

Metropolitan Employees Benefits Association



Brea Olinda USD - Buena Park SD - Capistrano USD - Charter Oak USD
Fullerton SD - Fullerton JUHSD - La Habra City SD - Orange County HS of the Arts

Best Doctors is here!

This is an entirely voluntary benefit.

It's also free and confidential – and you can access it without ever leaving home.

We know that when you or a family member is faced with a medical decision or serious condition it can be difficult and confusing. You need the right answers to some tough questions: "Is there a different treatment?..." "Is surgery really my best option?..." "Is my doctor right?..." "How can I be absolutely sure?"

A simple phone call to Best Doctors can move you closer to certainty. A Best Doctors Member Advocate (nurse) will listen to your concerns and ask about your medical situation. They will gather all of your medical information, analyze your medical condition from every angle, and identify the leading expert doctor(s) best qualified to evaluate your case. Best Doctors will send you and your treating physician the expert's report with the answers for you.

Regular Screening Key to Diagnosing Colorectal Cancer

Colorectal cancer is cancer of the colon or rectum. It is equally common in men and women. With recommended screening, this cancer can be prevented (by removing polyps before they become cancerous) or detected early, when it can be more easily and successfully treated.

Who is At Risk?

- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer, colorectal polyps or inflammatory bowel disease

How You Reduce Risk

- Be physically active and exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains.
- Consume calcium-rich foods like low-fat or skim milk, limit red meat consumption and avoid processed meats.
- Don't smoke and don't drink alcohol excessively.

Concerned about a diagnosis of colorectal cancer, inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's Disease? Best Doctors Can Help!

- Have an expert look at your diagnosis and treatment plan.
- Provide you and your doctor access to the opinions of top specialists.
- Answer your questions from diagnosis through recovery.

CALL 1-866-904-0910 today!

Your EAP

Nobody Likes a Bully

Learning how to deal with a bully can be an important lesson at any age. Whether it's helping you child cope with teasing at school or dealing with a hostile co-worker, your Employee Assistance Program (EAP) can help you make bullying a thing of the past.

Log on to the EAP website, www.anthem.com/ca/meba password: MEBA to read these articles on bullying:

- Bullying and Gay Youth
- Standing Up to a Bully Boss
- Warning Signs that a Child is Being Bullied
- What You Can Do to Stop Bullying



Your EAP is available whenever you are. We can provide guidance for all of life's issues, big and small. Visit our website or call 800-999-7222 for free, confidential assistance from our team of EAP experts.



While surfing the web, be sure to check out MEBA's website! The MEBA website is a wealth of information, including benefit summaries, FAQ's, health links, printable forms and much more!

www.mymeba.org

Anthem Blue Cross

360° Health – Asthma

What is it? Do you have it?
How can your health plan help you?

Asthma is a chronic condition in which the airways become inflamed when a "trigger" is encountered. Common triggers can be pollen, mold or dust mites – they can even be things as seemingly harmless as cold air or exercise. Whatever the cause, when your airways become inflamed, it's harder to breathe. For some with Asthma, breathing can become literally impossible, and attacks can turn fatal if not treated immediately.

Symptoms of Asthma vary from person to person, and can include:

- Coughing, wheezing or difficulty breathing when you are around things like smoke, dust, sprays, pollen or animals
- A cough that lasts more than a week, or frequently occurs at night or after exercise
- Tight feeling in your chest
- Feeling that it's harder to breathe out than breathe in

If you have any of the symptoms, it's best to call your doctor right away for an appointment.

The good news is that with proper treatment, if you have Asthma it doesn't have to get in the way of your happy, healthy life. The most important thing to do is make sure you are following the advice of your doctor.

Did You Know...

We have a program specifically designed to offer you support and other great tools if you have Asthma. You could benefit from access to some of the latest research and information on Asthma and registered nurses available to help you with lifestyle changes that could be beneficial. Remember, your most important medical resource is your doctor.

If you have Asthma or you think you might have it, call us today at 800-522-5560 to find out more. Remember to check out the Anthem Blue Cross website: www.anthem.com/ca



Kaiser Korner

Orange County Health Education 2011 Classes

The Health Education 2011 class schedule is now available. Health Education's mission is to inspire people, inform choices and improve health. Best of all many of the classes are at **NO COST** to Kaiser Permanente members.

Some of the classes offered:

Diabetes:

- Testing Your Blood Sugar
- Pre-Diabetes: Preventing Diabetes

Mind – Body:

- Depression Overview
- Stress: Reduction & Relief

Heart Health:

- Cholesterol & Lifestyle: Take Control
- Living Well with High Blood Pressure

Managing Ongoing Conditions:

- Less Pain, More Life
- Living Well With Asthma

Cancer:

- Look Good, Feel Better

Nutrition & Weight Management:

- Six Week Slim Down
- Healthy Eating For Teens

Parenting:

- Baby Care Basics
- Infant Safety & CPR

Smoking & Tobacco Cessation

This is just a sample of the classes available. Don't live in Orange County? No problem! Kaiser Permanente offers Health Education classes throughout Southern California. To locate classes near you or for a complete list of health education classes go to www.kp.org and click on 'health classes' under the Health & Wellness heading on the home page. To register for a class, call 888-988-2800.