



Physical Health

Your physical health is an essential and necessary part of your overall wellness. Kaiser and Blue Shield of California offer a wide variety of programs, interactive tools, articles, and more to help you become the healthiest version of yourself. Below are just some of the resources available to you.



KAISER PERMANENTE®

Kaiser

As a Kaiser member, you have access to a wealth of wellness resources, including coaching, healthy lifestyle classes at Kaiser locations, and discounts.

In addition, there are four programs to help you target specific wellness goals:


Nourish: Gives you an in-depth look at what you eat every day and helps you make healthy food choices. After evaluating your daily eating habits, *Nourish* delivers a personalized plan that keeps your individual needs in mind.

Balance: Helps you get motivated, gain confidence, and overcome the challenges of losing weight. *Balance* offers resources such as exercise videos, goal-tracking tools, recipes, and more.

Breathe: Supports you as you explore why it's hard to quit smoking, and offers tips and advice to help you give up the habit. Once you complete the online questionnaire, *Breathe* will provide a customized action plan that shows you successful ways to quit smoking and breathe easier.

Relax: Delivers a customized plan to manage symptoms and health issues related to stress. Discover what causes your stress and find ways to help manage it. *Relax* teaches you how to minimize symptoms of stress.

Go to my.kp.org/lbusd to learn about these programs and more.

blue  of california

Blue Shield of California

Blue Shield of California members have access to many programs, tools, and articles to help you make wise choices and take action on your health goals. Below are just some of the resources available:

Preventive Health Program: Helps you stay up to date on recommended screenings, tests, and immunizations for children, women, and men.

Wellvolution: Take a well-being assessment to identify areas to focus on, and let *Wellvolution* guide you through daily and weekly challenges to help you start making changes and stay on track through your wellness journey.

Condition Management Program: Learn more about the common health topics, like asthma, diabetes, and chronic back pain, with helpful resources, including articles and interactive tools to help you make a plan to not only manage your condition but thrive.

Wellness Discounts: Blue Shield's wellness discount programs can help you save money and get healthier. Discount vendors include 24 Hour Fitness, ClubSport and Renaissance ClubSport, Weight Watchers, and more.

Go to www.blueshieldca.com/lbusd to learn about these programs and more.



Emotional Wellbeing

Emotional and mental wellbeing can be sensitive subjects to discuss. The District and your plan providers offer many useful and confidential services and resources to help you find peace of mind. Think of these as the level in your wellness “tool chest”, ensuring you can find balance when things don’t go according to plan.

Employee Assistance Program (available to all employees)

EASE, our Employee Assistance Program, offers 3 free and confidential counseling sessions every 6 months in person as well as over the phone for a variety of situations, including:

- Family troubles with spouse or children
- Emotional distress
- Drug or alcohol abuse
- On-the-job anxieties and stress
- Grief, loss, and transition.

EASE also offers referrals for legal and financial issues and community resources.

Call **(800) 882-1341** to set up your phone consultations



LBUSDWellness.com: Your Benefits Destination

Our benefits and wellness website, www.lbusdwellness.com, offers:

- **Benefit resources**
- **Wellness tips**
- **Frequently Asked Questions**
- **Important plan documents**

Don't forget! You can even access the website from your mobile phone!



Kaiser Behavioral Health Program

Kaiser offers comprehensive care through their Behavioral Health program. Your primary care physician coordinates your care with a mental health specialist or team that can diagnose mental health issues that affect your health and wellbeing.

With the Behavioral Health Program you can:

- Call or email your doctor
- Make appointments online
- Call to make an appointment for therapy and other counseling services
- Talk to an advice nurse
- And much more.

Go to my.kp.org/lbusd for more information.

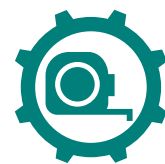
Blue Shield Mental and Behavioral Health Assistance

Blue Shield offers an array of resources to help you understand mental and behavioral health diagnoses and determine what actions to take.

You can get information on topics such as:

- Depression
- Anxiety and panic attacks
- Antidepressants
- ADHD and school work
- Treatment.

Go to www.blueshield.ca/lbusd for more information.



Financial Security

Financial security is an integral part of your overall wellness. Much like the tape measure in your toolkit at home, you need tools and resources to help you measure your financial goals, including saving for retirement and setting aside funds in case of a medical emergency. Below are some of the tools available to you through CalSTRS, CalPERS, WageWorks, and other optional retirement plans.

CalSTRS (Certificated employees)

CalSTRS offers retirement planning and financial awareness tools and resources to help you make the right choices. These include:

- Retirement savings calculators
- Financial publications
- Educational videos
- Financial awareness workshops.

You can find more information at www.calstrs.com.

CalPERS (Classified employees)

CalPERS offers retirement planning and benefits planning tools and resources to help you make the right plan for retirement. These include:

- Retirement planning classes
- Benefit webinars
- Calculators.

You can find more information at www.calpers.ca.gov.

WageWorks

WageWorks, our Flexible Spending and Health Savings Account administrator, has a library of great resources to help you get the most out of your FSA or HSA. These include:

- **EZ Receipts App:** An easy way to manage your FSA or HSA. You can check balances, submit claims, and snap and submit photos of receipts.
- **Quick Start Guides:** To help you get your account up and running as soon as possible.
- **“How to” Videos:** Videos to guide you through account set up, eligible expenses, and much more.

You can find this and more at www.wageworks.com.

Optional Retirement Plans

The District offers 403(b) and 457 retirement plans to allow participants to save for retirement with pre-tax dollars. These plans offer the following benefits:

- Contributions are made on a salary-reduction basis;
- Variety of investment choices; and
- Easy payroll deduction.

The 403(b) plan is administered by SchoolsFirst Federal Credit Union, while the 457 is administered by the Hartford.

For more information on your District retirement plans, please call the plans' administrator:

- **403(b) Plan:** (800) 462-8328 x4116
- **457 Plan:** (800) 755-5721
(Barbara Fleming)



Long Beach Unified School District
1515 Hughes Way
Long Beach, CA 90810-1839



Employee Name
Employee Address
State, Zip

Your 2016 – 2017 LBUSD benefits are effective **July 1**

Open this newsletter to find out about the **great tools and resources** available to you from LBUSD and our plan carriers.



Building Your Path to Wellness

Wellness is a personal journey built on your own goals and motivation. Your LBUSD benefit providers offer a wealth of resources and programs to help you start on the path toward a healthy lifestyle — no matter what that path looks like for you!

We've put together this newsletter to help you build your own personal wellness toolkit based on your goals and needs. Inside, you'll find tools on three key wellness areas:

- 1 Physical Health**
- 2 Emotional Wellbeing**
- 3 Financial Security**

Each section influences the other, and focusing on all of them helps you lead a healthy and fulfilling lifestyle. **Open this newsletter now to get started or keep moving!**

Don't Forget!

Weight Watchers® is here!

Interested in joining?
Visit <https://wellness.weightwatchers.com> today!