

# The Good Life!™

## Health Plans Office Retiree Newsletter

SUMMER 2023



### Summer Health and Fitness

Summer has arrived and often this is a time for people to revisit health resolutions half-way through the year and consider overall wellness. Physical activity is always good for people of all ages, but especially for older adults. Staying active can help lower your risk of heart disease, stroke, diabetes and some types of cancer. It can also improve your strength and balance so you can prevent injuries and stay independent, improve symptoms of anxiety or depression, improve your ability to think, learn and make decisions, and improve your overall mood.

LADWP-sponsored health plans provide access to tools and resources to help you stay fit not only during the summer, but all throughout the year.

#### UnitedHealthcare (UHC)

Renew Active® is the gold standard in Medicare fitness programs for body and mind. It is available with many UnitedHealthcare® Medicare Advantage plans at no additional cost.



#### Stay fit

Work out where you want, whether at a gym, fitness location or from your home. This program offers:

- A free gym membership
- Access to our nationwide network of gyms and fitness locations. It's the largest of all Medicare fitness programs, including many premium gyms.
- An annual personalized fitness plan
- Allows you to bring a family member or friend to the gym with you to assist in your workout, at no additional cost
- Access to thousands of on-demand workout videos and live streaming fitness classes

#### Stay focused

An online brain health program from AARP® Staying Sharp® with exclusive content for Renew Active members, offering:

- Brain health assessment
- Interactive brain health challenges
- Guide to Music and Brain Health, videos, fun games and more



#### Stay connected

Connect with other health-minded members. Consider:

- Social activities at local health and wellness classes and events
- Step challenges with other members through the online Fitbit® Community for Renew Active - no Fitbit device is needed. Joining the community also provides access to Fitbit Premium™.



To learn more about Renew Active today, visit [www.UHCRenewActive.com](http://www.UHCRenewActive.com). Sign in to your plan website, go to **Health & Wellness** and look for **Renew Active** to get your confirmation code.

#### Kaiser Permanente

With a Kaiser Permanente Medicare health plan, you'll get benefits that support your goals and help you thrive. With the ChooseHealthy program, you get reduced rates on a variety of fitness, health and wellness products and services.

#### Specialty wellness services

Rebalance your mind and body, relieve pain and manage chronic conditions with acupuncture, chiropractic care and massage therapy.



#### Activity trackers

Take advantage of special savings on activity trackers from Fitbit, Garmin and more.

#### Workout apparel

Save on clothing and accessories from Skechers, 2XU, PRO Compression and more.

#### Exercise equipment

Enjoy discounts on fitness equipment from TRX, Gaiam, BOSU and more.

To learn more and explore your discounts, visit [www.kp.org/choosehealthy](http://www.kp.org/choosehealthy).



## Summertime Hydration

*provided by Healthy Adventures Foundation*

Summertime is upon us! This summer, we will have lots of sunshine, warm weather and a lot of choices of summer fun activities. Keeping healthful strategies in mind is a great way to start off the summer.

It's important to drink plenty of water during the summer months. In southern California's dry arid climate, it is easy to get dehydrated and not realize it. If you feel thirsty, you are already dehydrated. When you go to the bathroom, the color in the bowl should be clear or light yellow. If you are hungry, there is a 50/50 chance that you are actually dehydrated and not hungry. Our brain seems to have a little bit of trouble being able to differentiate between hunger and thirst.

Keeping our body well hydrated helps to keep our skin and hair healthy, helps us to thermal regulate better and helps us to digest our food and keep our digestive system running smoothly. Not getting enough water can cause us to have headaches, make us feel tired, drive us to eat more calories than our body needs and cause our body systems to not work at an optimal level.

So ... how much water do we need? Well, the answer is not very straightforward. The general answer is about 3.7 liters/day for men and 2.7 liters/day for women. If you exercise, you add about  $\frac{3}{4}$  of a liter/hour. It is more or less than that depending on how active you are and what the temperature is outside.

If you are someone who doesn't really like water, try adding a little fruit and/or herbs to your water for about an hour to flavor it up!



For these and other flavored water recipes, visit [www.nancycreative.com/2010/06/25/feast-your-eyes-on-flavored-water/](http://www.nancycreative.com/2010/06/25/feast-your-eyes-on-flavored-water/).

Check out these flavored water recipes:

### Watermelon-Basil Water

2 cups seedless watermelon, cubed  
10 basil leaves  
1 half-gallon of water  
Pour water over melon and basil; refrigerate for 2 hours. Serve over ice, garnished with a sprig of basil.

### Citrus Cucumber Water

1 large lemon, sliced  
1 large lime, sliced  
1 large orange, sliced  
1 large cucumber, sliced  
1 half-gallon of water  
Place all the sliced fruits and the cucumber in a glass pitcher and add water. Refrigerate for two hours to allow flavors to infuse, then serve in glasses over ice.

