



## A New Year's Message from the Health Plans Office



Photo by Chris Corsmeier

It is truly an honor to serve as Director of Human Resources over the LADWP Health Plans Office. Without a doubt, 2020 has been a difficult year for all of us – both in our personal and professional lives. Initially, many of us looked forward to a new decade, but we quickly found ourselves dealing with a new reality in the global pandemic and health crisis.

Over the last year, it was business as usual for Health Plans, but with a twist. We migrated to an improved website, handled Open Enrollment

without any in-person contact and successfully transitioned to a new Medicare Advantage plan. Despite the challenges, Health Plans staff works diligently through obstacles that come our way to provide our members the best customer service.

However, this was not enough – the excellent Health Plans staff felt we needed to enhance our communications to keep retirees informed on a quarterly basis. We released our inaugural issue in the Summer without a catchy publication title. We thought it was best to get your ideas, and thanks to Nellie and David Ho, your retiree newsletter is now officially known as *The Good Life!*

As we enter and embark on what lies ahead in 2021, we are optimistic about the new year and committed to provide excellent service to you and your dependents. Please read on and enjoy *The Good Life!*

From all of us in Health Plans, wishing you a healthy and safe New Year!

**Thomas Simonovski**  
Director of Human Resources

## Medicare Part B Reimbursement

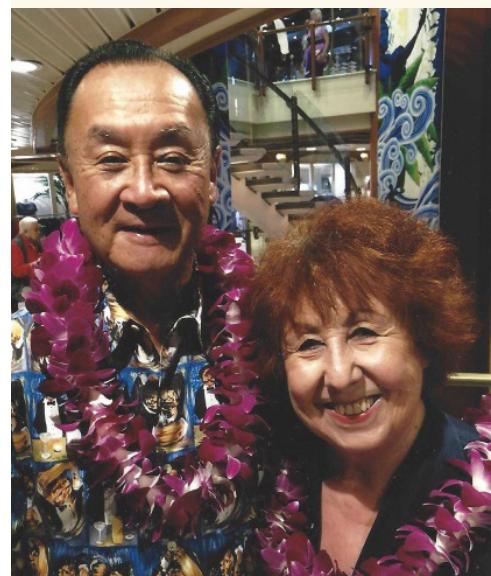
A reminder for members currently enrolled in the Medicare Part B Reimbursement program: 2021 Award Verification Letters are due to the Health Plans Office no later than January 31, 2021.

## Newsletter Naming Contest

We're happy to announce retirees David and Nellie Ho (pictured) as our newsletter naming contest winners! For their winning submission, they received a \$50 American Express gift card. David and Nellie both retired from the Power System in 1998. Many of you may remember them as active members of the Choraliars. They have been enrolled with Kaiser for over 50 years.

We received a number of submissions and comments, and we'd like to thank everyone for participating. Lucrecia Segundo's suggestion was selected as a runner up, and she received a \$25 American Express gift card.

We hope you enjoy our newly named newsletter. Here's to *The Good Life!*





## 10 Healthy New Year's Resolutions

1. **Healthy Diet** – eat more whole foods like fruits, vegetables and nuts and drink plenty of water.
2. **Exercise** – join a gym, join a dance class, go for walks.
3. **Lose weight** – set a realistic weight-loss goal and plan and stick to it!
4. **Be active** – sit less, use the stairs instead of the elevator, spend time outdoors.
5. **Get your rest** – a good night's rest is essential for overall good health.
6. **Quit smoking** – the health and financial benefits of quitting are substantial.
7. **Reduce alcohol consumption** – help reduce memory loss and other health conditions.
8. **Mindfulness** – reduce stress, take time to pause and relax, try meditation or yoga, take a trip.
9. **Stay in contact** – keep in touch with friends and family.
10. **Try something new** – volunteering or learning a new hobby can be rejuvenating and fun!

