

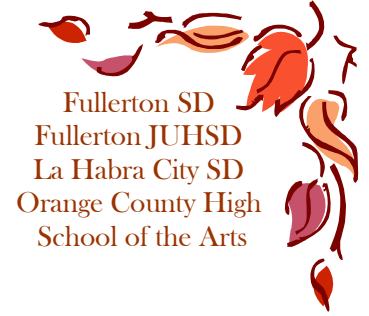
November 2008



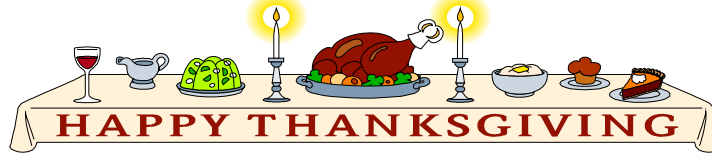
Brea Olinda USD
Buena Park SD
Capistrano USD
Charter Oak USD

The MEBA Minute

Metropolitan Employees Benefits Association



Fullerton SD
Fullerton JUHSD
La Habra City SD
Orange County High
School of the Arts



Flu Season is coming -

Don't miss getting your FREE flu shot!
MEBA is sponsoring flu shot clinics on the following dates and locations:

November 6th, 2 p.m. - 6 p.m.
Brea Community Center
695 E. Madison Way
Brea, CA 92821

November 13th, 2 p.m. - 5 p.m.
Gilbert Elementary School
7255 W. 8th St.
Buena Park, CA 90621

Flu shots will be offered FREE of charge to the following:

- Any active employee from a school district that is a member of MEBA.
- Dependents 18 yrs 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.

You MUST bring and present a valid insurance card as verification of eligibility.

OPEN ENROLLMENT IS HERE!

The following districts have scheduled their open enrollment dates:

Brea Olinda USD: November 1st - November 30th
 Buena Park SD: November 1st - November 30th
 Capistrano USD: October 15th - November 7th
 Charter Oak USD: October 20th - November 10th
 Fullerton SD: November 3rd - November 18th
 Fullerton JUHSD: November 3rd - November 24th
 La Habra City SD: November 1st - November 30th

Your EAP

Holidays the Healthy Way

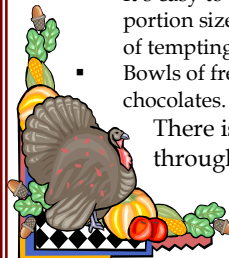
The holidays are coming, which means lots of family, fun...and FOOD! But it doesn't have to mean extra pounds. Below are tips you and your family can use to maintain a healthy lifestyle this holiday season.

Let the holiday spirit move you!

- Play some backyard football or Frisbee with children and adults before the big holiday dinner or during football half time.
- Dance or exercise to your favorite holiday music.
- Be physically active to avoid or relieve holiday stress.

Healthy Holiday Eating

- It's easy to overindulge during the holidays. Make sure to watch portion sizes and select one or two of your favorites from the host of tempting foods.
- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates.



There is a wealth of information and services available through your EAP, call (800)999-7222, (24/7) or go online at www.anthem.com/ca/meba

Program Name: MEBA

TMJ Problems - A Real Grind

November is TMJ Awareness Month! Temporomandibular joint syndrome (TMJ) affects 60 million Americans and is twice as prevalent in women as men. The Temporomandibular joint is a joint just in front of the ear where the condyles (ends) of the lower jaw (mandible) meet the skull.

Symptoms - Some common symptoms of TMJ are a "clicking" or "popping" sound when opening the mouth, the jaw shifting to one side when opening, headaches, earaches, stiff neck, dizziness, pain in the jaw muscles, limited jaw opening and facial pain. Often these symptoms develop because of what we do to our teeth and jaws during periods of stress. The muscles that open and close our jaws become overworked and go into spasm. Contributing factors include grinding or clenching the teeth, as well as oral habits such as lip or cheek biting, protruding the chin, biting our nails or biting down on a pipe or pen resting in the mouth.

Treatment - First definitive TMJ diagnosis is needed. This can be obtained through a clinical examination, oral history of the problem, medical history, x-rays and study casts. Treatment can vary depending on the risk factors, severity of the problem, condition of the bite and relationship of the jaws, and can include refraining from certain foods, adjustment or smoothing down of the bite, mouth exercises and relaxation techniques, moist heat or medication. Most people get relief within a few days. If the problem has been longstanding, treatment will probably take more time.

Anthem Blue Cross News

360° Health

Good health is your most valuable asset – make the most of it.

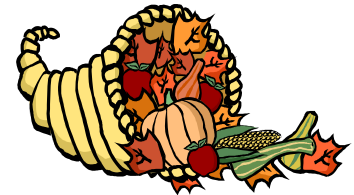
ComplexCare: Personalized support when you need it the most

If you have multiple health care issues or have a condition that puts you at risk for frequent and high levels of medical care, a program may help. Our personalized **ComplexCare** program can provide you with the resources you need to optimize your health and the one-on-one attention you deserve.

The highly skilled nurses in this program are trained in helping our members who are receiving a high-level of medical care, for conditions such as cancer or chronic kidney disease. You'll work with one nurse while you're in the program, who also works with you and your treating physician to create an individualized plan that includes goals to help promote self-management of your condition. Additionally, we have nurses available 24 hours a day, seven days a week to support you, should you need additional assistance.

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

- Personalized one-on-one 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
- 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. To learn more about your condition, call your doctor or visit the Condition Centers at anthem.com/ca/meba.
Program Name: MEBA.

Or call today at (800) 522-5560 for more information.

Ah! on Thanksgiving day....

When the care-wearied man seeks his mother once more,
And the worn matron smiles where the girl smiled before.

What moistens the lips and what brightens the eye?

What calls back the past, like rich pumpkin pie?

~John Greenleaf Whittier

Kaiser Korner

Spread The Love, Not The Flu

The Flu is More Serious Than the Common Cold

It's also very easy to transmit to other people. The best way to prevent respiratory flu is to get a flu shot each fall. Everyone in your household should get a yearly flu shot, but it's especially important for:

- All children 6 months to 18 years old.
- Anyone 50 or older.
- Anyone with a chronic health condition like diabetes, heart or lung disease, liver or kidney disease, sickle cell disease, cancer, alcoholism, persistent asthma, or immunosuppression (including the early stages of HIV).
- Pregnant women.
- Health care workers.
- Anyone living with or caring for someone in any of the above categories or with a child under 6 months old.

Where and When To Get Your Free Flu Shot

Our flu shot clinics opened in mid-October. Free vaccinations are also available at Kaiser Permanente facilities throughout the winter. To find out where, call toll free **1-866-706-6358 (1-866-70-NO-FLU)**. Shots received January through March will still help protect you during flu season. However, if you're at high risk, plan on getting immunized early.

Remember, getting vaccinated is easy and safe.

For more information about preventing and treating the flu, check your Kaiser Permanente Healthwise® Handbook or visit www.kp.org/flu.