



METROPOLITAN EMPLOYEES BENEFITS ASSOCIATION

# Special Edition MEBA Minute

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

## To All MEBA Members:

In an effort to keep your premium costs down, MEBA adopted some increases in copayments. According to the 2010 Segal Health Plan Cost Trend Survey, the national trend for healthcare plan increases for 2010 is projected at 10 – 10.8%. MEBA was able to keep the overall increase for Anthem Blue Cross plans at 4.04%, while adding a benefit that allows members to save money on preventative care. Similar modifications in the Kaiser plan kept premium increases at 11.9% for Plan A instead of the 15% increase which was originally proposed by Kaiser.

The MEBA Board of Directors & Trustees

### Kaiser Permanente Benefits Updates Effective 1/1/2010:

**Emergency Room:** Copay is increasing from \$35 per visit to \$75 per visit (copay is waived if admitted).

**Prescription Drugs:** Copays are increasing from \$5 generic/\$15 brand with a 100-day supply to \$10 generic/\$20 brand with a 30-day supply (Mail Order incentive: \$20 generic/\$40 brand for up to a 100-day supply).

### Anthem Blue Cross Benefits Updates Effective 1/1/2010:

**For PPO and POS plans,** deductibles and out of pocket maximums (the maximum amount you pay before insurance pays 100%) are increasing.

**For HMO and POS plans,** there will be a higher copay when you visit a specialist - your office visit copay for your primary physician or your OB/GYN will remain the same. Emergency room copays are also increasing (if you are admitted to the hospital, these copays are waived)

**For most plans,** the cost of prescriptions will increase for brand formulary drugs and non-formulary drugs. There will be no change in copays for generic drugs.

### **A NEW WELLNESS BENEFIT!**

To encourage members to stay well, we've added a new Health and Wellness Preventative Care Benefit to our Anthem Blue Cross plans. Copayments will be waived for physical exams and periodic check-ups, well baby and well child care, well woman exams, specified immunizations, and selected health education programs.

## Open Enrollment is Coming!

Do you have additions or changes to make in your benefits?

The dates below show when districts will have their open enrollments:

Brea Olinda USD: November 1<sup>st</sup> – November 30<sup>th</sup>

Buena Park SD: November 1<sup>st</sup> – November 30<sup>th</sup>

Capistrano USD: October 26<sup>th</sup> – November 13<sup>th</sup>

Charter Oak USD: October 19<sup>th</sup> – November 18<sup>th</sup>

Fullerton SD: October 28<sup>th</sup>

Fullerton JUHSD: October 19<sup>th</sup> – November 30<sup>th</sup>

La Habra City SD: TBD

Orange County HS of the Arts: December 1<sup>st</sup> – December 18<sup>th</sup>

For more information, please contact your Human Resources department.

**This is something to roar about – FREE Seasonal Flu Shots!**  
The MEBA Sponsored flu shot clinics will be held on the following days and locations:



### Clinic #1

When: Thursday, October 15<sup>th</sup>

Where: Capistrano USD Board Room  
31222 Valle Rd.

San Juan Capistrano, 92675

Time: 1:00 p.m. to 6:00 p.m.

### Clinic #2

When: Thursday, October 22<sup>nd</sup>

Where: Fullerton School District  
Board Room

1401 W. Valencia Dr.

Fullerton, 92833

Time: 1:00 p.m. to 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. (School district employees who are not MEBA members will be verified with district employee lists.)
- Dependents 18 years or older who are currently covered by one of the MEBA health plans. **You MUST bring and present a valid insurance card as verification of eligibility.**
- Retirees who are currently covered under one of the MEBA health plans.

## What's Fast and Free for Kaiser Permanente Members? Drive-through Seasonal Flu Shots!

When: Saturday, October 10, 17, & 24

Times: 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 a 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 the Flu Hotline for additional options: **1-866-7ONOFU (1-866-706-6358)** or [www.kp.org/flu](http://www.kp.org/flu). Beginning October 10<sup>th</sup>, if you want a seasonal flu shot during your regular doctor's appointment, the office visit copay applies, but there is NO additional charge for the shot.