### Honeydew-Lime Water

2-3 slices of ripe honeydew melon  
1 lime, sliced  
4 sprigs of mint  
1 half-gallon of water  
Add melon slices, lime slices and mint sprigs to a large pitcher; fill with the half-gallon of water and refrigerate 2-4 hours. Serve in ice-filled glasses. Makes about 8 servings.

### Cucumber-Melon Water

1 large cucumber, sliced  
1/4 honeydew melon, cubed  
1/4 cantaloupe, cubed  
1 half-gallon water  
Place cucumber and melons in a glass pitcher and add water. Refrigerate for 2 hours, then serve over ice. Garnish with melon balls skewered on a swizzle stick.

## Contacts

### LADWP Health Plans Administration Office

Our current office hours are 8:00 a.m. to 3:00 p.m. Monday through Thursday. 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](mailto: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](mailto:local18@mybenefitchoices.com)

**Website:**

[www.mybenefitchoices.com/local18](http://www.mybenefitchoices.com/local18)

**Mailing Address:**

9500 Topanga Canyon Blvd.  
Chatsworth, CA 91311

## Retiree Health Spotlight



Retiree Mike Breatore on his weekly ride at Bonelli Park.

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](mailto:healthplans@ladwp.com).

## Health Plans Office Staff Spotlight



**Name:** Veronica Hart

**Position:** Benefits Specialist

**Retired:** July 1, 2023

**LADWP Hire Date:** November 27, 1989

**Retirement Goals:** Travel, reading, and spending time with family.

I began my City career in Street Maintenance with the Department of Public Works' Bureau of Street Services, and within a year, I promoted to a position at LADWP. Joining LADWP was my ultimate goal since my father worked for the Department and I knew it was a great place to be.

My first job was in the Electric Trouble section, where I spent almost 10 years learning about field operations. I then made the change to the Health Plans Office (HPO). It was a challenge initially, but once I settled in I knew it was where I wanted to stay. This office is always busy and always challenging, and those that stay in Health Plans long-term are smart, dedicated people who love to work hard and help others. That is what has kept me here – knowing I could help our LADWP family for the last 21 years of my career.

In retirement, I am looking forward to spending time with my family, who are so important to me. My son and daughter are the light of my life. My son is on the staff of the women's basketball team at his alma mater, the University of Miami, and I will now have the chance to attend more games. I am also looking forward to my hubby and I celebrating 35 years of marriage this June. He gets to travel for his job so I plan on tagging along on and experience new places.

Most importantly, I just can't wait to enjoy my time. I am so looking forward to sleeping in, knowing that my schedule is just that, my time. To all of the active and retired LADWP employees I have helped along the way, and to all the people I got a chance to work with, this is the end of my time at the Department but the beginning of my next journey in this crazy thing we call life. God Bless and take care!

## Helpful Tidbits from WPCCU

Your credit union wants to help you make your retirement life easier and as stress-free as possible. Sometimes, just having helpful information at your fingertips is truly all you need. Here's some news about two enhancements WPCCU is making to our offerings.

### Credit/Debit Card Controls

We know that many of our members have experienced some type of fraudster trying to get personal information from you in order to somehow do harm. We also know that many times, they succeed. We want to give you the power to stop them. Effective April 24th, WPCCU has initiated Card Controls on both our debit and credit cards.

### Now available: Advanced credit card management tools to fight fraud

- Control where, when and how your cards are used
- Turn your card on and off instantly from your mobile device, helping prevent fraud
- Get immediate alerts each time the card is used
- Limit spending amounts to reach budget goals
- Restrict types of purchases made by setting preferences for when your card will work: by merchant, type of sales transaction, location and more

### WPCCU's Voice of Member Program: a new way to survey our members

#### Why?

In order to make our members' financial lives better, we need to know what our members like about us and what they have challenges with. What we need to do more of, less of, or differently.

#### What?

The Voice of the Member program will provide us with tools to identify strengths and weaknesses, and will allow us to develop action plans to improve our services.

The Voice of the Member project establishes a new platform that will allow us to continuously solicit member feedback on certain transactions as well as their overall satisfaction with their relationship with WPCCU.

#### How?

Our members will randomly receive surveys asking their opinion of our service. This could be after specific transactions either at a branch, over the phone or digital or when they apply for a loan. Also, twice a year we will randomly send out overall surveys. We will keep track of who we send these specific surveys to so you won't get more than one survey per 90 days.

We're here to help! For questions about our products and services or suggestions for future topics, please contact us at 213-580-1600.



Los Angeles  
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Water & Power

PRESORTED  
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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



# The Good Life!



SUMMER 2023

Health Plans Office Retiree Newsletter

- 1 Summer Health and Fitness
- 2 Contact Information
- 2 Summer Time Hydration
- 2 Retiree Health Spotlight
- 3 Health Plans Office Staff Spotlight
- 3 Helpful Tidbits from WPCCU