

MEBA MINUTE

NOVEMBER 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

It's Open Enrollment Time!

Do you have additions or changes to make in your health benefits?

Below is a listing of when some of the MEBA districts have scheduled their open enrollments:

Brea Olinda USD: October 31 – November 18
Buena Park SD: October 31 – November 18
Capistrano USD: November 1 – November 15
Charter Oak USD: October 10 – November 18

Fullerton JUHSD: November 1 – November 22
Fullerton SD: October 17 – November 17
La Habra City SD: October 25 – November 18
Orange County HS of the Arts: December 1 – December 31

If you are making changes to your health benefits,
be sure to return the paperwork promptly to guarantee you get your new ID cards!
For more information, please contact your Human Resources Department.

Best Doctors

Early Detection Key to Diagnosing Breast Cancer

Breast cancer is the second leading cause of cancer death in women after lung cancer. One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Additional changes that may also be signs of breast cancer include:

- Any new, hard lump or thickening in any part of the breast
- Change in breast size or shape, or dimpling or puckering of the skin
- Swelling, redness or warmth that does not go away
- Pain in one spot that does not vary with your monthly cycle
- Pulling in of the nipple or nipple discharge that starts suddenly and appears only in one breast
- An itchy, sore or scaling area on one nipple



It is important for women to practice the elements of good breast health, which means:

- Obtaining regular mammography screening starting at age 40
- Obtaining annual clinical breast exams
- Performing monthly breast-self exams
- Obtaining a risk assessment from a physician

Concerned about a diagnosis of breast cancer or questioning your treatment plan?

Best Doctors Can Help!

- Have an expert look at your diagnosis and treatment plan.
- Provide you & 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!



Anthem Blue Cross News - 360° Health

Do You Have COPD?

Some people have Chronic Obstructive Pulmonary Disease (COPD) but don't know it. In early stages, there are not many symptoms. But in later stages, it is the fourth leading cause of death in the United States. The good news is that with treatment by a physician you can manage this condition and achieve a healthier life. And through our COPD program, we can offer additional support and help you work with your doctor.

Two different diseases are described by the condition. They are:

Emphysema – air sacs and the small airways in the member's lungs are damaged – they lose their stretch. The trapped stale air and the damaged blood vessels in the air sacs make it harder to get oxygen into the lungs and carbon dioxide out.

Chronic bronchitis – airways are swollen and inflamed causing the body to make excess mucus. The result is a lot of coughing and often infection. Breathing is harder because the airways are smaller and tighter.

Many people with COPD have both of the above. If you suspect you have COPD, call your doctor for an appointment. Remember that your doctor is the most important resource for care and advice for any disease or condition.

Our COPD management program is designed to offer additional support and helpful tools if you have this condition. This may include assistance from a **health coach** – a registered nurse who can help you manage your condition and help answer your questions. Your health coach can even assist you to better follow your doctor's care plan or give recommendations on making lifestyle changes to improve your health.

**Call today at 800-522-5560
for more information.**

**Also, be sure to check out the website:
www.anthem.com/ca/meba**

Thankful... for 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

The ABCs of being a good co-worker

Today's workforce often has more than one generation and everyone has to get along to succeed. If no one ever agrees or there's no trust, how can your team work together? Your Employee Assistance Program (EAP) can help with ideas on how to work together and how to work out differences of opinion.

Log on to the website to read such articles as:

- ✦ Co-worker Conversations: Stop Typing!
- ✦ Diversity and Disabilities
- ✦ Cross-Cultural Communication Tips for Americans
- ✦ Team Building with Gen X and Gen Y

Your EAP is available whenever you are. They can help you any time of the day or night with 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)



Kaiser Korner

Drop the pounds, help drop your diabetes risk

If you're overweight or obese, you're at greater risk for serious health conditions, including diabetes. That's the bad news.

Now, here's the good news. "Maintaining an adequate weight and exercising regularly can help prevent diabetes," says Kaiser Permanente's Manish Jain, MD.

"I always emphasize to my patients that diabetes can be controlled, and in some cases prevented, with diet modifications and weight loss," Dr. Jain explains.

Reaching a healthy weight is possible, and you've got resources and support at your fingertips. If you're ready to make a change that can improve your health, start with the following steps:

- Join other people who want to learn how to eat better and exercise more. Look at nutrition and exercise classes offered in your area. Some classes may require a fee.
- Sign up for online resources and support at no cost to members, with the HealthMedia® Balance® program. You'll receive a personalized program of motivation and ongoing encouragement.
- Learn more from our online healthy weight resource center that offers tools and advice for reaching and maintaining a healthy weight.

Possible signs that you may have diabetes include excessive thirst, frequent urination, extreme hunger or fatigue, or blurry vision. Talk to your doctor about your risk for diabetes and your weight.

For more health information, visit www.kp.org