

To Your Health!

Benefits Newsletter for VCCCD Employees

Winter 2010



A Quick \$50!

Have you signed up for the Anthem Blue Cross Health Screening Bus yet? On January 11th the VCCCD Health Benefits Committees announced that they are bringing the Anthem Blue Cross Health Bus to each District site in March. This is sponsored by Anthem Blue Cross and is available to all active employees currently enrolled in District-sponsored Anthem Blue Cross, Health Net or Kaiser medical plans.

The screenings will include a full lipid panel, blood pressure, body mass index (BMI), and height, weight and waist measurements. Only a prick to the finger is necessary for the blood test.

If you participate on the bus and complete a Health Risk Assessment (HRA) for your health plan, you will receive an Anthem Blue Cross-sponsored **\$50 Costco Cash Card**. A Costco membership is not required to redeem the card.



| The Anthem Health Screening Bus Schedule (7:30am-4:30pm): | | |
|---|--------------------|------------------|
| Oxnard College | Tuesday, March 2 | Event Code 61589 |
| Moorpark College | Wednesday, March 3 | Event Code 61590 |
| Ventura College | Thursday, March 4 | Event Code 61587 |
| DAC | Friday, March 5 | Event Code 61588 |

If you haven't done so already, you can sign up for a bus appointment today. Call 866-792-7932 or go online to www.healthfair.com/corporateEvent.aspx. A four-hour fasting is required. Walk-ins are welcome with space availability. You may choose to participate at any site.

In addition there will be a Health Fair from 10am-2pm that will include Anthem Blue Cross, Health Net, Kaiser, Delta Dental, MES and VSP vision plan representatives, fitness facility representatives and others that will provide you with information on wellness. There will be raffle prizes and giveaways! If you are not participating on the bus, please come and enjoy the health fair!

Please watch MyVCCCD District Announcements for further information.



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

In This Issue

| | |
|--|---|
| Health screening bus/fair..... | 1 |
| Taking your vascular system off cruise control | 2 |
| Take care of those blood vessels | 3 |
| Free cardiac risk assessment..... | 3 |
| Vascular at risk program..... | 4 |
| Health tip | 4 |
| Contact information directory..... | 4 |

To Your Health!

The Vascular Highway

Taking Your Vascular System Off Cruise Control



Did you know that the two top drugs utilized by VCCCD Anthem Blue Cross members are for high blood pressure and high cholesterol? Taking control of our health through our lifestyle choices such as nutrition, exercise and stress management can help out our vascular system.

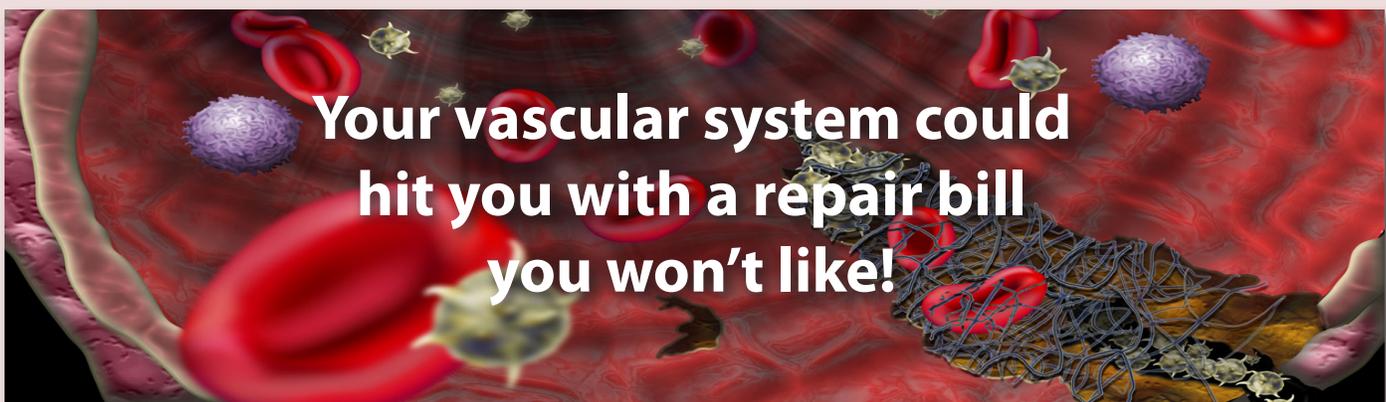
Has your vascular system been on cruise control too long? If you're scratching your head wondering if you even have a vascular system, join the crowd. In a nutshell, this vital system is the network of veins and arteries that carry oxygen and nutrient-rich blood to every cell in your body. While it's not a delicate system and normal wear and tear is generally not a problem, periodic system checks are essential to keep this system in proper working order. Let's discuss why.

Blood vessels are normally soft, elastic and smooth. As we put the miles on, experts believe, blood pressure, cholesterol, smoking and diabetes cause the lining of our vessels to develop rough patches (picture popcorn acoustical ceiling). These areas are prime surfaces for

cholesterol and other debris to lodge and collect in layers, taking up valuable space intended for blood flow. If you continue down this well mapped roadway while locked in cruise control, your vascular system could hit you with a repair bill you won't like!

