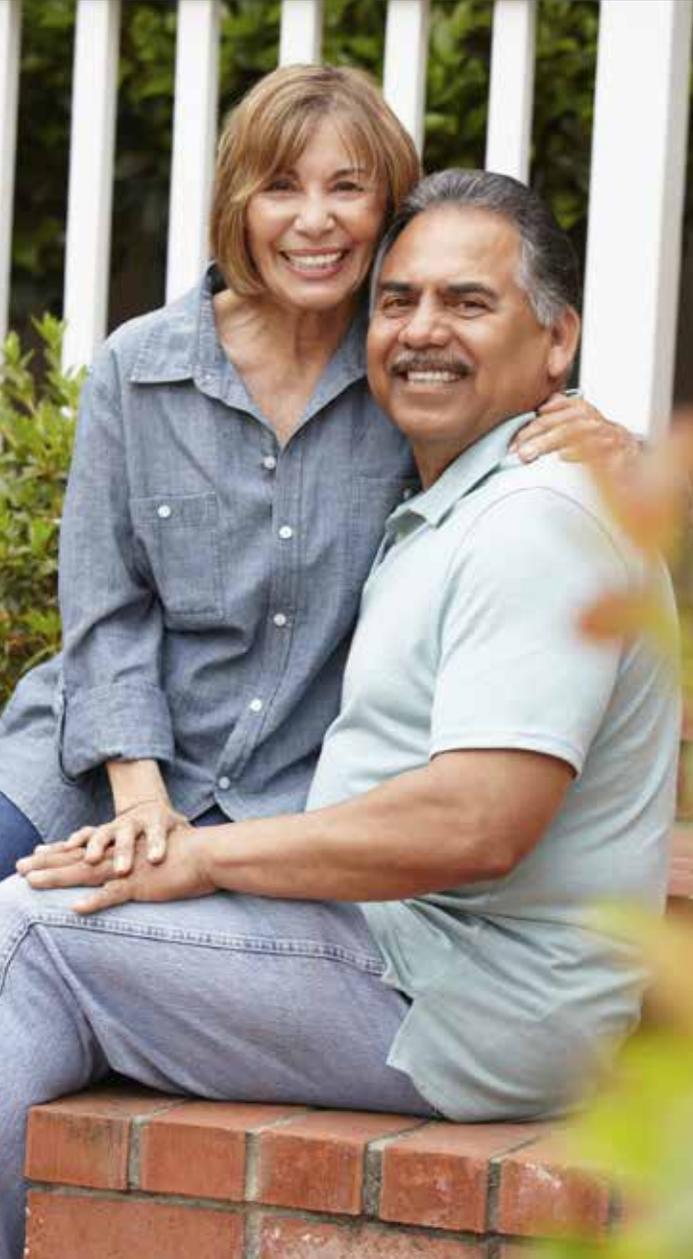


LACERS has gone the extra mile to offer retirees not just health care, but an enhanced way of life for the future. — P. Orland



FAQs

Is there a fee to join LACERS Well or to attend events?

NO. All LACERS Well events are free to LACERS Members and their spouses/domestic partners. Registration for the LACERS Well program is required however, to receive updates on new programs and to be eligible for incentives and rewards.

How is LACERS Well funded?

The LACERS Well program is proudly sponsored by your health plans: Anthem Blue Cross, Kaiser Permanente, UnitedHealthcare, SCAN, Blue View Vision, and Delta Dental. Members can also look forward to collaboration from national non-profit health organizations.

