

Join Us!

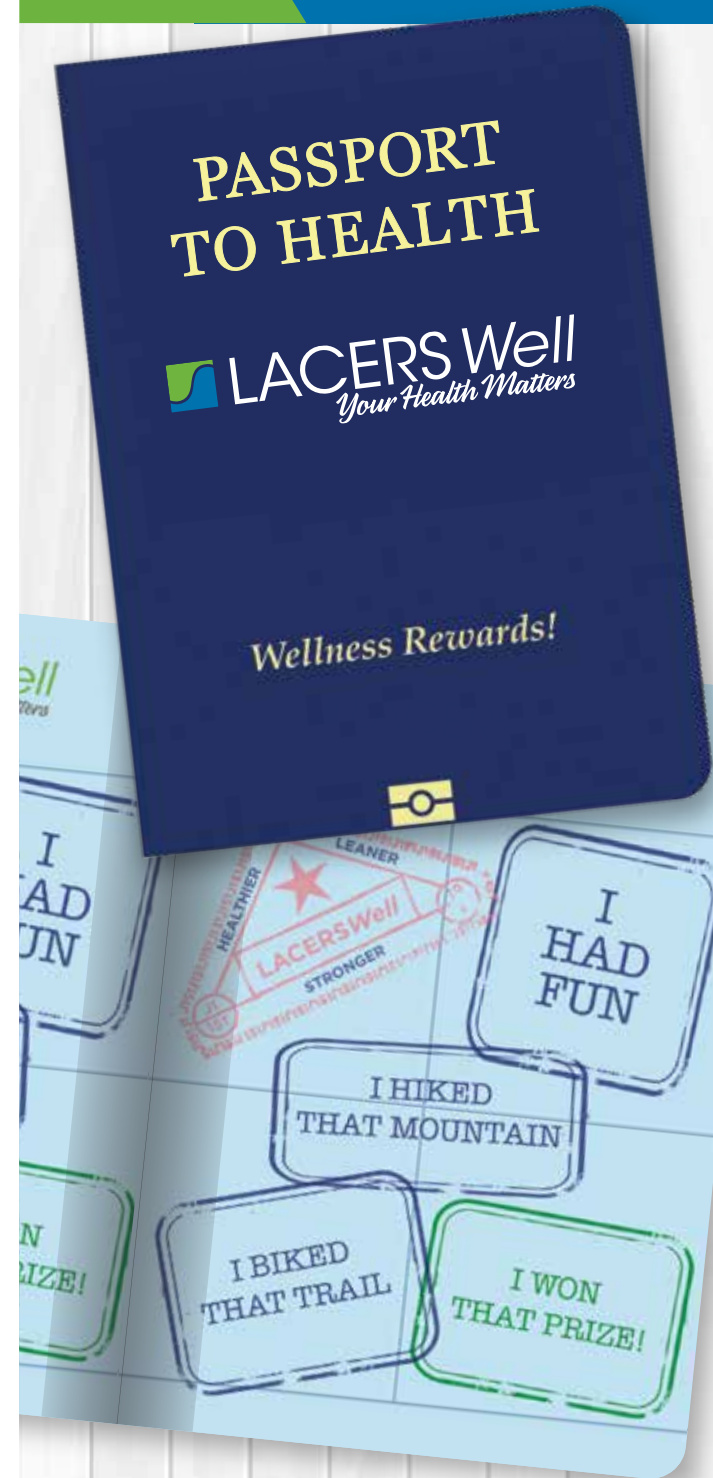


PLACE
STAMP
HERE

LACERS Well
P.O. Box 512218
Los Angeles, CA 90051-9861



Please visit the LACERS Well website
at www.LACERS.org/lacerswell
for information on upcoming
activities and events!



Become Eligible for Exclusive Events, Exceptional Prizes, and More!

Directions: 1) Complete all contact information. 2) Earn “Passport to Health” points by participating in LACERS Well activities. 3) Once you have earned five points, seal the Passport with a piece of tape and mail to LACERS Well for entry into monthly prize drawings. It’s that easy! Each time you earn five points, you may submit additional completed passports for chances to win more prizes.

Member Name: _____ **Home Phone #:** _____ **Mobile Phone #:** _____

Address: _____ **Email:** _____

Enter Your “Passport to Health” Points Here:

(For eligible LACERS Well events and point values, see enclosed reference sheet or visit us online at www.LACERS.org/lacerswell)

Event Name	Date	Location	Points
Example: Hollywood Hike	1/16/18	Lake Hollywood Park	1
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

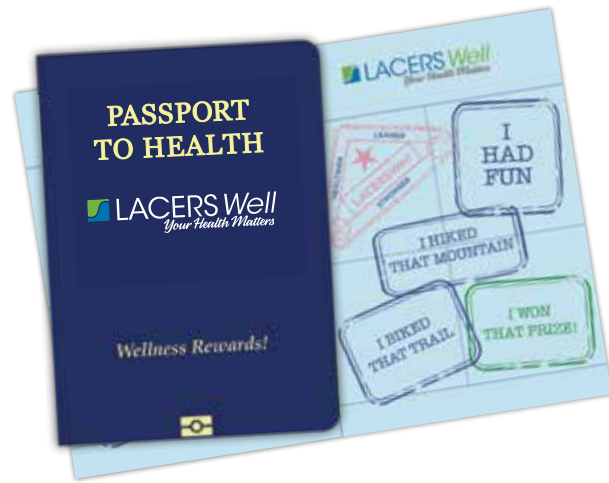
Total Points = _____

Mail in your Passport once you earn five points

Questions? Contact LACERS at (800) 779-8328 or at lacers.services@lacers.org.

PASSPORT TO HEALTH

Points Reference Guide



You only need to earn 5 points to be eligible for monthly prize drawings and invitations to exclusive events.

Just enter into your “Passport to Health” the corresponding point value of each LACERS Well Activity you complete. For every five points you earn, submit your completed Passport to LACERS to be entered into a monthly prize drawing and to be eligible to attend exclusive events.

You can either email a scanned copy or photograph of your completed Passport to lacers.services@lacers.org or mail it to LACERS.

LACERS Well Activities	Point Value
• Complete a disease management program, such as The Healthier Living with Chronic Diseases workshop or Diabetes Prevention Program	5
• Submit confirmation of a Dental/Vision screening	5
• Attend a Wellness Extravaganza	3
• Attend a Silver&Fit / SilverSneakers Open House	3
• Attend a LACERS-sponsored Technology Workshop	3
• Complete the Diabetes Prevention Program Quiz	2
• Participate in a Health Plan Carrier Webinar	2
• Bring a new LACERS Member to a Well event	2
• Attend a Champion-led event, such as walk, hike, bike ride, etc.	1
• Attend a LACERS-sponsored or approved event	1

Want more points? Become a Champion! New Champions earn five points (a full Passport) just for signing up. Also, Champions earn points for attending quarterly planning meetings.

Can't attend our events? Contact LACERS Well to find out other ways you can earn points.

Turn this page over for a glimpse of all the fun, healthy Champion-led events near you