

Metropolitan Employees Benefits Association

MEBA Minute

April 2011



Brea Olinda USD
Buena Park SD
Capistrano USD
Charter Oak USD
Fullerton Joint UHSD
Fullerton SD
La Habra City SD
Orange County HS of the Arts

Best Doctors is here!

This is an entirely voluntary benefit.

It's also free and confidential – and you can access it without ever leaving home.

Helping Your Treatment Work

Brad was an active, 37-year-old father of two. One day, he woke up with numbness on one side of his body. His doctor, after a short exam, referred him for an MRI, which showed Brad had a cancerous tumor in his spinal cord. Brad's surgeon told him he would radiate the tumor and then operate. **The trouble was Brad didn't have a tumor at all** and the treatment offered to him would have almost certainly paralyzed him and possibly killed him.

Brad had access to the Best Doctors program that offered him an expert review of his case. Brad called Best Doctors, and the experts who reviewed his medical records and MRI recommended that Brad have a different imaging study to rule out a malformed blood vessel as the cause of his problem.

Brad followed the recommendation which showed that, in fact, he had one of these malformations. Brad still needed surgery, but it was a completely different procedure. Armed with the right diagnosis, Brad got the right surgery and avoided complications that were almost certain to have happened as a result of making a treatment decision based on the wrong diagnosis.

If you have questions or concerns about a diagnosis or treatment plan, 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!

Your EAP Employee Assistance Program (EAP)

New Website Features and Tools for MEBA Members!!

EAP offers a wide range of life services designed to support employees and their household members. From in-person counseling, to help with questions associated with aging parents, the EAP can help. Beginning January 1st you may have noticed a new look to our EAP website. Additionally, you will find new offerings, which are separate from the counseling services and include self-service web tools on a variety of topics including securing child care, dealing with stress, and balancing relationships.

Other new services include:

- More than 5,000 regularly updated articles
- Web site home page featuring new themes, articles and resources each month
- Enhanced, interactive self-search functionality
- Bilingual/bicultural Spanish articles and resources

To view our website you can simply click on the EAP link located on MEBA's intranet site at www.anthem.com/ca/meba or at www.anthemead.com Program Name: MEBA.

For a confidential, professional consultation 24 hours a day, 7 days a week at no cost to you, call us toll free (800) 999-7222.



Blue Cross News - 360° Health

Who Gets Diabetes?

Millions of Americans have been diagnosed with Type 2 diabetes. Many others have it and don't know it. Characterized by high blood sugar levels, diabetes comes in two forms: Type 1 and Type 2. Originally termed "juvenile diabetes", Type 1 diabetes is the inability of the body to make enough insulin. In Type 2 diabetes, the body either doesn't make enough insulin or the cells don't use the insulin that is made. Insulin is needed to move sugar from the bloodstream to the cells. Without insulin, the sugar stays in the bloodstream, and the cells throughout your body starve. Diabetes can lead to kidney failure, heart problems, blindness and many other health problems if it is not controlled.

By managing this condition with the right care, treatment and lifestyle changes, a patient diagnosed with diabetes can continue to live a happy, healthy life.

Do you have any of the following symptoms?

- Frequent or constant urination
- Unexplained or rapid weight loss
- Irritability
- Unusual hunger or thirst
- Easily fatigued
- Blurry vision

If you answered yes to any of these questions, or if you suspect you might have diabetes, call your doctor for an appointment.

How Can Your Health Plan Help?

We have a program specifically designed for our members with diabetes. Our program can even include assistance from a health coach – a registered nurse who can help you manage this condition and try to answer your questions. These professionals can also offer support and make suggestions that could help you pursue your lifestyle changes and improve your health. Of course, remember that your most important medical resource your doctor. **Call us today at 800-522-5560 for more information.**

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



No April Fooling – MEBA has a website!

The website contains a wealth of information – including benefit summaries, frequently asked questions, helpful health links, printable forms, and much, much more!

Visit today: www.mymeba.org

Kaiser Korner

Walking Your Way

Walking is a great way to ease into exercise. It's easy, free, and can be done anywhere, anytime. Walking burns calories, benefits your heart, muscles and bones, and is gentle on your joints. In fact, you can burn up almost as many calories walking briskly as you do when you run at a moderate pace. Even walking slowly (about two miles per hour) will give you considerable physical and psychological benefits. You may want to consider using a pedometer to keep track of how much you're walking. You'll get a pedometer when you sign up for our 10,000 Steps Program (go to www.kp.org to find out more about the 10,000 Steps Program). The program can help you count your steps and motivate you to increase your activity.

Getting Started

Start with a warm-up, which helps prevent muscle strain and gradually prepares your body for aerobic activity. A warm-up can be done in 5-10 minutes by gradually increasing the pace of your walk. After you're warmed up, you should walk briskly enough so that your effort increases to moderate intensity.

There are several ways to gauge whether you are walking at a moderate pace:

Listen to your body. Studies show that when people think they're exercising at a moderate level of exertion, they usually are.

Take the conversation test. At a moderate pace, you should be able to carry on a conversation.

Check your target heart rate. This requires a watch, taking your pulse and doing simple math. (Go to www.kp.org to read about target heart rate.)

Finish your walk with a cool-down, a gradual decrease of physical activity that eases your body's transition back to a resting state. Spending 5 – 10 minutes gradually slowing your movements allows your muscles to cool off and helps to avoid problems like dizziness.

Develop your own walking route

If you make up your own course, you may want to measure how far you walk. A general guideline for a moderate walking pace is two miles in 30 minutes, or about 15 minutes a mile.

Learn more about walking for wellness at www.kp.org