## COVID-19 Testing

- The City of Los Angeles is providing free COVID-19 testing to all Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms. Information is available at <https://corona-virus.la/covid-19-testing>
- Individuals living or working in Orange County can receive free COVID-19 testing at a variety of locations. Information is available at <https://occovid19.ochealthinfo.com/covid-19-testing>
- Inyo County residents can receive COVID-19 testing at drive through testing sites by appointment. Information is available at <https://inyocounty.us/covid-19/testing>

Additional COVID-19 resources:

- Los Angeles County Department of Public Health: <http://publichealth.lacounty.gov>
- Orange County Health Care Agency: <https://occovid19.ochealthinfo.com>
- California for All – Official California State Government Website: <https://covid19.ca.gov/get-tested/#top>
- California Department of Public Health: <https://cdph.ca.gov>
- Centers for Disease Control and Prevention (CDC): [www.cdc.gov](http://www.cdc.gov)

## Quit Tobacco for Good

It's 2021. Are you ready to quit smoking? Spend more time with family and friends. Enjoy daily activities without running out of breath. The benefits of quitting are substantial and well known. Our health plans offer a variety of programs and provide the support you need to help you quit.

Quit For Life, offered to United Healthcare members, offers a variety of tools, like a mobile app and website, with more support anytime you need it. Quit For Life is here to help you reach your goals – at no additional cost to you. Join the millions of tobacco users who have quit with help from Quit for Life. Go to [www.myquitforlife.com/ladwp](http://www.myquitforlife.com/ladwp) for more information.

Kaiser offers a wide range of smoking cessation options to suit you. These include personal wellness coaches, meditation tools, online and telephone-based programs with qualified counselors, and Freedom from Tobacco workshops held in various locations. Most programs are free or low cost to most Kaiser Permanente members. Go to [www.kp.org](http://www.kp.org) for more information.



## Retiree Health Spotlight: Ron Campos and Jim Magula

Retirees Ron and Jim, pictured while backpacking in the Sierra Nevada Mountains. The photo was taken atop Forester Pass, the highest pass along the Pacific Crest Trail.

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).

# Recipe

## Asian Cabbage Salad

- ¼ cup low-sodium soy sauce
- ¼ cup white vinegar
- 2 tablespoons water
- 1 tablespoon honey
- 1 tablespoon olive oil
- ½ head of cabbage, shredded
- 1 carrot, grated
- 1 zucchini, sliced very thin
- ½ bell pepper, cut into matchsticks
- 1 cup green onions
- 1 package quick cooking low-sodium ramen noodles, broken up, discard the flavor packet

Put the soy sauce, vinegar, water, and honey in a shaker container. Mix thoroughly and set aside.



Put the cabbage, carrot, zucchini, pepper, green onions, and uncooked noodles in a salad bowl. Pour half of the dressing over and toss vigorously until every piece of vegetable is coated. Add more dressing until the salad is well dressed. The remaining dressing will keep in a sealed container in the fridge for at least 1 week.

Salad can be made up to a few hours ahead and refrigerated; simply omit the noodles and toss in just before serving. Serves 10-12 people.

### Nutrition Facts

Servings: 12

Amount per serving	53	% Daily Value*
<b>Calories</b>	53	
Total Fat 1.3g	2%	
Saturated Fat 0.2g	1%	
Cholesterol 0mg	0%	
Sodium 351mg	15%	
Total Carbohydrate 9.3g	3%	
Dietary Fiber 1.5g	5%	
Total Sugars 4g		
<b>Protein</b> 1.7g		
Vitamin D 0mcg	0%	
Calcium 23mg	2%	
Iron 0mg	3%	
Potassium 156mg	3%	

\*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**

## 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](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



## Staying Fit

As a retiree, when you actively engage in healthy behaviors, you can live a longer, higher-quality life. Being enrolled in LADWP or IBEW Local 18-sponsored health plans gives you access to a number of different programs at no additional cost to help you stay fit.

SilverSneakers (UnitedHealthcare) and Silver&Fit (Kaiser) both offer free gym membership or home fitness tools. Real Appeal weight loss program,

offered by UnitedHealthcare, provides access to online coaching and tools to set goals and track your progress, along with a community of support to help keep you motivated to reach your goals.

Refer to your Retiree Benefit Guide or health carrier website for more information on these and other wellness programs. Go to <https://ebenefits.ladwp.com/Home/RetireesBenInfo> for more information.



Los Angeles  
Department of  
Water & Power

**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

A New Year's Message from the Health Plans Office .....	1
Newletter Naming Contest.....	1
Medicare Part B Reimbursement .....	1
10 Healthy New Year's Resolutions .....	2
Quit Tobacco for Good .....	2
COVID-19 Testing.....	2
Retiree Health Spotlight .....	2
Recipe .....	3
Contacts.....	3
Staying Fit .....	3

**INSIDE:**