

Metropolitan Employees Benefits Association

# MEBA Minute

June 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

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer--basal cell and squamous-- are highly curable. However, **melanoma**, the third most common skin cancer, is more dangerous. Each year in the United States, more than 53,600 people learn they have melanoma. Melanoma is becoming more common every year. Certain people are more likely than others to develop skin cancer.

Risk factors vary, but some general ones are having:

- A lighter natural skin color.
- Family or personal history of skin cancer.
- Certain types/a large number of moles.
- Exposure to the sun through work and play.
- A history of sunburns early in life.
- Blue or green eyes or blond or red hair.
- Skin that burns, freckles, reddens, or becomes painful in the sun.

Often, the first sign of melanoma is a change in the size, shape, color, or feel of an existing mole. Most melanomas have a black or blue-black area. Melanoma also may appear as a new mole. It may be black, abnormal, or "ugly looking." If you have a question or concern about something on your skin, see your doctor. Do not try to diagnose it yourself.

### Skin cancer 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!

## Melanoma Cases on the Rise

## Your EAP

## Sleep To Your Health's Content

A good night's sleep is important. It's good for heart health, helps reduce stress, helps your focus and memory, and may actually help you manage your weight. Whether you have trouble falling asleep or you wake up in the middle of the night, your Employee Assistance Program (EAP) can help you learn more about how to get the sleep you need. Log on to the EAP website to read these articles:

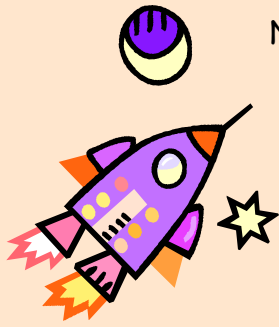
- Brain Basics: Understanding Sleep
- Tips for a Good Night's Sleep
- Facts about insomnia
- Infant Sleeping Patterns

Your EAP is available whenever you are. We can help you get back on track and stay there. Visit our website, or call for free, confidential assistance from our team of EAP experts.

Phone: 800-999-7222

Website: [www.anthemEAP.com](http://www.anthemEAP.com) (password: MEBA)





No matter where your summer travels may take you -

Be sure to check out the MEBA website!

The MEBA website is a fast, convenient place to find a wealth of information including: health benefit summaries, printable forms and helpful health information links. Check it out today!

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

## Anthem Blue Cross News - 360° Health

### Be on the Lookout for Coronary Artery Disease (CAD)

#### It can be stopped...and even reversed!

You may not know it if you have Coronary Artery Disease (CAD). In some people, CAD could be at work clogging their arteries with plaque, reducing the flow of blood to their hearts. The results can be chest pain, heart failure, heart attack, thousands in health care payments and a lower quality of life.

The good news is that CAD, once diagnosed, can be managed and even reversed.

Have you been diagnosed with CAD?

- Have you had coronary arteriography or coronary catheterization?
- Have you had a stress test?
- Have you had an echocardiogram (ECHO)?



These tests can help your doctor determine if you have CAD. If you have had any of these tests, talk with your doctor about the results, and make sure you know what they mean.

If you have experienced any of the following symptoms, it's best to call your doctor right away for an appointment:

- Chest discomfort with fainting or lightheadedness
- Shortness of breath, nausea or sweating
- Chest pain or tightness in the chest
- Heart attack

We are committed to helping our members with CAD in a number of ways. We have a program specifically for our members with CAD, which may include assistance from a **health coach** - a registered nurse who can help you manage this condition and try to answer your questions. Your health coach can even assist you to better follow your doctor's care plan or offer suggestions on making lifestyle changes to help you improve your health. Of course, remember that your most important medical resource is your doctor.

Call us today at 800-522-5560 for more information, and be sure to check out the website, [www.anthem.com/ca/meba](http://www.anthem.com/ca/meba) for information on a variety of health topics.

## Kaiser Korner

### 5 tips to help keep kids fit

You want your kids to be healthy and fit, but teaching kids to make healthy choices every day is tough. There's a lot of temptation out there! As childhood obesity rates and diabetes increase, kids' health seems more critical than ever. For parents, there are simple ways to support your children and set them up for healthy success.

Here are five ideas to get you started.

- Keep cut fruits and veggies—carrots, apples, celery, cucumbers—in the fridge where kids can see them easily and grab them when the mood to snack strikes. Save high-fat, high-calorie snacks for special occasions.
- Instead of hopping in the car, try walking or biking with your kids. Once you get to your destination, choose the stairs over the elevator. Or make a date for a winter hike.
- Cut back on sugary drinks. Instead of soda and sweet sports drinks, offer your kids water.
- Limit all screen time (computer, TV, video games) to 1 to 2 hours a day, including time spent on the computer for homework.
- Choose toys that encourage physical activity. Consider jump ropes, skates, and balls. Even better, grab that new football and challenge your whole family to a game!

For more tips & resources check out:

<http://thrivewithkp.org/healthy-kids/>

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

