

To Your Health!

Benefits Newsletter for VCCCD Employees

Spring 2008

Spring into Health!

Start by attending this year's
Open Enrollment/Health Fair!

Check out the date and time below of the Open Enrollment/Health Fair at your location and be ready to Spring into Health!

There will be various services provided such as:

- Massage Therapy
- Blood Glucose Testing
- Body Fat Analysis
- Heart Health Checks
- Blood Pressure Checks

In addition, there will be giveaways and free raffles. Please don't miss out, and let's be healthy together!



Locations	Dates	Times
Moorpark College – Cafeteria Conference Rooms A&B	Monday, May 5th	11:00 a.m. to 2:00 p.m.
Ventura College – Lawn Area on the East Side of the Theater	Wednesday, May 7th	11:00 a.m. to 2:00 p.m.
Oxnard College – Occupational Ed. Rooms 10 & 11	Monday, May 12th	11:00 a.m. to 2:00 p.m.
District Administrative Center – Multipurpose Room	Wednesday, May 21st	11:00 a.m. to 2:00 p.m.



Ventura County
Federation of
College Teachers
AFT Local 1828,
AFL-CIO

Service Employees
International
Union
SEIU Local 99



Ventura County
Community
College District

Presented by:

Joint AFT/Management
Health Benefits
Committee

ASCC Health
Insurance Committee

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The Importance of Preventive Health Screenings

A key to maintaining good health is a proper diet and regular exercise; however, it is just as important to visit your family doctor regularly and have preventive screenings performed as necessary.

The preventive health screening tests provided below are covered under the District's Anthem Blue Cross, Health Net and Kaiser plans as long as they are medically necessary under the terms and conditions of each plan.



Screening Test (and Medical Condition)	Who Needs Testing	Frequency of Testing
Breast Exam (Breast Cancer)	Women	Annual exam by clinician; monthly self exam
Mammogram (Breast Cancer)	Women, beginning at age 40	Ages 40-49: Every 1-2 years Ages 50-69: Every year Ages 70 & older: As recommended by physician
Pap Smear (Cervical Cancer)	Women, beginning at age 19	Every 1-3 years (consult your physician)
Testicular Exam (Testicular Cancer)	Men	Annual exam by clinician; monthly self exam
Prostate Exam (Prostate Cancer)	Men	Beginning at age 50 (consult your physician)
Bone Mass Density Test (Osteoporosis)	Women: <ul style="list-style-type: none"> Age 65 and older At onset of menopause If at risk women of any age with long-standing absence of menstrual cycle. Men: age 40 and older if at risk	Upon physician recommendation
Blood Pressure (Hypertension)	Adults, beginning at age 19	At least every 2 years
Chlamydia and other Sexually Transmitted Diseases	Adults, beginning with the onset of sexual activity	Ages 25 and under: Annually Ages 25 and older: Annually, if at risk
Cholesterol Screening (Heart Disease)	Adults, beginning at age 19	Every 5 years, or at physician's discretion
Colorectal Tests (Colorectal Cancer): Colonoscopy Fecal Occult Blood Test (FOBT) Sigmoidoscopy Double Contrast Barium Enema (DCBE)	Adults, beginning at age 50 or sooner, if at risk	Colonoscopy every 10 years or FOBT, Sigmoidoscopy, or DCBE as recommended by your physician
PSA (Prostate Cancer) CA125 (Ovarian Cancer)	Doctors' recommendations for screening vary.	

Following these guidelines is important; in addition, knowing your family history of certain diseases, your work history and your own personal risk level for developing a disease are important factors in tailoring a preventive wellness plan. That's why the patient-doctor relationship is so vital – even for healthy patients.

LET'S GET UP AND GET FIT!

Are you aware of the Fitness Center available to you at your college?

There are no fees to utilize the Fitness Center, and there is a faculty member present at all times for assistance!

(Classified employees - please refer to the District/SEIU Agreement, Section 10.21 regarding eligibility for release time.)

