

The Guardian

Los Angeles Police Relief Association, Inc.



Volume 30, Number 2

Second Quarter 2011

LAPRA 2011 Fitness Challenge

Maybe you have a special event coming up and you want to look and feel your best. Maybe your doctor has suggested you shed a few pounds. Maybe it's time for a new exercise routine to build strength and endurance. Could be you just want to be part of the team. Whatever your reason for participating in LAPRA's 2011 Fitness Challenge, the ultimate goal is the same: **"You Lose, You Win!"**

The LAPRA Fitness Challenge, now in its fourth year, is open to all LAPD sworn officers and civilian employees at no cost. The challenge begins July 1 and ends September 30, 2011. Last year, 51 teams participated in this worthwhile event and collectively shed more than 12,000 pounds.

Regardless of your age, weight or athletic ability, the LAPRA Fitness Challenge is designed to build camaraderie and help you achieve your health and wellness goals. Cash prizes are awarded to the top teams (for your Division Station Fund) and top individuals that lose the greatest percentage of weight. Each division can have up to three teams, with up to 25 people per team. The final weigh-in will be from the top 20 people with the highest weight loss from each team.

It's up to you to take the first step to reap the rewards. Team prizes are awarded to the top six teams that lose the greatest percentage of total team weight with prizes range from \$1,500 to \$10,000 that go toward your Division Station Fund. Teams that don't take one of the top six prizes can still earn a \$500 prize toward their Division Station Fund if they lose five percent or more of total team weight. You can also win individual prizes that range from \$1,000 to \$5,000.

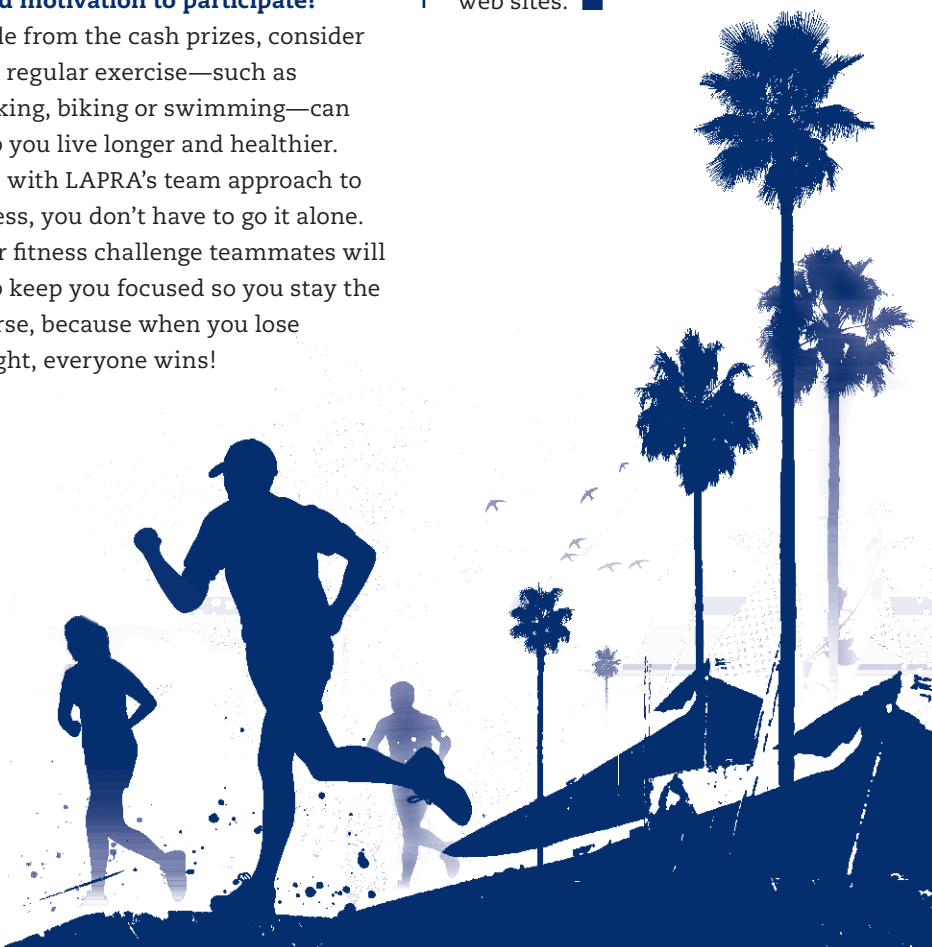
Need motivation to participate?

