

MEBA Minute

Summer Issue 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

Brenda's Story -- Do I really need surgery?

Brenda is an active teacher who had right knee pain for months. She was diagnosed with arthritis in both knees. Medications and steroid injections were prescribed but with little improvement. Her physician recommended total knee replacement surgery for both knees. She called Best Doctors.

Brenda shared her history with Best Doctors and her concerns about surgery – fearing a long, painful rehabilitation and a hindrance to her normal activities. The Best Doctors Expert reviewed her full diagnostic workup including knee X-rays and MRI scans. Considering these test results and that Brenda was walking 3 miles several times a week, the Expert disagreed with the need for knee replacement surgery. The Best Doctors Expert recommended medications for the pain and physical therapy to strengthen weakened leg muscles.

Brenda and her doctor decided to follow Best Doctors recommendations. Today Brenda continues her 3-mile walks, relieved by less aggressive options than surgery.



Michael's Story -- Best Doctors Video Testimonial

You may have heard the story about baby Michael – a 6 week old boy whose life was saved when his parents contacted Best Doctors.

It was quite an event when he and his parents arrived at the Best Doctors Boston office, and it was captured on film by Fox News.

For the full story visit: <http://www.bestdoctors.com/us/Videos/Michael-s-Story.aspx>

Roslyn's Story -- Why is my health getting worse?

After Roslyn's doctor discovered a lump in her throat, she saw a number of specialists who told her it was a goiter. Her doctors performed many tests, including a biopsy that was normal. After months of treatment with medications, the lump grew larger and Roselyn felt worse. Her doctors continued to recommend that she "just keep an eye on it." So Roslyn called Best Doctors.

Best Doctors re-tested the tissue from her original biopsy and determined that her biopsy was in fact, not normal. The Best Doctors Expert recommended immediate removal of her thyroid. Roslyn and her doctor took Best Doctors' advice, and Roslyn underwent surgery. Tests on her removed thyroid showed that she did, in fact, have cancer.

Thanks to Best Doctors, Roslyn's cancer was caught in time. Today she is well on the road to full recovery and has a bright future ahead.

Make Best Doctor's Your Story... Call 1-866-904-0910 today!



Do you have a summer "To Do" list? You might consider adding a visit to 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

Anthem Blue Cross News – 360° Health

ConditionCare Wake up, feel better, repeat daily

If you have a chronic medical condition, let us help you get more out of life.

ConditionCare Nurse Coaches help people of all ages manage the symptoms of asthma and diabetes. And they work closely with adults who are dealing with chronic obstructive pulmonary disease (COPD), heart failure (HF), and coronary artery disease (CAD).

With ConditionCare, you'll get the information you need to feel your very best — day after glorious day. Our Nurse Coaches gather information from you and your doctor. Then they create a personalized plan for you.

When you join ConditionCare, you'll receive:

- 24-hour toll-free access to Nurse Coaches who'll answer your questions and support you in making lifestyle changes that can improve your health.
- An initial health evaluation and follow-up calls, if needed. Our Nurse Coaches consult with pharmacists, dietitians, doctors and other medical professionals to bring you the very latest information.
- Care guides, prevention reminders and other helpful tools.
- Depression screenings and referrals to behavioral health professionals, as needed, to help improve your quality of life.

Information and encouragement are as close as your phone. Sign up for ConditionCare at No additional cost or obligation By calling our toll-free number: 800-522-5560.



Remember to check out the Anthem Blue Cross website: www.anthem.com/ca/meba.

Your EAP

Help your child cope with summer camp

Tears, tummy aches, worry, sleeplessness. These can all be signs of homesickness when a child is at summer camp. But homesickness is normal; many children and teens at a resident camp feel homesick at least one day during their stay.

How do you take care of this and other summertime ailments? Before and after your child leaves for camp, the remedy is being prepared and patient.

- ➔ Let your child take part in planning for camp
- ➔ Encourage independence all year long
- ➔ Think about a buddy
- ➔ Pack something special
- ➔ Prepare for camp experiences
- ➔ Send a letter
- ➔ Make a phone call pact
- ➔ Resist the urge to rescue
- ➔ Get a camp preview



Phone: 800-999-7222

www.anthemEAP.com (password: MEBA)

Kaiser Korner

Try our tips for a healthier heart

Looking for ways to reduce your risk for heart disease? Start with one of the most valuable: Manage your blood pressure. Keeping your blood pressure in check means your heart doesn't have to work harder than necessary.

Here are five ways you can benefit your cardiac health:



1. **Watch your diet.** Avoid a lot of processed foods or pre-packaged snacks. Add more whole grains and fresh produce to your meals, and stick to small amounts of healthy fats like those found in nuts, fish, and olive oil.
2. **Learn your family history, and share it with your doctor.** You can't control your genes, but your physician can work with you to manage risk factors.
3. **Aim to fit in at least 30 minutes of exercise most days.** It doesn't have to be all at once — doing a few sessions of several minutes each is just as helpful.
4. **Find healthy ways to manage stress.** Practice meditation or yoga. Schedule an activity with a friend. Take a brisk walk outside during the day.
5. **If you smoke, commit to quitting.** Smoking is one of the biggest risk factors for developing heart disease.

Remember, you don't need to make all of these changes at once. Pick one or two to focus on... And stay informed.

If you have specific questions about your heart care and controlling your blood pressure, talk to your doctor.

And don't forget to visit www.kp.org for more health information.

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.