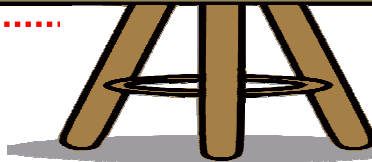


# MEBA Minute

September 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

### One Member's Story

"I was getting mixed opinions from different doctors about a medical condition. I didn't know whose advice to follow so I decided to call Best Doctors. I received a report from Best Doctors that recommended three different tests that gave me a much better idea of what needs to be done. The information I have from Best Doctors gave me the information I needed to get to the bottom of my problem and start treating my condition. I am fortunate that I have access to Best Doctors and I have already recommended the service to someone else."

*Marie, Best Doctors member*

If you have questions about your diagnosis or symptoms don't seem to be changing with your current treatment, call Best Doctors.

### Are Your Symptoms Not Improving...

Even After You Have Followed The Doctor's Instructions?

- In the fast paced world of medicine, even good physicians can get a diagnosis wrong or select the wrong treatment.
- One in five patients is treated based on an incorrect diagnosis.
- People who have called Best Doctors find their diagnosis is changed **22%** of the time and their treatment is changed **61%** of the time.
- Best Doctors has a team of top expert doctors who will review your case and make sure you are on the right path, so call Best Doctors today.
- It can never hurt to get a second opinion on your medical condition.

### Did You Know?

- Best Doctors is a free and confidential service
- Best Doctors was founded by Harvard Medical School Physicians
- Over 2 million people are covered under Best Doctors
- There are over 50,000 Expert Specialists that work with Best Doctors

If you have questions call  
1-866-904-0910 today!

## Your EAP

### Taking Action In Your Child's Success

Being involved is one way to help your child succeed in school. It's important to have a home environment where your child can learn. Set high standards, and stay in touch with your child's teachers. Your Employee Assistance Program (EAP) can give you information and resources to help you support your child. Log on to our website this month to read these feature articles:

- Questions Parents Ask About Schools: Introduction
- How Parents Can Help Their Child Prepare for Higher Education
- Parents: Campus Safety 101 When Touring Colleges
- Supporting Your College Freshman

Your EAP is available whenever you are. Reach out to us any time of the day or night for help on a wide range of issues. Visit our website or call for free, confidential assistance from our team of EAP experts.

Phone: 800-999-7222  
[www.anthemEAP.com](http://www.anthemEAP.com)  
(password: MEBA)



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

**Open Enrollment** is right around the corner!

Look for more information in the next MEBA Minute...

## Anthem Blue Cross News - 360° Health

### ComplexCare... Personalized support when you need it the most.

If you have multiple health care issues or have a condition that puts you at risk for frequent and high levels of medical care, there's a program that may help. Registered nurses in our **ComplexCare** program are available 24 hours a day, seven days a week to support and assist you in managing your personal health care needs.

The nurses in this program are trained in helping our members who are receiving a high-level of medical care. Your nurse works with you and your treating physician to create an individualized plan that includes goals to help promote self-management of your condition.

#### Here's what your nurse care manager can offer:

- Personalized attention, goal planning and health and lifestyle coaching
- Strategies to help promote self-management skills and medication adherence
- Resources to answer health-related questions for specific treatments
- Access to other essential medical management programs
- Coordination of care between your providers and other services you may need
- Provide information to help you make informed decisions about your health care



**ComplexCare** is specifically designed to help you effectively manage your condition and help improve your health status and quality of life. Call the Customer Service telephone number on your ID card to take advantage of this important program. To learn more about your condition, call your doctor or visit the Condition Centers at MyHealth@Anthem on Anthem.com/ca.

Be sure to check out the website: [www.anthem.com/ca/meba](http://www.anthem.com/ca/meba)

## Kaiser Korner

### What's on the menu?

If you're trying to get answers to calorie questions while dining out, the guessing game is over, thanks to California's food labeling laws.

Since July 1, 2009, restaurant franchises with 20 or more locations are required to have a brochure of nutritional facts available to their customers. And starting January 1, 2011, the number of calories for standard items must be printed on menus.

With this calorie information, you can make smarter choices about what to eat and how to plan your meals for the day.

"If you see that you're ordering something high in calories, then maybe don't order dessert, or work it off later by walking the dog or going to the gym," says Al Ray, MD, a Kaiser Permanente family medicine physician at our San Diego Medical Center/Kaiser Foundation Hospital.

Review this list of sample meals and calorie counts and get started even before you arrive at the restaurant.

Dish	Calories
Panera Bread's Mediterranean Salmon Salad	480
P.F. Chang's Chicken Lettuce Wraps (four servings)	640
Denny's All-American Grand Slam (sides not included)	820
California Pizza Kitchen's Original BBQ Chicken Pizza	1,136
Olive Garden's Fettuccine Alfredo	1,220
Chili's Quesadilla Explosion Salad	1,400
Cheesecake Factory's Chicken and Biscuits	2,260



Making good choices when eating out is just one part of managing your weight and maintaining a healthy diet.

For more health information, visit [www.kp.org](http://www.kp.org)



### Back to School means... Back to Homework!

#### So 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](http://www.mymeba.org)

## MEBA Flu Shot Clinics

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

#### #1

##### When:

Wednesday, October 5<sup>th</sup>

##### Where:

Capistrano District Office  
33122 Valle Road  
Capistrano, 92675

##### Time:

1:00pm - 6:00pm

#### #2

##### When:

Wednesday, October 19<sup>th</sup>

##### 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.
- **RETIREEES** who are currently covered under one of the MEBA health plans.

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