Aside from the cash prizes, consider that regular exercise—such as walking, biking or swimming—can help you live longer and healthier. And with LAPRA's team approach to fitness, you don't have to go it alone. Your fitness challenge teammates will help keep you focused so you stay the course, because when you lose weight, everyone wins!

Ready to get moving? The sign-up deadline is Thursday, June 30, 2011 at 5:00 p.m. To get you started, participants receive a free LAPRA 2011 Fitness Challenge t-shirt, gym bag, pedometer, water bottle and other special incentives. If you are on medication or have a chronic health condition, be sure to get your doctor's approval before you sign up.

A LAPRA scale will be provided for each department facility. For more information on rules and key dates, log on to the Department or LAPRA web sites. ■

LAPRA
LOS ANGELES POLICE RELIEF ASSOCIATION, INC.





Member Spotlight

Lt. Gerald Woodyard on Faith, Family, and Being a Cop

It's not easy keeping up with the Los Angeles Police Relief Association's newest Board member, Lieutenant Gerald Woodyard. When he's not on the job at Community Relations Section, Office of the Chief of Police, you will likely find this seventeen-year LAPD veteran, devoted husband and father of three at one of his children's sports events. You might also find him at home in his kitchen preparing a weekend breakfast with all of the trimmings for extended family and friends. If success can be measured by one's commitment to faith, family and serving others, Lt. Woodyard's cup overflows.

The youngest of three siblings, Lt. Woodyard was raised by a single mother who moved to California from Mobile, Alabama to support her family. "She worked hard and always expected us to do the same," Lt. Woodyard explains. "She believed that good people held themselves to a high standard. No matter what we did, we were taught to give it our best."

A scholar athlete who also enjoyed theatre and marching band in high school, Lt. Woodyard earned a football scholarship to California State University Long Beach. There he majored in criminal justice and helped establish the school's first gospel choir. While in college, he also met his wife, Nora, to whom he's been married for 18 years. After earning his degree, Lt. Woodyard had planned on a career with the Federal Bureau



Lt. Gerald Woodyard

of Investigation (FBI), but was drawn to the Los Angeles Police Department because of its diversity. "I wanted to serve the community and be a role model to others," he explains. "The LAPD gave me that opportunity."

In seventeen years, Lt. Woodyard has served in a variety of positions. Prior to his role in the Community Relations Section, he served in the Southeast Area as a watch commander for two and a half years. One of the most challenging aspects of his job, he says, is maintaining the balance between career and family. "Police work can be stressful," he explains. "Keeping my priorities in order—God, family, and career—gives me the fortitude to succeed not only as a police officer, but also as a husband and father. Thankfully,

my wife and children are extremely supportive. Every day, when we sit at the dinner table together as a family I am reminded of how fortunate I am."

Has the role of a police officer changed over the years? "Absolutely," Woodyard replies. "In the late 1990's, I worked Southeast Area as a new police officer. The majority of the people we served lived below the poverty line. Homicides, robberies and other violent crimes were the norm. As an African American, this was fertile ground for me—an opportunity to make a difference and have an impact."

"Today, the Southeast Area is a better place, and I'm inspired by how things have changed. Homicides are down and crime is at an all-time low. The most impressive change is the relationship we've built with the community, thanks to the leadership in the Division and a Captain who truly cares. As a police force, we're more transparent than we used to be and this has enabled us to extend our reach in a very positive way. At the end of the day, by treating every individual with respect and dignity, and by helping people overcome challenges, we make the community safer for everyone. To me, this is what it means to be a police officer with the LAPD." ■

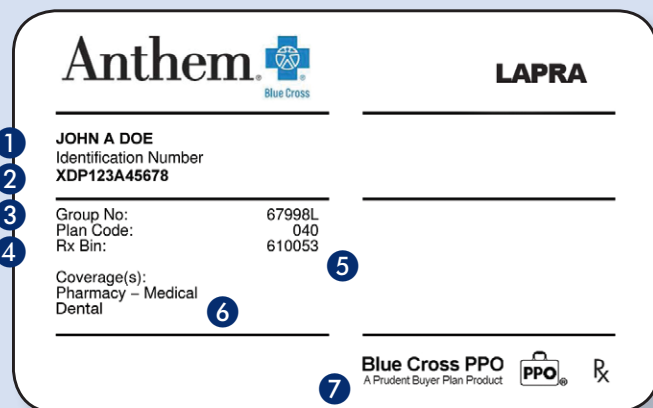
Understanding Your Medical ID Card from Anthem Blue Cross

If you added or changed medical and/or dental coverage during the Open Enrollment period which ended May 31, you will receive new ID cards from Anthem Blue Cross and/or Kaiser depending on the plans in which you are enrolled. If you did not make changes to your medical or dental coverage, you can continue using your current ID cards. Present your ID card each time you receive medical or dental care or purchase prescription drugs.

