



The Good Life!™

Health Plans Office Retiree Newsletter

FALL 2021

Medicare Reminders



Quarterly Reimbursement Program Participants

If you are receiving a monthly Social Security allowance, you must submit your 2022 Benefit Verification Statement (aka "Annual Award Letter") to renew your enrollment in the quarterly Medicare Part B Reimbursement program. This statement is provided by the Social Security Administration and will indicate the Medicare Part B premium for the following year.

For 2022, the Benefit Verification Statements are due to the Health Plans Office no later than **January 31, 2022**. Failure to submit by the due date will result in termination of the program.

Group Pay Program Participants

If you are currently enrolled in the Medicare Part B Group Payment

program (LADWP is paying the Medicare Part B premium on your behalf) 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 of changes to Group Payment status retroactively. Reimbursement or changes to Group Payment will begin the first day of the month following the month in which the request is received.

For questions or additional information please contact the Health Plans Office via email at healthplans@ladwp.com

Enrollment in Medicare

If you are turning age 65, you must enroll in Medicare Part B to continue with your LADWP sponsored Health Plan. You should contact 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 take a heavy toll on the U.S. medical system and 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, offering free testing in exchange for Medicare information. Remember:

- Do not respond to offers for free medical equipment or services
- Check your medical statements routinely for services not provided
- Share your Medicare number only with trusted providers



Health Plans Office Staff Spotlight



Name: Maricar Manaos

Position: Sr. Administrative Clerk

Phone: (213) 367-1213

Email: Maricar.Manaois@ladwp.com

LADWP Hire Date: May 2017

Retirement Goals: Eat well. Hike often. Travel with family. Be grateful for the day!

Greetings! Seventeen years ago, I started with the City as a part-timer,

enjoying the flexible hours while attending school. From the Dept. of Recreation and Parks to LADWP, I am grateful for all the years of experiences and friendships I've made along the way. Currently, I enjoy the daily challenges as a Sr. Administrative Clerk at the Health Plans Office and working alongside great coworkers. I am a mother to two loving toddlers who keep me on my toes. I love spending time with my family and friends, hiking, puzzles, weekend getaways and chocolates!

COVID-19 Resources and Info

As the death toll and number of COVID-19 cases rises in the U.S., the CDC continues to recommend the use of the newly FDA-approved Pfizer-BioNTech COVID-19 vaccine for people 16 years and older, as one of the recommended vaccines to protect against COVID-19. The Moderna and Johnson & Johnson vaccines are pending FDA approval and all vaccines are deemed effective against severe disease and death from variants of the virus, including the Delta variant.

UnitedHealthcare

- FDA-authorized COVID-19 vaccines are covered at \$0 cost-share to you through December 31, 2021.
- You **must** show your Medicare number, which is on your red, white and blue Medicare card. Visit www.UHCRetiree.com to find resources about vaccine availability for your area or to watch a short video and learn more about what to expect when you get the COVID-19 vaccine, why it's important and to

hear the experiences of those getting and giving the vaccine

- 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.
- You also have expanded access to virtual visits (telehealth) through the national public health emergency period, currently scheduled to end October 17, 2021. For additional details, sign in to your online account at <https://www.medicare.uhc.com/retiree>

Kaiser Permanente

- For the latest vaccine information, eligibility, and scheduling, visit <http://kp.org/covidvaccine> or call our vaccine hotline at 1-855-550-0951 (TTY 711), 24 hours a day, 7 days a week. Members and nonmembers can also call 1-833-KP4CARE 1-833-574-2273 (TTY 711) for appointments at Kaiser Permanente facilities.

- 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

Emotional Support Mobile Apps

If you need an alternative option to going in to see a doctor or counselor in person, our healthcare providers offer access to selfcare mobile apps that offer a wealth of resources that make therapeutic techniques more accessible, portable and convenient.

UnitedHealthcare

Sanvello is an on-demand emotional support mobile app to help you cope with stress, anxiety and depression. UnitedHealthcare members may have Sanvello premium access to all self-care content. The app offers many ways to engage and get support, including:

- Daily mood tracking
- A variety of coping tools
- Guided Journeys to help build long-term life skills

- Weekly check-ins to track personalized progress
- Peer community support

For more info visit <https://www.uhc.com/member-resources/health-care-programs/mental-health-services>

Kaiser Permanente

myStrength is a personalized program that helps you improve your awareness and change behaviors. Kaiser Permanente members can explore interactive activities, in-the-moment coping tools, community support and more at no cost, including:

- Mindfulness and meditation activities
- Tailored programs for managing depression, stress, anxiety and more

- Tools for setting goals and preferences, tracking current emotional states and ongoing life events, and viewing your progress

Calm is an app for meditation and sleep – designed to help lower stress, reduce anxiety and more. Kaiser Permanente members can access all the great features of Calm at no cost, including:

- The Daily Calm, exploring a fresh mindful theme each day
- More than 100 guided meditations
- Sleep Stories to soothe you into deeper and better sleep
- Video lessons on mindful movement and gentle stretching

Kaiser members can get both apps by visiting www.kp.org/selfcareapps

Recipe: Kale-Pear Salad

Dressing:

- 1 ½ tablespoons fresh lemon juice
- 3 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- Pinch of kosher salt
- 1 tablespoon freshly grated Parmesan

Prepare the dressing, mix thoroughly, and set aside. Best to make one hour ahead of time.

Salad:

- 2 cups kale
- 2 tablespoons sliced almonds
- 1 chopped pear, ½ inch cubes
- 2 tablespoons cranberries
- 1 tablespoon bleu cheese

Combine the kale, pear, cranberries, cheese, almonds and dressing and mix well. Separate into two 16-24 ounce jars.

Nutrition Fun Facts

- Kale is high in antioxidants and helps lower the risk of certain cancers. One cup of chopped raw kale provides more than 100 percent of the recommended daily amount of vitamins A and K.

- Almonds are one of the lowest calorie nuts, and are a good source of calcium, monounsaturated, protein and fiber.
- Pears are a good source of dietary fiber, potassium, vitamin K, copper and vitamin C. Traditional Chinese medicine lists Asian pears as a cure for coughs and bronchial ailments.

Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	396
	% Daily Value*
Total Fat 31.7g	41%
Saturated Fat 8.3g	42%
Cholesterol 25mg	8%
Sodium 525mg	23%
Total Carbohydrate 21.7g	8%
Dietary Fiber 4.7g	17%
Total Sugars 7.5g	
Protein 11.7g	
Vitamin D 0mcg	0%
Calcium 317mg	24%
Iron 1mg	8%
Potassium 485mg	10%

*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

Retiree Health Spotlight: Paul Buberl



Hiking The Narrows in Zion National Park, Utah.

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.





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