



Best Doctors

Health Matters

Great American Smoke-out

When smokers quit:

- Heart rate and blood pressure will drop
- Circulation improves and lung function increases
- Coughing and shortness of breath decrease
- Risk of coronary heart disease decreases
- Risk of stroke is reduced
- Risk of cancer of the lungs, mouth, throat, esophagus, bladder, cervix and pancreas decreases
- You will look and feel better, and save money too!

Quitting smoking is not easy, but it can be done!

With all the resources available to help smokers quit, there has never been a better time to quit. The American Cancer Society is here to help.

Call the American Cancer Society Quitline at 1-800-227-2345 to speak with a trained counselor to receive free, confidential counseling.

Heart or Lung 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.

Don't wait... Call 1-866-904-0910 today!

Did You Know?

- Best Doctors is a free and confidential service offered by your employer
- Best Doctors was founded by Harvard Medical School Physicians
- The Best Doctors service is offered over the phone
- Over 2 million people are covered under Best Doctors

Time to make your list... and check it twice!

- ✓✓ Visit the MEBA website

The MEBA website is a fast, convenient place to find a wealth of information including:

- helpful health information links
- health benefit summaries
- printable forms
- and much more

Check it out today!

www.mymeba.org



Your EAP

Getting a roommate? Having a baby? Or welcoming an adult child home again? Your Employee Assistance Program (EAP) can help by giving you tips for sharing your home, resources for new parents and articles on how to live with kids who move home again. Call or log on to get started. Log on to the EAP website to read such articles as:

- Adopting Children with Special Needs
- Bringing Your Baby Home
- How Do I Become a Foster Parent?
- Sandwich Generation: Caregivers in the Middle

Your EAP is available whenever you are. They can provide guidance for all life's issues, big and small. Visit the website or call for free, confidential assistance from the team of EAP experts.

Phone: 800-999-7222
www.anthemEAP.com
(password: MEBA)

Adding *in* to your home



Anthem Blue Cross News – 360° Health

Healthy Lifestyles – for a healthier workforce

Helping to improve the wellness of your employees is one of the best long-term strategies for helping to reduce your company's health care costs. Unhealthy lifestyle choices can directly impact more than your organization's bottom line. Tobacco use, obesity, stress and physical inactivity may also have a significant effect on employee productivity and happiness.

Transforming unhealthy lifestyles is not easy, which is why we focus on the five key behaviors that have a great impact on both your employees' health and the overall health of your organization:

- **Tobacco Cessation:** We offer an educational program and a personalized "quit" plan.
- **Weight Management:** From dietary education to personal coaching, we help members help themselves in order to reach and maintain a healthier weight.
- **Stress Management:** Members learn how to identify stress triggers and apply proven coping techniques every day.
- **Physical Activity:** We help members set achievable goals and offer incentives to help keep them motivated, healthier and happier.
- **Diet & Nutrition:** We help members make meaningful changes in their diet, even if they don't need to lose weight.

Let Anthem Blue Cross help your organization transform unhealthy habits and control costs with the **Healthy Lifestyles** program.

Call 800-522-5560 today
for more information and be
sure to check out the website:
www.anthem.com/ca/meba



Kaiser Korner

Stop the (holiday) madness

It happens every year: You vow to enjoy the holidays, spend quality time with your friends and family, and maybe even give back to your community. Then, little by little, your stress level increases. Family time becomes filled with anxiety. Holiday parties are another dreaded task on your to-do list. And all that shopping and entertaining causes worry over your budget.

If you find yourself losing the holiday spirit this year, we recommend you stop, take a deep breath, and then follow these tips for getting back to your jolly self.

- **Take a time-out.** Even a quick spin around the neighborhood to breathe in the fresh air and admire holiday displays can boost your mood. Try to find at least a few minutes every day for yourself.
- **Learn to say, "no."** If you're feeling overwhelmed, it's OK to skip a party or two. Or put off your volunteer work until the spring. Pick the events and efforts you truly want to be a part of, and let go of the guilt about sending your regrets to the others.
- **Sweat out the stress.** It's easy to let exercise take a back burner during the holidays, but physical activity can work wonders on your outlook.
- **Grab a pal.** Sometimes, a good chat with a friend is all you need to get back on track. Or, how about gathering a group for a relaxing at-home spa event?
- **Stay organized.** Fight that frazzled feeling by keeping your calendar up-to-date, organizing your space, and planning ahead.

And remember, if you feel overwhelmed or depressed for more than a couple weeks, it might be something more than a case of holiday stress. Speak with your physician or call Mental Health, Behavioral Health, or Member Services in your area to ask about resources that can help you.

For more information, visit www.kp.org