

Welcome to Our Newsletter!

LADWP's Health Plans Administration Office is excited to bring our retiree community this newsletter to provide the latest health plans information, along with tips on wellness, staying active, nutrition and other important topics to help you continue to live a healthy lifestyle. This newsletter is an additional way to connect with you and help advise on your health decisions. Stay connected with us and tell us what you think! We welcome your feedback (see contact information for our office on pg. 3).

What's New



Retiree Eddie Novasel (left) and wife Marge enjoy the LADWP Retiree Picnic. (Photo by Art Mochizuki)

As mentioned in the Open Enrollment Retiree Newsletter and Open Enrollment announcements for Plan Year 2020, the LADWP Board of Commissioners approved a new plan for retirees (and their spouses) over age 65.

UnitedHealthcare's new Medicare Advantage PPO plans:

- These plans are effective July 1, 2020.
- If you are over 65, UnitedHealthcare Group Medicare Advantage (PPO) plans replace the current

UnitedHealthcare PPO plans A, B, and C.

- You will receive your new UnitedHealthcare Member ID card in the mail and can start using it as soon the plan is effective.
- You will also receive a Quick Start Guide giving you more information on how your benefits work and how to get the most out of the plan.
- After you receive your member ID card, you can register online at www.UHCRetiree.com to

get access to your plan information.

- Soon after your effective date, UnitedHealthcare will contact you to complete a short health survey to understand your unique health care needs.

If you are over 65 and are enrolled in a UnitedHealthcare Group Medicare Advantage (HMO) plan in California or Nevada, these plans remain unchanged.

If you are under 65, UnitedHealthCare PPO plans A, B, and C remain unchanged.

Summary of UHC Medicare Advantage PPO Plans

- One plan for medical and prescription drug coverage
- Streamlined coordination of benefits
- Single ID card
- Single call center for medical and prescription drug plan support
- Single Explanation of Benefits

Dedicated phone line for questions: (877) 710-3044, 8:00 a.m. – 8:00 p.m. PST, 7 days/week

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COVID-19 Resources

As LADWP retirees, you have access to a wide variety of resources to keep you and your family safe from COVID-19, including information from your LADWP health carrier.

Health Carrier COVID-19 Resources

Due to COVID-19 pandemic, health carriers have updated their websites to provide specific coronavirus information and resources to their members:

UnitedHealthcare

- Members can learn more about COVID-19, including finding testing centers and an online symptom checker for members by visiting UHCRetiree.com.

Kaiser Permanente

- For more information regarding how Kaiser Permanente is handling COVID-19, please visit kp.org/coronavirus.
- Latest facility updates have also been posted: kp.org/careoptions/scal.

United Concordia

- Visit United Concordia's website at www.unitedconcordia.com for more information on safe access to dental emergency care and uninterrupted service for members.

Anthem Blue Cross

- To access COVID-19 support and resources, including a Testing Center Locator and Symptom Assessment Tool, please visit <https://www.anthem.com/ca/coronavirus/>.

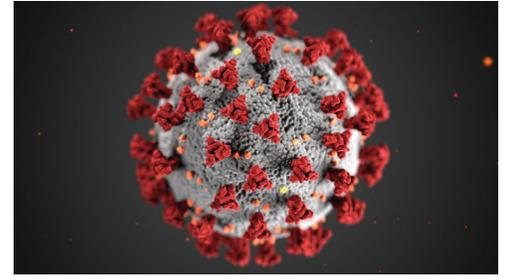
Helpful Links for COVID-19 Information

City of Los Angeles COVID-19 Response:
<https://corona-virus.la/>

Los Angeles County Department of Public Health:
<http://publichealth.lacounty.gov>

California Department of Public Health:
www.cdph.ca.gov

Centers for Disease Control and Prevention (CDC):
www.cdc.gov



LADWP COVID-19 Response Page

www.ladwp.com/covid19response



Visit for comprehensive information about LADWP's public response to the COVID-19 pandemic and resources for customers.

Wellness

Different Types of Physical Activity

The U.S. Department of Health and Human Services Physical Activity Guidelines for Americans recommends 30 minutes of physical activity a day for adults and 60 minutes of physical activity a day for children. Here are a few ways you can increase your physical activity:

- **Walk outside with family**
- **Get off the bus or subway one stop early and walk the rest of the way**
- **Wash the car**
- **Do yard work**
- **Start your day with a morning stretch**
- **Go swimming**



Recipe

Mediterranean Lentil Tabbouleh Salad

- 1 cup lentils
- 3 cups water
- 1 cup grains (options: bulgur wheat, wheat berries, millet, quinoa, couscous)
- 1 1/2 cups boiling water
- 1 teaspoon coarse salt
- 1 teaspoon freshly ground black pepper 4 minced green onions
- 10-15 chopped fresh mint leaves 1 cup minced parsley
- 1 cucumber, peeled and diced
- 1 pint of cherry or grape tomatoes, cut in half

Cook 15-20 minutes. Drain and set aside.

Bring water to boil, stir in bulgur wheat. Put a lid on it and turn off heat. Let set for 5 minutes. Take lid off, fluff with fork and set aside to cool.

Salad Fix-ins':

- 2 freshly squeezed lemons 1/4 cup good olive oil

Add the lemon juice, olive oil, salt and pepper to the bulgur wheat. Stir and set aside at room temperature for about 1 hour.

Add the scallions, mint, parsley, cucumber, tomatoes, and lentils; mix well. Season to taste, and serve. Serves 10-12.



Nutrition Facts

Servings: 12

Amount per serving

	149
	% Daily Value*
Calories	
Total Fat 4.7g	6%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 169mg	7%
Total Carbohydrate 22.4g	8%
Dietary Fiber 8.3g	30%
Total Sugars 2g	
Protein 6.4g	
Vitamin D 0mcg	0%
Calcium 38mg	3%
Iron 2mg	13%
Potassium 374mg	8%

*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

Newsletter Naming Contest

Help us come up with a fun, dynamic name for our new newsletter! Email your suggestions to healthplans@ladwp.com by September 15, 2020. In addition to titling our publication, the winning entrant will receive an **American Express gift card**.



From left: friends Becky Chacon and Bertha Paud at the LADWP Retiree Picnic. (Photo by Art Mochizuki)

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