



Macabre MEBA Minute

Brea Boo Olinda USD
Buena Bury 'em Deep Park SD
Capistrano Crypt Keeper USD
Cackling Charter Oak USD

October 2009



Frightening Fullerton SD
Fullerton Black Widow JUHSD
La Habra City Mummy SD
Orange County Ghouls HS of the Arts

MEBA's Website is a Treat, Not a Trick!

The MEBA website is a convenient place to find health benefits summary information, printable forms, and helpful health links.

Go To www.mymeba.org

Anthem Blue Cross Moose

There's a Sale in the Mail!

Use our mail service pharmacy and you could immediately save money on your medications.

There are lots of reasons to use NextRx, Anthem's preferred mail service pharmacy - it's economical, safe, and it's the most convenient way to get the medications you take on a regular basis.

Now there's an even better reason to use NextRx: the Sale in the Mail! Now through December 31, 2009, we'll waive the first copay for each generic prescription that you transfer to NextRx.*

Plus, with NextRx you'll enjoy:

- Free shipping, with medications delivered right to your home.
- No enrollment fees or membership fees
- Personal counseling with registered pharmacies
- Fewer trips to the pharmacy
- And more!

Start saving today!

It's easy to get started. Simply call NextRx at **1-866-553-7307**, Monday-Friday, 8:30 a.m. - 8 p.m. (EST) to place your order, and we'll take care of the rest!
Mention coupon code GENSWT-50.

*Up to \$50 per member. Includes most commonly-prescribed generic medications. Exclusions apply. Offer valid September 1, 2009 - December 31, 2009. Members will need to mention coupon code.

360° Health

Have you checked it out yet?

360° Health is a total-health solution that surrounds everyone with the help they need to live healthier, feel better, and save money doing it.

Go To www.anthem.com and click on 360 Health.

Creepy Kaiser Korner

DRIVE-THRU SEASONAL FLU SHOTS - FAST AND FREE!

(For Kaiser Permanente members)

WHEN: Saturday, October 10, 17, & 24

TIME: 8 a.m. - 12 p.m. 1:30 p.m. - 4 p.m.

WHERE: Two Locations -

1. Kraemer Medical Office
3460 E. La Palma Ave.
Anaheim, 92806
2. Alton Sand Canyon Medical Offices
6670 Alton Pkwy.
Irvine, 92618

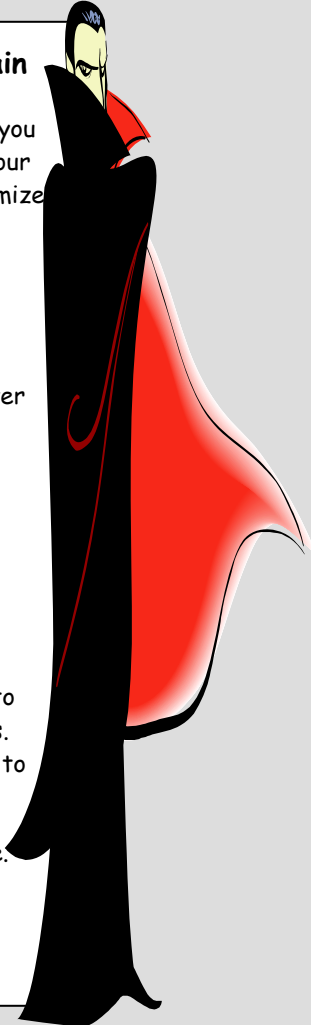
- Annual seasonal flu shots will be given on these dates; the H1N1 Swine Flu Vaccines may be available at a later date.
- On these dates, flu shots WILL NOT be given to women who are pregnant or enrolled in an infertility program.
- They will be able to receive the flu shot at their next OB/GYN appointment.
- Please wear clothing that rolls up easily to the top of the arm.
- **You MUST present a current Kaiser Permanente member Id card & photo Id.**

If the listed locations and times are not convenient, please call our Flu Hotline for additional options:

1-866-70NOFLU (1-866-706-6358)

FYI: Beginning October 10th if you want to get a seasonal flu shot during your regular doctor's appointment, the office visit copay applies, but there is no additional charge for the shot.

For updated flu information, call 1-866-706-6358 or go to www.kp.org/flu.



Perhaps your mother complains that she's losing her memory. Or maybe you're the one annoyed that you can't remember the name of that actress - you know - she was in that movie? Good news: although our cognitive functions decline as we age, there are many steps we can take to slow the changes and maximize our brain power.

