

Join Us!

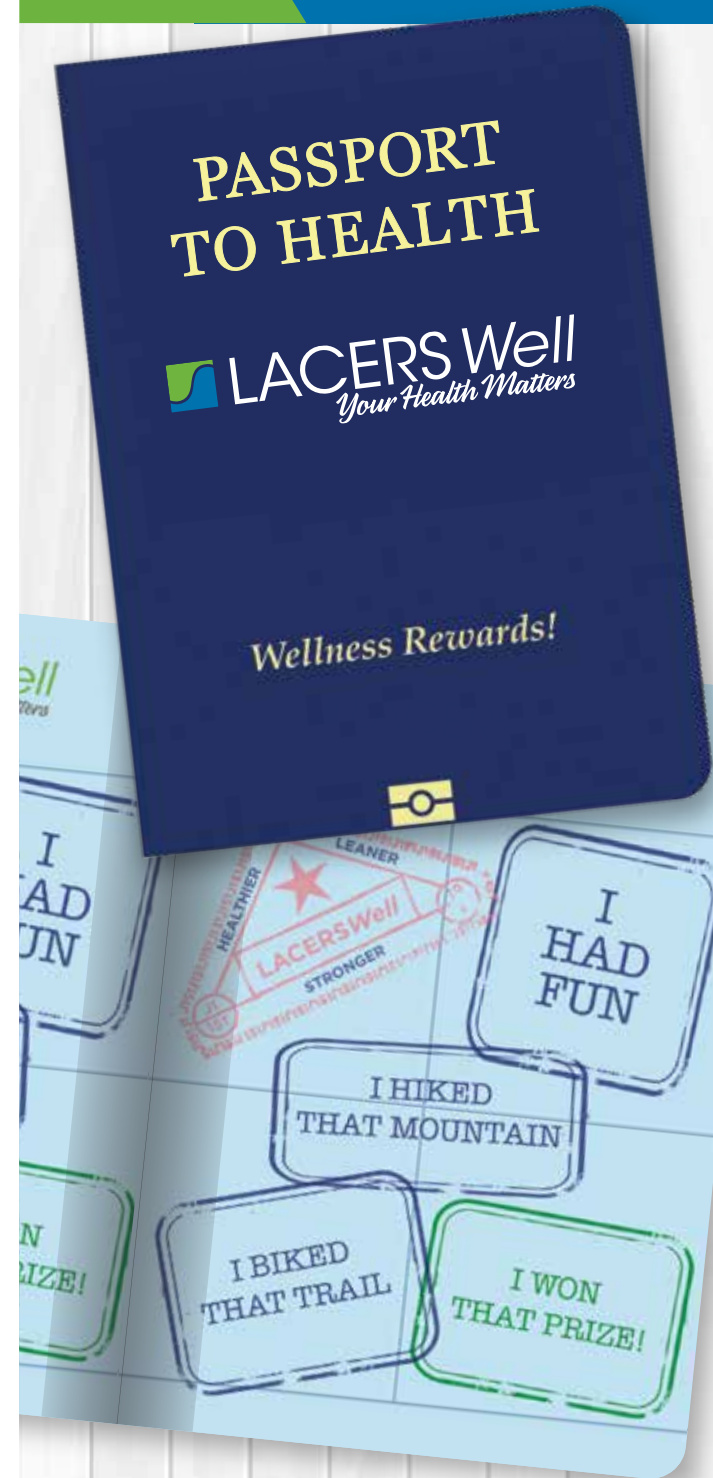


PLACE
STAMP
HERE

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
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

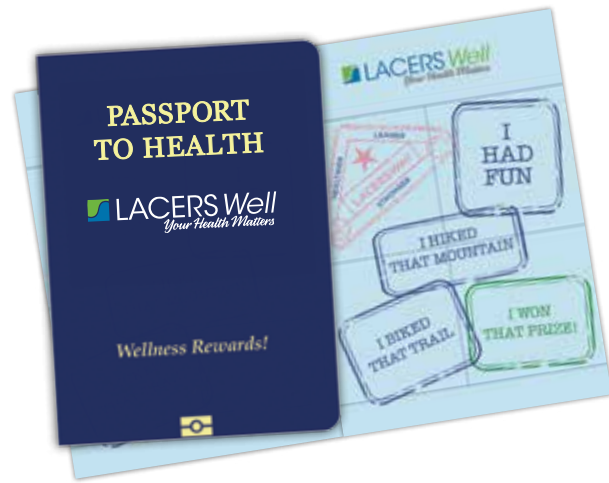
Total Points = _____

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

Champion-led Events

These fun, healthy activities offered by fellow LACERS retirees help you earn points for your Passport. For a full listing of Champion-led events, visit www.LACERS.org/lacerswell.

- **Commissioner Cynthia Ruiz Griffith Park Hike**
Griffith Park Auditorium, Los Angeles
1st Friday of the month
8:00 a.m. (time and starting location vary per season)
Contact Tara Miller at LACERSWell@LACERS.org
- **Monthly Bike Ride in Griffith Park**
3rd Saturday or Sunday of the month, 10 a.m.
Contact Ron Skarin at ronskarin@sbcglobal.net
- **Kaiser Permanente Baldwin Hills/Crenshaw Medical Facility Walk and Fitness**
Every Thursday, 11 a.m.
Contact Avis Ridley-Thomas at avisridleythomas@me.com
- **West Covina Mall Walk**
Every Wednesday, 8:30 a.m. — 10 a.m.
Contact Pablo and Vivian Cortez at pabcrt6@aol.com
- **Lakewood Center Mall Walk**
Every Monday, 6 a.m.
Contact Beverly Anderson at the.andersons@verizon.net
- **Madrugada Trail Hike, Chino Hills**
Every Sunday, 4 p.m. — 5:30 p.m.
Contact Eugene Mandelcorn at firstfeatures@mail.com
- **Buddy Walk for Life**
Kaiser Permanente Baldwin Park
1st Friday of the month, 8 a.m. — 10 a.m.
Contact Mariam Galang at mariamgalang@gmail.com
- **Playa Del Rey Beach Walk**
Every Friday, 9 a.m.
Contact Frankie Gallagher at Frankiequeenofhearts@yahoo.com
- **Van Nuys Sherman Oaks Park Walk**
2nd and 4th Tuesday of the month, 9 a.m.
Contact Debby Rolland at debbylr22@gmail.com
- **El Cariso Park Walk, Sylmar**
Every Monday, 8 a.m.
Contact Irene Galvan at ronnie20dav@gmail.com

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