



BREAST Cancer

AWARENESS MONTH

Breast Cancer Awareness Month is an annual campaign held in October to increase awareness of the disease. One in 8 women will be diagnosed with breast cancer at some point during their lifetime. A routine screening looks for signs of cancer before you may feel symptoms. Early detection, including monthly breast self-exams, clinical breast exams and mammograms, improves the chances of the successful treatment of breast cancer. Some risk factors for breast cancer, such as your age or family history, are unavoidable.



But you can reduce your risk of breast cancer with these healthy lifestyle choices:

- Maintain a healthy weight
- Eat a healthy diet low in fat with plenty of fruits and vegetables
- Get plenty of exercise
- Don't smoke
- Avoid or limit alcohol consumption to no more than one drink per day

According to the National Cancer Institute, mammograms should be done every one to two years for women age 40 or older. Don't wait another day to schedule your screening. Talk to your doctor or schedule an appointment with your provider today.

Medicare Part B Reminders



Marilyn Washington at the LADWP Retiree Picnic. (Photo by Art Mochizuki)

Medicare Part B Reimbursement Program

If you are currently enrolled in the Medicare Part B Reimbursement program, you must renew your enrollment by submitting your 2021 Award Verification Letter, which states how much you are paying for the Medicare Part B premium.

- For 2021, the letters are due to the Health Plans Office no later than January 31, 2021. Failure to submit by the due date will result in a termination from the program.

INSIDE:

Breast Cancer Awareness Month	1
Medicare Part B Reminders	1
COVID-19 Testing.....	2
Get Your Flu Shot.....	2
Be Featured.....	2
Recipe	3
Contacts.....	3
Health Plans Office Drop Box	3

Medicare continued from pg. 1

- If you are currently enrolled in the Medicare Part B Group Payment program and you have a change in your status, you must notify the Health Plans Office immediately.
- Please be advised LADWP does not process requests for reimbursement or changes to Group Payment status retroactively. Reimbursement or changes to Group Payment will begin the first of the following month the request is received.
- For questions or additional information, please contact the Health Plans Office via email at healthplans@ladwp.com.

Enrollment

If you are turning 65, you must enroll in Medicare Part B to continue with your Department sponsored Health Plan. You should contact the Social Security Administration three months prior to

turning age 65 to enroll in Medicare Part B.

Fraud Alert

Medicare Part B fraud, waste and abuse cost taxpayers billions of dollars every year. This year, the U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to COVID-19 that offer free testing in exchange for Medicare information.

- Ignore offers for free medical services or equipment.
- Always review medical statements for accuracy.
- Only share your Medicare number with your doctor or healthcare provider.
- Report suspected Medicare fraud by calling 1-800-MEDICARE

COVID-19 Testing

Health insurers are required to cover the cost of testing for COVID-19 if prescribed by a doctor. Considerations for who should get tested:

- Shows signs of COVID-19.
- Had close contact with an individual or group with confirmed COVID-19.
- Been directed to get testing by their healthcare provider or health department.

How to Get a Test

- Call your healthcare provider or visit their website.
- The City of Los Angeles provides free testing for all Los Angeles County residents at more than 130 facilities. Information is available at <https://corona-virus.la/covid-19-testing>.
- Some pharmacies offer testing. Check with your local pharmacy for availability.
- Information about COVID-19 testing is also available on the Los Angeles



County Department of Public Health and the CDC websites listed under "Helpful Links."

- Beware of COVID-19 testing scams – visit the U.S. Department of Health and Human Services Office of Inspector General website for fraud warnings at <https://oig.hhs.gov/coronavirus/fraud-alert-covid19.asp>.

Helpful Links

- City of Los Angeles COVID-19 Response: <https://corona-virus.la/>
- Los Angeles County Department of Public Health: <http://publichealth.lacounty.gov>
- CDC: www.cdc.gov

Get Your Flu Shot

The flu affects millions of people each year and can result in severe illness – even death. A flu vaccine is the best defense to protect you and the people around you. The CDC recommends annual flu vaccinations for everyone 6 months and older.



(Photo by Chris Corsmeier)

- Since flu viruses evolve rapidly, flu shots are recommended every year to get the latest vaccine.
- It's best to get your flu vaccination by the end of October, but you can still benefit from the vaccine after flu season begins. It takes about two weeks for the vaccine to take effect.
- Minor side effects from a flu shot, including fever and body aches, are fairly common and usually only last for a few days.
- Flu shots are available at no cost for most plans through your healthcare provider and at many retail pharmacies. Check your plan details or call the number on your medical ID card to be sure you're covered at the clinic you choose, and remember to bring your health plan ID card with you to the pharmacy or provider.

Be Featured in Our Newsletter!

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.

Recipe

Mexican Bean, Corn, Avocado Salad

Dressing:

- 2 small cloves garlic, minced
- 3 limes, juiced
- 1/2 teaspoon chili powder
- 1/2 cup canola oil
- Salt and pepper, as needed

In a bottle add the garlic, lime juice, oil and chili powder together. Shake vigorously to combine; season as needed with salt and black pepper.

- 15oz pinto beans, drained/rinsed
- 15oz black beans, drained/rinsed
- 2 small avocado, halved, seeded and diced
- 2 cups frozen corn kernels, thawed

- 1 bell pepper, seeded and diced
- 1/2 small red onion, finely chopped
- 2 tomatoes, diced
- 1/2 cup chopped fresh cilantro, leaves and stems

Toss together the beans, corn, bell pepper and onions. Add the dressing and toss to coat evenly. Gently fold in the tomatoes, avocado and cilantro. Cover with dressing, stir gently, and serve. Serves 8-10.



Nutrition Facts

Servings: 10

Amount per serving	
Calories	515
	% Daily Value*
Total Fat 20.2g	26%
Saturated Fat 2.8g	14%
Cholesterol 0mg	0%
Sodium 72mg	3%
Total Carbohydrate 67.6g	25%
Dietary Fiber 17.7g	63%
Total Sugars 4.8g	
Protein 20.5g	
Vitamin D 0mcg	0%
Calcium 119mg	9%
Iron 5mg	28%
Potassium 1610mg	34%

*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

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



(Photo by Chris Corsmeier)

Health Plans Office Drop Box

A dedicated mail drop box is conveniently located on the John Ferraro Building A-Level and can be used to submit enrollment forms, verification letters and any other correspondence for the Health Plans Office.

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



INSIDE:

- Breast Cancer Awareness Month 1
- Medicare Part B Reminders 1
- COVID-19 Testing 2
- Get Your Flu Shot 2
- Be Featured 2
- Recipe 3
- Contacts 3
- Health Plans Office Drop Box 3