



The Good Life!™

Health Plans Office Retiree Newsletter

SUMMER 2022

Stay Well This Summer

It's summertime and the start of a new plan year! As a retiree, when you actively engage in healthy behaviors, you can live a longer, higher-quality life. LADWP is committed to providing resources that will help you and your covered family members meet your wellness goals. You and your family members enrolled in LADWP-sponsored health plans can participate in the following wellness activities and have access to the tools offered through our health plan providers.

Kaiser Permanente

Silver&Fit (Must be a Kaiser Permanente Senior Advantage member and have Medicare Part B assigned to Kaiser Permanente) Kaiser Permanente Senior Advantage Medicare health plan members get free gym membership at participating gyms - or home fitness kits. The Silver&Fit program can help you stay fit and thrive. To choose a gym, or to receive the home fitness kits, visit: www.silverandfit.com.

Healthy Balance Weight Management Program In this program Kaiser medical and weight loss professionals work with you to help you achieve your weight goals. The program is available to Kaiser members at no cost. For more information, visit www.kp.org/healthybalance.

Wellness Coaching Work with your wellness coach to reach healthy new heights. The program can help you achieve a healthy weight, stop using tobacco, become more active, reduce stress, eat healthier, and more. To take the first step, call (866) 862-4295.

Wellness Apps Visit www.kp.org/selfcareapps to download mental health and emotional wellness apps at no cost.

For more information on these and other Kaiser Permanente resources, visit www.kp.org.

UnitedHealthcare (UHC)

SilverSneakers® Fitness Program (for UHC Medicare Advantage HMO with Medicare Parts A and B and for UHC Medicare Advantage PPO) This program is available at no cost to help you stay physically fit and active. Includes basic gym membership and tools for home fitness. Learn more at www.silversneakers.com.

Real Appeal Weight Loss Program (for UHC PPO and coming soon to UHC HMO, and Medicare Advantage PPO plans) This program includes a personalized transformation coach for one year, 24/7 online support and mobile app, a "success kit" and more.

Renew by UnitedHealthcare helps you unlock your unique potential and live your best life — with access to a wide range of resources, such as Renew magazine, brain games, recipes, learning courses, fitness activities, videos and more. Visit www.UHCRetiree.com to sign in or register and go to the Health & Wellness tab to explore all Renew has to offer (must be enrolled in a UHC Medicare Advantage plan).

Rally App (for UHC PPO and HMO) An app offered by UnitedHealthcare that makes it easier for you to improve and maintain your health. Based on your

responses to a quick Health Survey, you'll get your Rally Age, a measure of your overall health. Once you learn your Rally Age, you'll get personalized recommendations, known as Missions, designed to help you start improving your diet, fitness, and mood. Register today at www.myuhc.com.

UnitedHealth Allies Health Discount Program (for PPO and HMO) UnitedHealth wants to help you and your family live healthier lives. Their health discount program is designed to save you money – typically 10 percent to 50 percent – on health and wellness products and services beyond what's included in your benefit plan, including weight management programs, nutrition counseling, acupuncture, chiropractic care and massage therapy, fitness clubs, and smoking cessation. Go to www.myuhc.com and click on either the Health & Wellness tab and Discounts, or the Health Resource tab and UnitedHealth Allies.

For more information on these and other UHC Medicare resources, visit www.UHCRetiree.com (for UHC Medicare Advantage PPO and HMO).



Retiree Health Spotlight: Emmett Hall Jr.



Retiree Emmett Hall Jr. biking The Long Beach Marathon Bike Tour last year.

Send a photo of yourself doing a healthy activity, and you may be featured in an upcoming newsletter! Email your best shot to healthplans@ladwp.com.

Health Plans Office Drop Box

In addition to submitting forms via email, U.S. Mail, and fax, did you know the Health Plans Office has a dedicated mail drop box conveniently located on the John Ferraro Building A-Level? The drop box can be used to submit enrollment forms, verification letters, and any other correspondence for the Health Plans Office.



Health Plans Office Staff Spotlight



Name: Tracy Rucker

Position: Sr. Administrative Clerk

Retired: July 1, 2022

LADWP Hire Date: September 8, 2003

Retirement Goals: Travel, attend culinary school, and get back in shape!

I have had the pleasure of working in the Health Plans Office since 2018. I have worked for the City for 35 years starting at the Los Angeles Police Department, followed by the Department of Transportation as a Traffic Officer, then I came to the Department of Water and Power as a Customer Service Representative. I will be retiring this year and plan to travel and go to culinary school as I have loved to cook since I was little. I am planning to visit family and friends in other states. I love to travel with my husband Theron Rucker, mother-in-law Gail Rucker, and cousin Troye. I really love being with my family including my daughter, two sons, and my three beautiful grandbaby girls that I recently had the pleasure of seeing in Orlando. I had an amazing time and I can't wait to see them again. I am planning to hire a personal trainer and get back into working out every day like I used to do!