Locations	Access Information	Hours
Moorpark College	VCCCD Employee ID Number	Monday – Friday: 7:00 am to 8:30 pm; Saturday: 8:30 am to 4:00 pm (Please note: hours may vary each semester)
Oxnard College	Oxnard Employee ID Card	Monday – Friday: 7:30 am to 1:30 pm Monday – Thursday: 5:30 pm to 9:00 pm
Ventura College	Special Fitness Center ID Card	Spring/Fall: Monday & Wednesday: 6:30 am to 9:00 pm; Tuesday & Thursday: 6:00 am to 9:00 pm; Friday: 6:30 am to 4:00 pm; Saturday: 7:30 am to 1:30 pm Summer: Monday – Thursday: 6:00 am to 2:00 pm and 5:00 pm to 9:00 pm; Saturday: 7:30 am to 1:30 pm

Did you know some of our work sites have implemented a Weight Watchers® at Work Program?

Currently, Weight Watchers® at Work Programs have been started at both Moorpark College and the District Administrative Center. If you are interested, you may want to inquire about the program with Brenda Boulton, Corporate Account Manager at Weight Watchers®. She can be reached at 800-828-9675 or at brenda.boulton@weightwatchers.com.

Finally, don't forget the various wellness resources and discounts available through your Medical Insurance Plans.

For example, Anthem Blue Cross members receive discounts at various fitness clubs, including Bally Total Fitness and Gold's Gym.



CalPERS Long-Term Care Plan Seminar

District Administrative Center
Multipurpose Room

Tuesday, June 10th at 10:30 am & 1:00 pm

IT'S COMING!

Mandatory medical re-enrollment to be held:
For active employees: September 2008
For retirees: January 2009

MAY IS NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

What is your blood pressure?

If you don't know, you should. May is National High Blood Pressure Education Month – a perfect time to have your blood pressure checked. **Don't forget, you can obtain a free blood pressure check during our annual Health Fair in May.** Check out the schedule on the front page of this newsletter.

About one in every four American adults suffers from high blood pressure. The good news is that high blood pressure can be treated and controlled.

A healthful eating plan with balance, variety and moderation is a step in the right direction to help you reduce your risk of high blood pressure:

- *Eat eight to ten servings of fruits and vegetables every day.*
- *Consume three servings of low-fat dairy product.*
- *Choose nuts, beans or seeds for protein meals two to three times a week.*
- *Limit animal protein intake to five to seven ounces per day and choose only lean cuts.*
- *Use olive or canola oils for cooking and seasoning.*

A nutrient-rich eating plan is a good idea whether or not you have high blood pressure.

In May or any time, consult your doctor or dietetics professional for more information on high blood pressure.

Health Tip:



No one can tell you when or how to quit smoking or chewing tobacco. Only you know why you use tobacco and what will be most difficult as you try to stop. The important thing is that you try. Believe that you will succeed, if not the first time, then the second time, or the twenty-second time.

For assistance, check out the various smoking cessation services available through your health care providers; Anthem Blue Cross, Health Net and Kaiser.

Anthem  Blue Cross

Who is Anthem Blue Cross?

Effective April 1, 2008, Blue Cross of California changed its name to Anthem Blue Cross. In addition, the name of the prescription drug mail order service changed from Precision RX to Wellpoint NextRX Mail Services.

VCCCD Health Benefits Contact Information Directory

Anthem Blue Cross (Medical Plan)

P.O. Box 60007
Los Angeles, CA 90060
800-288-2539
www.anthem.com/ca

Delta Dental

P.O. Box 7736
San Francisco, CA 94120
866-499-3001
www.deltadentalca.org

MetLife

P.O. Box 3016
Utica NY 13504
800-638-6420
www.metlife.com

Health Net (Medical Plan)

P.O. Box 9103
Van Nuys, CA 91409
800-522-0088
www.healthnet.com

Vision Service Plan (ASCC)

P.O. Box 997105
Sacramento, CA 95899-7105
800-877-7195
www.vsp.com

American Fidelity (Cafeteria/125 Plan)

3200 Inland Empire Blvd., Suite 260
Ontario, CA 91764
800-965-9180
www.afadvantage.com

Kaiser Permanente (Medical Plan)

P.O. Box 7004
Downey, CA 90242-7004
800-464-4000
www.kaiserpermanente.org

Medical Eye Services (Faculty)

P.O. Box 25209
Santa Ana, CA 92799-5209
800-877-6372
www.mesvision.com

WellPoint NextRx

P.O. Box 961025
Fort Worth, TX 76161
866-274-6825
www.anthem.com/ca