With this in mind, it's important to note that your vascular system is fairly resilient. It's well documented that vascular conditions can be stopped and even reversed when detected and treated early. A simple ultrasound - a painless and noninvasive test can often be used to detect developing conditions. Body scans, ankle and arm blood pressure comparisons, electrocardiograms, blood tests, and angiograms are also used for detection.

So, now that you've got the basics on your vascular system and what it does, give it some attention. Find out if you need to hit that cruise off button. Take control and be the direct supervisor of your vascular health. You'll find the repair bills on this new highway much easier to swallow!



Keep Your Blood Vessels Afloat

Take Care of those Blood Vessels & They'll Take Care of You!

The shortest route to a healthy vascular system - one that delivers oxygen and nutrient-rich blood equally well throughout your entire body - is the same set of guidelines you've been hearing about for years. But there's a bonus this time, the regimen mapped out by these guidelines will not only keep your vascular system in top condition it will also keep your heart pumping at its best.

If you think about it, the following regimen is now twice as important.

So, although you've seen it before, check out the table at right, but this time keep in mind that the benefits are worth double.

- **Stop Smoking** – it makes the insides of your arteries look like popcorn acoustical ceiling
- **Get off the couch** – walk your dog, walk the mall, walk your spouse
- **Think low fat** – at the grocery, when eating out, and yes, even at Starbucks
- **Minimize your cholesterol intake** – visit your local farmer's market for some new ideas to combine with chicken and fish
- **Take control of your blood pressure** – be proactive and get it checked



Free Cardiac Risk Assessment with No-Charge Follow Up

Community Memorial Hospital is offering an innovative program designed to assess cardiac risk. HEARTaware is a nationwide program that walks you through a confidential 7 minute on-line (or printed) assessment at www.cmhsheartaware.org. At the end of the assessment, if needed, you will be asked if CMH may follow up and contact you. With your thumbs up, you can then take advantage of the following services:

| If your online results show: | You'll receive free: |
|------------------------------|--|
| One Risk Factor | <ul style="list-style-type: none"> • Regular heart-healthy tips to reduce future risk • A free discount coupon (normally \$50) to attend the series of heart-healthy nutrition classes referenced to the right |
| Two or more Risk Factors | <ul style="list-style-type: none"> • Screening by a cardiac nurse which includes a blood test to check your sugar and total cholesterol panel, blood pressure, weight, EKG and body fat % • Referral to cardiac care (if the above indicates the need) • Follow up by the cardiac nurse for 5 annual screenings to track progress • Regular heart-healthy tips to reduce future risk • A free discount coupon (normally \$50) to attend the series of heart-healthy nutrition classes referenced to the right |

If you participate in the HEARTaware program, CMH is also offering **heart-healthy** nutrition classes. You'll learn about different types of fat, how to cut sodium intake, shopping and cooking tips, etc. The 1st class highlights nutrition principles that make the biggest difference. The 2nd and 3rd classes are geared toward survey results from the 1st class. The next series is scheduled for:

| | | |
|-----------|--|--------------------|
| When: | February 17, 2010 March 17, 2010 April 14, 2010 | 5:15 pm to 6:15 pm |
| Where: | CMH Training Center 2809 Main St., Ventura | |
| Given By: | Heather Gilliam, Registered Dietitian | |
| RSVP: | 805-667-2818 | |
| Cost: | Free to HEARTaware participants who bring a HEARTaware discount coupon with them. Log onto www.cmhsheartaware.org , and take the 7 minute assessment. The coupon is available to print at the end of the assessment. | |



Expertise At Your Fingertips

Vascular At-Risk Program For Anthem Blue Cross Members

Anthem Blue Cross has put together a special outreach program specifically for members and their families dealing with vascular conditions. As part of the **360° ConditionCare Program**, members can sign up for the no-cost Vascular At-Risk program and take advantage of 24-hour, toll-free access to registered nurses who are there to fill in the blanks and provide you with a rich and readily-available resource devoted to helping you transition back into vascular health.



For members needing special assistance in this area, Anthem Blue Cross may periodically alert you by phone or mailer of program benefits and enhancements. Take advantage of this no-cost, no-obligation access to highly focused expertise and knowledge - sign up for the Vascular At-Risk program by calling:

800-522-5560

or connect online at: **anthem.com/ca** and click on “**360 Health.**”

Health Tip

Did you know that a Mediterranean diet, rich in fish, nuts and olive oil may help not only your heart, but your eyes as well? Two new studies suggest that the risks of developing age-related macular degeneration (AMD), a sight-robbing disease among older adults, are significantly reduced with a diet high in omega-3 fatty acids. Researchers believe the fatty acids found in fish, nuts and olive oil, may protect the eyes by preventing plaque and inflammation around the retina. People who ate one serving of fish per week reduced their risk by as much as 31%. Two servings of nuts per week resulted in a 35% risk reduction. People consuming olive oil versus high levels of trans-fat were also shown to have reduced risk in developing AMD.



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

Health Net (Medical Plan)

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

Kaiser Permanente (Medical Plan)

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

Delta Dental

P.O. Box 7736
San Francisco, CA 94120
866-499-3001
www.deltadentalins.com

Vision Service Plan (ASCC)

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

Medical Eye Services (Faculty)

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

MetLife

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

American Fidelity (Cafeteria/125 Plan)

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

WellPoint NextRx

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