COVID-19 Resources and Info



UnitedHealthcare

- Medicare retirees: FDA-authorized COVID-19 vaccines are covered at \$0 cost-share to you through the national public health emergency period.
- Early retirees: FDA-authorized COVID-19 vaccines are covered at \$0 cost-share to you through the national public health emergency period.
- Medicare retirees: You should provide your Medicare Advantage member ID card when getting a COVID-19

vaccine. Visit www.UHCRetiree.com to find resources about vaccine availability for your area or to watch a short video. You can also learn more about what to expect when you get the COVID vaccine, why it's important, and hear the experiences of those getting and giving the vaccine.

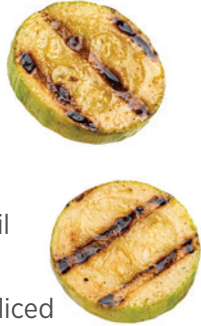
- Early retirees: Visit www.myUHC.com to find vaccine support resources and vaccine availability for your area.

Continued on page 3

Ancient Grains Salad with Roasted Veggies



- 2 cups water
- ½ cup quinoa
- ¼ cup red quinoa
- ¼ cup bulgar wheat
- 1 sprig rosemary
- 1 clove garlic, minced
- 2 tablespoons canola oil
- 1 small zucchini, sliced
- 1 small yellow squash, sliced
- 1/2 red bell pepper, chopped
- 4 ounces mushrooms, chopped
- 1 small carrot, chopped
- 2 tablespoons herbs de Provence
- 1 cup grape tomatoes, sliced in half
- 3 ounces goat cheese, crumbled



to a boil and simmer for 10 minutes. Remove from heat and carefully remove rosemary sprig.

Heat a large skillet and canola oil on medium-high heat. Toss in the zucchini, squash, pepper, mushrooms and carrot. Season with herbs de Provence. Sauté vegetables until they are caramelized.

Combine grains, sautéed vegetables, and grape tomatoes. Sprinkle with crumbled goat cheese.



Combine water, quinoa, red quinoa, and bulgar wheat, sprig of rosemary, and garlic in medium saucepan. Bring

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	118
% Daily Value*	
Total Fat 2.6g	3%
Saturated Fat .2g	1%
Cholesterol 0mg	0%
Sodium 9mg	28%
Total Carbohydrate 33.4g	12%
Dietary Fiber 4.4g	16%
Total Sugars .6g	
Protein 6g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	11%
Potassium 189mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. **2,000 calorie a day** is used for general nutrition advice.

Recipe analyzed by **verywell**

COVID-19 Resources and Info continued

- COVID-19 testing and testing-related services are \$0 cost-share through the national public health emergency period.
 - COVID-19 treatment cost-sharing will be according to your benefit plan.
 - Medicare retirees: You also have expanded access to virtual visits (telehealth) through the national public health emergency period. For additional details, sign in to your online account at <https://www.medicare.uhc.com/retiree>
 - To get tested for COVID-19, visit <http://kp.org/evisits> and choose “COVID-19, Cold, Flu, Cough: Advice and Testing” and follow the prompts to schedule a test.
 - Members and nonmembers can also call 1-833-KP4CARE 1-833-574-2273 (TTY 711) for COVID-19 vaccine or test appointments at Kaiser Permanente facilities.
 - My Turn is an easy way to search for available appointments at many locations in your area, including select Kaiser Permanente facilities, vaccination hubs, and other sites. Visit <https://myturn.ca.gov> to check your eligibility.
- Additional COVID-19 resources:
- Los Angeles County Department of Public Health
<http://publichealth.lacounty.gov>
- Centers for Disease Control and Prevention (CDC) www.cdc.gov

Kaiser Permanente is committed to a safe, expedient, and equitable vaccination administration process.

Contacts

LADWP Health Plans Administration Office

In response to COVID-19 and the practice of social distancing, the public counter may be closed. If we are unable to assist you in person, please contact us as follows:

Phone: (213) 367-2023, (800) 831-4778 Monday–Friday, 7:00 a.m. – 4:00 p.m.

Fax: (213) 367-2078

Email: healthplans@ladwp.com

Website: <https://eBenefits.ladwp.com>

Mailing Address:

111 N. Hope Street, Room 564
Los Angeles, CA 90012

IBEW Local 18 Benefit Service Center

Phone: (800) 842-6635
(818) 678-0040

Email:
local18@mybenefitchoices.com

Website:
www.mybenefitchoices.com/local18

Mailing Address:

9500 Topanga Canyon Blvd.
Chatsworth, CA 91311



INSIDE:

- Stay Well This Summer – Health Plan Resources 1
- Retiree Health Spotlight 2
- Health Plans Office Drop Box 2
- Health Plans Office Staff Spotlight 2
- COVID-19 Resources and Info 2-3
- Ancient Grains Salad With Roasted Veggies Recipe 3
- Contact Information 3

The Good Life!

Health Plans Office Retiree Newsletter

SUMMER 2022

Los Angeles Department of Water and Power
 P.O. Box 51111
 Los Angeles, CA 90051-0100
 Health Plans Administration Office Room 564
 Address Service Requested



PRESORTED
 FIRST CLASS
 US POSTAGE PAID
 LOS ANGELES CA
 PERMIT #16922