

January is National Blood Donor Month

January has been recognized as *National Blood Donor Month* for almost forty years. Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January in particular, is a difficult month for blood centers to collect blood donations. A reduction in blood donations can put our nation's blood inventory at a critical low.

Any healthy person age 17 or older and weighing at least 110 pounds may be eligible to donate blood.

For more information about blood donations, go to the American Red Cross website at:

www.redcross.org



Donate LIFE!



Health Tip

Move More! Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. **Anything that moves your limbs is not only a fitness tool, it's a stress buster.**

Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or kickboxing. But that's great when you're up to it. Meanwhile move more. Thought for the day: Cha, Cha, Cha.... **Then do it!**

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.deltadentalca.org

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

To Your Health!

Benefits Newsletter for VCCCD Employees

Winter 2009



Is it a Cold or the Flu?

Late fall, winter and early spring are the times of year when many of us come down with a cold or the flu.

How do you tell the difference between a cold and the flu?

The cold and flu are both respiratory illnesses, but they are caused by different types of viruses. Cold symptoms are less severe and people experience a stuffy nose, productive cough, slight tiredness and limited body aches. Flu symptoms usually come on quickly (within 3-6 hours) and consist of a fever, body aches, dry cough, and extreme tiredness. Below is a quick reference to determine if what you have is a cold or the flu:

SYMPTOMS AT A GLANCE		
SYMPTOMS	COLD	FLU
Fever	Rare	Usually present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Symptoms appear gradually	Symptoms can appear within 3-6 hours
Coughing	Hacking, productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy Nose	Common	Uncommon
Sore Throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

* Always remember, your doctor is the best person to make a diagnosis, so be sure to contact his/her office with any severe or unusual symptoms and for an accurate diagnosis of a cold or the flu.

www.vcccd.edu/departments/human_resources/benefits/

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

Is it a Cold or the Flu? 1

Know When Antibiotics Work 2

360° Program For Anthem Blue Cross Members 2

Peace of Mind 24/7 3

Retiree Mandatory Medical Re-Enrollment 3

January Blood Donor Month 4

Health Tip & Contact Information Directory 4

Know When Antibiotics Work

Cold or Flu. Antibiotics Don't Work For You

Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses?

Did you know that antibiotics do not help fight viruses?

It's true. Plus, taking antibiotics when you have a virus may do more harm than good.

Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

Antibiotics kill bacteria, not viruses such as:

- Colds or flu;
- Most coughs and bronchitis;
- Sore throats not caused by strep; or
- Runny noses.

Taking antibiotics for viral infections, such as a cold, cough, the flu, or most bronchitis infections, will not:

- Cure the infections;
- Keep other individuals from catching the illness; or
- Help you feel better.

When you use antibiotics appropriately, you do the best for your health, your family's health, and the health of those around you.

Source: Centers for Disease Control and Prevention

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360° Program For Anthem Blue Cross Members

As part of Anthem Blue Cross's 360° ConditionCare program, Anthem Blue Cross may reach out to those members who could use special attention in the following areas:

- Asthma
- Diabetes
- Heart Failure
- Coronary Artery Disease
- Chronic Obstructive Pulmonary Disease

Anthem Blue Cross will inform members of effective programs in place to assist members in proactively managing their health care needs. Members eligible for these special programs may receive periodic proactive calls and/or mailers about the 360° ConditionCare programs.



Sometimes you need answers to your health questions right away

Health concerns don't follow a 9 to 5 weekday schedule – and that can be the middle of the night or while you're away on vacation.

So, whether it's 3 p.m. or 3 a.m., confidential health information and support are available **24-hours a day**, 365 days a year under Ventura County Community College District's Anthem Blue Cross, Health Net and Kaiser medical plans.

For Anthem Blue Cross Members:

Under Anthem Blue Cross's 360° program, members have access to the **24/7 NurseLine** any time to speak with a registered nurse who is trained to help you make more informed decisions about your health situation.

For accurate, confidential health information from a *registered nurse*, call the toll-free telephone number on the back of your member identification card. A nurse is just a phone call away.

For Health Net Members:

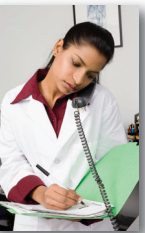
Health Net created Decision Power which brings together under one roof the information, resources and personal support that fits you, your health and your life. Through Decision Power, you can talk to Health Coaches who are trained professionals, such as nurses, respiratory therapists and dietitians. They are available **24**

hours a day, seven days a week and will help you to understand available treatment options and provide useful information and decision-making support. To reach a *Health Coach*, call **1-800-893-5597** or (TTY/TDD: **1-800-276-3821**).

For Kaiser Permanente Members:

Members can call a registered nurse for advice **24 hours a day, seven days a week**. The nurse can help assess the member's symptoms and provide advice over the phone. The nurse can also answer any questions about medical problems and help the member decide what to do next.

To reach an *advice nurse*, members should call their physician's office during the day and **1-888 KPONCALL (1-888-576-6225)** after hours.



Mandatory Medical Re-enrollment for Retirees is Here!

During the month of **January** 2009, Retirees will be required to re-enroll in their current medical plan as well as provide certified copies of the following, if necessary:

- Medicare information
- Marriage certificate
- Secretary of State domestic partner documentation
- Birth certificate

Peace of Mind 24/7