If you are enrolled in Anthem Blue Cross Prudent Buyer PPO or CaliforniaCare Plus HMO medical coverage along with dental coverage through Anthem Blue Cross, your ID card includes the information shown below. **Please Note:** Your ID card may differ from the example ID cards shown below depending on the plans and coverages you are enrolled in.

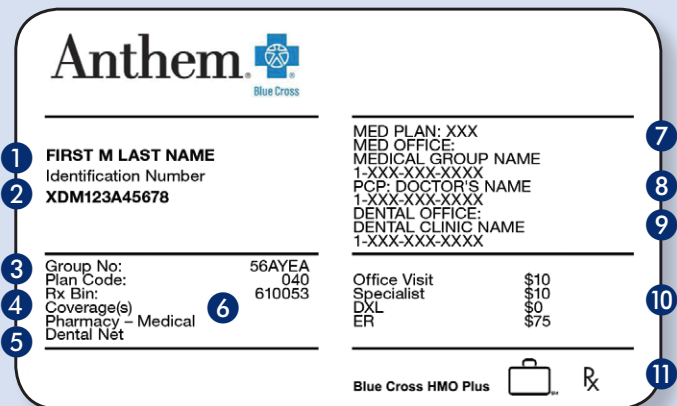
Anthem Blue Cross Prudent Buyer PPO ID Card - Front

- 1 **Member Name:** Name of member/subscriber
- 2 **Identification Number:** Unique number used to verify eligibility
- 3 **Group No:** Identifies LAPRA members
- 4 **Plan Code:** Identifies the type of Anthem Blue Cross plan LAPRA members utilize
- 5 **Rx Bin:** Used by pharmacies to fill prescriptions and determine copays
- 6 **Coverage(s):** Identifies the type of coverage the member has through Anthem Blue Cross
- 7 **Blue Cross PPO:** Indicates the name of the network of preferred providers. The PPO logo indicates you have access to Anthem Blue Cross PPO providers nationwide.



The back of the PPO ID card includes information on claims submission and telephone numbers for Member Services, Provider Services, pharmacy, 24/7 NurseLine, pharmacy mail order, coverage while traveling and pre-authorization review.

Anthem Blue Cross CaliforniaCare Plus HMO ID Card - Front



The back of the HMO ID card includes information on claims submissions and telephone numbers for pharmacy, 24/7 NurseLine, Blue Cross HMO Plus, coverage while traveling, mental health/substance abuse, pharmacy mail order, pre-authorization and provider inquiries.

- 1 **Member Name:** Name of member/subscriber
- 2 **Identification Number:** Unique number used to verify eligibility
- 3 **Group No:** Identifies LAPRA members
- 4 **Plan Code:** Identifies the type of Anthem Blue Cross plan LAPRA members utilize
- 5 **Rx Bin:** Used by pharmacies to fill prescriptions and determine copays
- 6 **Coverage(s):** Identifies the type of coverage the member has through Anthem Blue Cross
- 7 **Med Plan & Med Office:** Indicates the name of the HMO Medical Plan and name and telephone number of your medical group
- 8 **PCP:** Indicates the name and telephone number of your Primary Care Physician (PCP)
- 9 **Dental Office:** Indicates the name and telephone number of your dental office
- 10 **Copays:** Indicates copay amounts for office visit, specialist visit, DXL (Diagnostic, X-ray, Lab) and Emergency Room
- 11 **Blue Cross HMO Plus:** Indicates the name of the HMO plan through Blue Cross

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LAPRA 2011 Fitness Challenge Starts July 1st

Join the LAPRA 2011 Fitness Challenge where losing is winning! Cash prizes are awarded to the top teams (for their Division Station Fund) and top individuals that lose the greatest percentage of weight. See page 1 for details.

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Join the LAPRA 2011
 Fitness Challenge
 where losing is winning!
 Look inside for details.

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