

MEBA Minute

October 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 (Tentative)
Fullerton SD: October 17 – November 17
La Habra City SD: November 1 – November 30
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

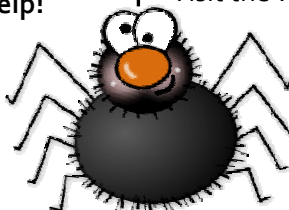
Prostate Cancer Prevention

- Prostate cancer is the second most common type of cancer among U.S. men, after skin cancer
- The American Cancer Society estimates there will be 192,280 new cases of prostate cancer in the U.S. this year and 27,360 deaths
- Prostate cancer usually doesn't produce any noticeable symptoms in its early stages. When urinary signs and symptoms do occur, they can include:
 - Trouble urinating
 - Starting and stopping while urinating
 - Decreased force in the stream of urine
- Ask your doctor about prostate cancer screening
 - Screening looks for cancer before a person has any symptoms
 - When abnormal tissue or cancer is found early, it may be easier to treat.
 - If you wait until symptoms appear, the cancer may have already begun to spread.

Concerned about a diagnosis of prostate cancer or questioning your treatment plan? Best Doctors can help!

- Have an expert look at your diagnosis and treatment plan
- Provide you with access to the opinions of top specialists
- Answer your questions from diagnosis through recovery

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



Your EAP

Information Overload:

Getting Through the Chaos

"It's true! I saw it online!" News about food scares, politics or medical advances travels fast. It's almost impossible to know what's real. And sometimes the wrong information can cause you anxiety and distress. Your Employee Assistance Program (EAP) can help with tips on finding trustworthy sites to help separate the fact from the fiction.

Log on to the website to read such articles as:

- ⊕ Getting More Than You Asked For
- ⊕ You've Got Spam: How to "Can" Unwanted Email
- ⊕ Monitoring Your Child's Contact With the Surrounding World
- ⊕ The 411 on Disposing of Your Old Cell Phone

Your EAP is available whenever you are. They can help you with 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)

MEBA Flu Shot Clinics

The annual MEBA sponsored seasonal **FREE** flu shot clinics are scheduled!

#1 When:

Wednesday, October 5th

Where:

Capistrano District Office
33122 Valle Road
Capistrano, 92675

Time:

1:00pm – 6:00pm

#2 When:

Wednesday, October 19th

Where:

Brea Community Center
695 Madison Way
Brea, 92821

Time:

1:00pm – 6:00pm

The seasonal flu shots are **FREE** to all of the following:

- Any **ACTIVE** employee from a school district that is a member of MEBA.
- **DEPENDENTS** 18 years or older who are currently covered by one of the MEBA health plans.
- **RETIREES** who are currently covered under one of the MEBA health plans.

*Note: Clinics close at 6:00pm.
Please arrive early.*

Kaiser Korner

Fight the flu

"A flu shot is your best protection against catching the flu," says Randy Bergen, MD, pediatric infectious disease specialist at Kaiser Permanente. The flu virus changes often. The protection given by the flu vaccine only lasts for about a year, so you need to get a flu shot every year, preferably in the fall.

The Centers for Disease Control and Prevention recommends that children 6 months and older, and every adult, get vaccinated against the flu. Children and adults who have a chronic health condition or weakened immune system, adults 65 or older, or smokers who are between 19 and 64 should also get a pneumonia vaccine. When you come in for your flu shot, ask if you need a pneumonia vaccine.

Flu shots are safe and won't give you the flu and are available at no cost to members.

What to do if you get the flu

1. Don't ask for antibiotics, which won't help because the flu is caused by a virus.
2. Stay home to help avoid spreading the flu to others.
3. Wash your hands often and avoid touching your face.
4. Use home remedies or over-the-counter medications, but don't give any cough or cold products to children 6 years old or younger.

For more health information, visit www.kp.org

Anthem Blue Cross News – 360° Health

ConditionCare: Heart Failure

Help in a heartbeat

Heart failure. It's a scary term that simply means your heart isn't doing its job efficiently. If you've been diagnosed with heart failure, your heart has trouble pumping the blood needed to carry oxygen and nutrients throughout your body. Approximately 5 million people in America are living with heart failure. Many of them are enjoying full and comfortable lives.

The registered nurses with **ConditionCare** want to help you live well with heart failure, too. If you decide to take advantage of this program, a ConditionCare nurse will call to see how you're doing and offer ideas that can help you follow your doctor's advice. In addition to the initial phone call, you'll receive:

- Follow-up calls, if needed. Since ConditionCare is included with your health plan, there's no extra charge for this personalized service.
- A welcome packet full of tools and information to help you keep track of your symptoms, eat foods low in sodium and saturated fat, understand the various medications you may be taking and more.
- A quarterly newsletter with tips and articles designed to help you maintain or improve your health.
- A toll-free number you can call to speak with a registered nurse any time of the day or night — a real comfort if your symptoms should get worse.

Heart failure can be managed. ConditionCare can help.

To get started, call toll free 800-522-5560.

Also, be sure to check out the website:

www.anthem.com/ca/meba



Once you've finished sorting through all that Halloween candy... Don't forget to visit the MEBA website!



The MEBA website is a fast, convenient place to find a wealth of information including: health benefit summaries, printable forms, helpful health information links, and much more.

Check it out today!

www.mymeba.org