to a song, notice how your body and mind respond to the music. Are you swaying, tapping, or maybe even nodding your head and smiling? It's easy to overlook, but music works the body. And now there's a growing body of science to show this. In fact, studies suggest that music may reduce depression, anxiety, and the need for sedatives. Joyful music has also been linked to improved blood flow through arteries. Incorporate more music into your day to enhance your health and happiness.

Kaiser Permanente gives you music to thrive. Go to:

[www.pihmusicoffer-kaiserpermanente.org](http://www.pihmusicoffer-kaiserpermanente.org) for free music downloads.

And don't forget to visit [www.kp.org](http://www.kp.org) for more health information.



A New Year's resolution is something that goes in one year and out the other.

Author Unknown