- Challenge yourself. Take a class, meet new people, learn another language, do a puzzle, try out online word or math games.
- Use your senses. Identify every ingredient in your food. Close your eyes and listen - what is each background noise?
- Change your habits. Do your daily tasks with your nondominant hand. Read a book in a genre you've never tried. Visit a country where you don't speak the language.
- Practice paying attention. What is everyone in the room wearing? Are there any changes in your neighborhood? Who stars in your favorite TV show?
- Periodically, review what you've done and seen. If you're reading a book, summarize its contents to yourself. Try to reconstruct your morning step by step.
- Take care of your health. All of the usual guidelines apply: stop smoking, exercise, drink plenty of fluids, and eat six or more servings of fruits and vegetables each day.
- If you suffer from depression or anxiety, seek treatment.

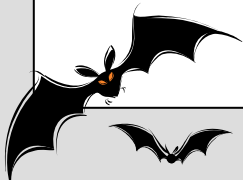
Be kind to yourself. Don't keep telling yourself that you have a bad memory - your brain will come to believe you. And don't get angry if you do forget something - you're only human, like the rest of us. Instead, use that precious energy to stay focused, to solve a crossword puzzle, to play Scrabble, or to read a book. And have fun!

Your Employee Assistance Program (EAP) wants you to enjoy all life has to offer for years to come.

Visit our website for information, tips, and resources designed to help people of all ages improve their lives. www.anthem.com/ca/meba. Password: MEBA.

Or call 800-999-7222, available 24 hours a day, 7 days a week.

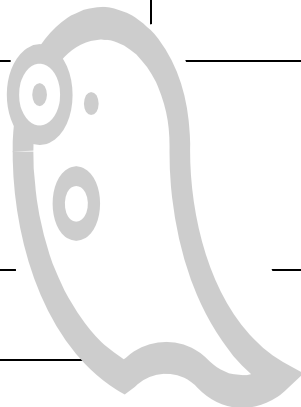
And remember. it's FREE!!



Health Care: It Costs What?

If it only costs \$20 to see the doctor when you have a sore throat, what's the big deal? If you knew the true cost of services, you might think twice before visiting the doctor or getting that elective test. Some of the typical costs for health care services in the United States are as follows:

	Allowable Cost*
Physician Services:	
Primary Care Physician visit	\$114.34
Specialist visit	\$157.38
Routine exam visit - anyone over 21	\$140.59
Well baby visit - 0 to 2 years	\$155.52
Obstetrical care (regular delivery) - 21 to 45	\$2,044.20
Hospital Services:	
Inpatient Admission - over 21	\$16,561.23
Maternity (regular delivery) - 21 to 45	\$6,869.36
Maternity (C-section) - 21 to 45	\$10,335.22
Outpatient surgery	\$1,163.43
ER visit	\$628.40
Diagnostic Tests:	
Mammogram - women 40 to 69	\$155.21
Colonoscopy - adults 52 to 80	\$785.95
Cardiac Stress Test - over 21	\$149.37
Chest X-ray - over 21	\$47.27
MRI - over 21	\$716.79
CT Scan - over 21	\$574.69
Rx - Retail:	
Brand	\$115.79
Generic	\$23.45
Rx - Mail:	
Brand	\$272.20
Generic	\$64.19



The MEBA Flu Shot Clinics are Coming!

The first of the annual MEBA sponsored seasonal FREE flu shot clinics is scheduled!

#1

WHEN: Thursday, October 15th
WHERE: Capistrano USD Board Room
 33122 Valle Rd.
 San Juan Capistrano, 92675
TIME: 1:00 P.M. - 6:00 P.M.

#2

WHEN: Thursday, October 22nd
WHERE: Fullerton School District
 1401 W. Valencia Dr.
 Fullerton, 92833
TIME: 1:00 P.M. - 6:00 P.M.

The seasonal flu shots are FREE to all of the following:

- Any **ACTIVE** employee from a school district that is a member of MEBA.
- Dependents 18 years or older who are currently covered by one of the MEBA health plans.
- Retirees who are currently covered under one of the MEBA health plans.
- One other clinic is in the planning stages. The MEBA Minute will update clinic information as it becomes available.

*Amount the health plan and employee costs are based upon. Source 2008 Thomson Reuters. Zywave from HUB International