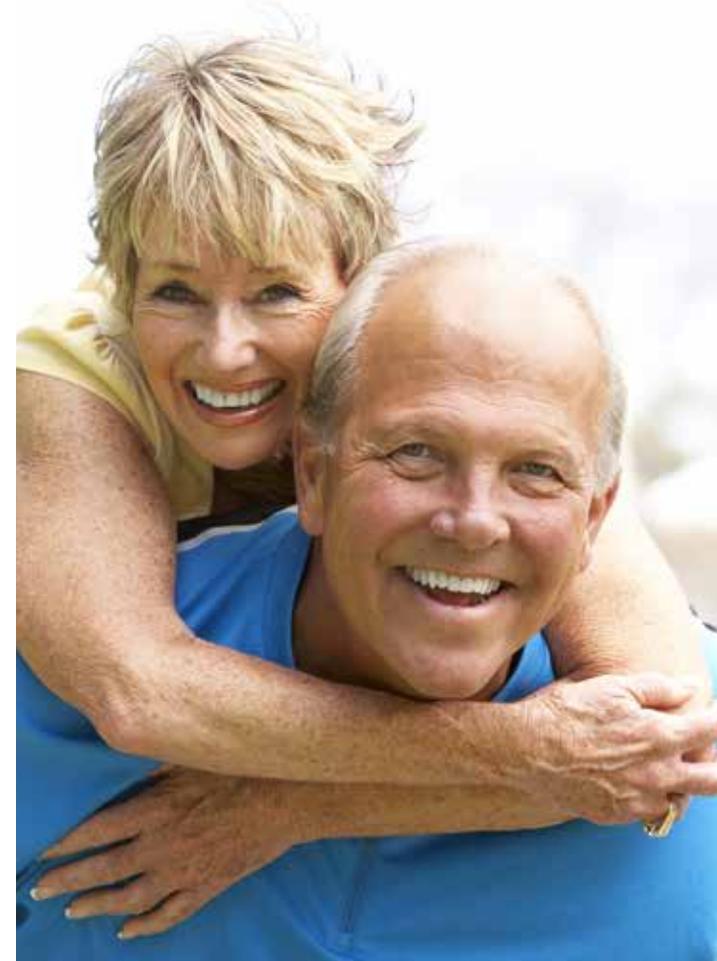
If I participate in any LACERS Well activity, is my personal health information (PHI) safe?

ABSOLUTELY. LACERS values the privacy of its Members. Participation is voluntary and any personal information will be secured and protected in accordance with the privacy and security rules established under the Health Insurance Portability and Accountability Act (HIPAA).

What if I don't reside in Los Angeles or am not enrolled in a LACERS Plan? Can I still participate?

YES. The LACERS Well program is available to all LACERS Members and their spouses or domestic partners, regardless of residence or medical plan. Regional seminars, activities, and online resources are available to help improve your health wherever retirement takes you.

Visit www.LACERS.org



**Are you living
a happier,
healthier life?**



You've invested in your retirement. Now, invest in your most valuable asset – your health.

Our Mission

To enhance the quality of life and retirement for LACERS Members by providing resources and activities that promote optimal health and wellness.

What is LACERS Well?

LACERS Well is an innovative program designed to help our Members attain the best retirement possible. We believe that one's health is an important investment and by taking care of ourselves emotionally and physically, we can look forward to:

- more active years in retirement
- more time with our friends and loved ones
- more independent living

And less time and money spent on doctor visits, medical expenses, and illness.

What LACERS Well offers

Retirees are unique, so our wellness program is uniquely designed to be fun, engaging, and informative. We provide the resources and tools needed to help you manage your health through self-directed, assisted, and group activities.

LACERS Well Members can look forward to:

- Free biometric screenings
- Health awareness seminars and workshops
- Online and print wellness communications
- Personal wellness coaching
- Participation incentives and rewards
- Regional activities (walking, hiking, and more)
- Wellness Champion team membership

How do I become a LACERS Well Member?

1. Log on to www.LACERS.org/lacerswell and click on "Register for LACERS Well"
2. Complete the registration form and click "Register."

You can look forward to program updates, wellness tips, and special incentive programs. For more information, contact your LACERS Well Program Coordinator:

Tara Miller, RD/N
(213) 978-6843
LACERSWell@LACERS.org



A healthy retirement is a happy one!

Become a Wellness Champion Today!

Do you have an interest, hobby, or activity that you would like to share with others? Do you look forward to socializing with retirees in healthy ways? If you answered "yes" to any of these questions, you may want to become a Wellness Champion!

LACERS Well is seeking Retired Members who enjoy the following:

- Coordinating and facilitating group activities
- Encouraging healthy behaviors and living by example
- Socializing with a community of LACERS Members
- Creating a community of healthy retirees
- Cultivating and building upon leadership skills



LACERS Well Champions meet regionally twice a year to strategize, collaborate, and plan wellness activities for all LACERS Retired Members. As an ambassador, you recognize the importance of staying active, mentally challenged, and socially engaged, and are the foundation of the LACERS Well program.

To apply or to find out more, log on to www.LACERS.org/lacerswell and click "Become a LACERS Well Champion", or call **Tara Miller, RD/N at (213) 978-6843.**