

Get Real-time Claims Status Alerts from Anthem Blue Cross

Did you know that Anthem Blue Cross receives more than five million calls a year from members who just want to find out the status of their claims? Sometimes that means having to wait on the phone to talk to someone. If you are a LAPRA member enrolled in an Anthem Blue Cross medical plan, you can get the information you want, and get it faster with a new real-time claims status service called **What's My Status**.

The new service sends automatic, real-time emails or text messages to let you know when an insurance claim is received, and another when it's approved or denied. Anthem Blue Cross members currently getting these types of notifications say they like it. The messages keep them informed and reduce the need to call Member Services.

You can get claims status information on your smartphone or computer by setting your preferences to receive text or email notifications. To receive real-time claims notifications, register on the Anthem Blue Cross website at <http://anthem.com/ca>. ■

Apply Now for the LAPRAF 2018 Scholarship Program

Is your child a successful high school senior who is ready to enter college this year? The Los Angeles Police Relief and Assistance Foundation (LAPRAF) is now accepting applications for its 2018 scholarship program. The scholarships recognize academic excellence, leadership and dedication to community service. LAPRAF will award four \$10,000 academic scholarships to graduating high school seniors for the 2018 fall school term. The scholarships are distributed at rate of \$2,500 per year over four years. **The deadline to apply is May 15, 2018.**

Initial Eligibility Requirements

- Students must be high school seniors at the time they apply. Applications and the most recently available school transcripts must be submitted no later than May 15, 2018.
- Students must have achieved at least a 2.5 GPA in high school.
- Students must have a parent or a legal guardian who is a member of the Los Angeles Police Relief Association (LAPRA).

Continuing Eligibility Requirements

Once scholarships are awarded, students must meet the following criteria to continue to receive annual scholarship funds.

- Maintain full-time student status at an accredited college or university (9 units or more) and maintain at least a 2.0 GPA.
- Provide proof of continued full-time student status and GPA to the LAPRA office prior to the beginning of each school year.

A 2018 Scholarship Application can be completed online and accessed from the LAPRA website at www.lapra.org/lapraf.html.

If you have questions regarding the 2018 scholarship program, please contact:

Brenda Mata
213-674-3703
brendam@lapra.org

Diane Whisnant
213-674-3724
dianew@lapra.org ■

Stay Informed About Your LAPRA Benefits and You Could Win a Gift Card!

At LAPRA, we are always looking for new cost-effective ways to communicate with our members providing you with important benefits and enrollment information in a format that works best for you.

Email communications and text message alerts sent to your cell phone are fast, inexpensive ways to reach you with time-sensitive information with links to additional resources available on the LAPRA or benefit carrier websites.



Share Your Email Address and/or Cell Phone Number in Three Easy Steps

- 1) Go to www.lapra.org and click on the link to access the online submission form.
- 2) Fill out the online form with the information requested.
- 3) Click the SUBMIT button to transmit your information securely* to LAPRA.



Have questions? Call LAPRA at **213-674-3701** or **888-252-7721**.

How Do We Use the Information You Provide to LAPRA?

If you provide your email address and/or cell phone number, we will only use your information to communicate important benefits and enrollment information related to your LAPRA benefits. You may notify LAPRA at any time if you do not wish to receive emails or text message alerts from us by sending an email to benefits@lapra.org.

We will not share, rent, lease or sell your email address or cell phone number to any third party for their independent use or benefit. ■

* LAPRA's online submission form meets the security and privacy standards for safe electronic submission.

What are Text Message Alerts?

When you enter your cell phone number to sign up for text message alerts, you'll receive quick benefit tips and alerts about important benefits program deadlines and events on your smartphone. By signing up, you will receive no more than two text messages in a month. You can stop receiving text message alerts at any time.



Stay Informed. Win a Gift Card.

If you submit your email address and/or cell phone number via the LAPRA website between March 1 and March 31, 2018, you will be entered into a drawing for one of 15 valuable gift cards in the amount of \$50 or \$100 from American Express, Amazon or Best Buy!



A Diabetes Prevention Program Can Save Your Life

Did you know that more than 30 million people in the United States have diabetes, and one in four of them don't know they have it? Type 2 diabetes accounts for about 90 percent of all diagnosed cases of diabetes, but it can be prevented. LAPRA members enrolled in an Anthem Blue Cross medical plan can enroll in the Solera4Me Diabetes Prevention Program (DPP) for free, if you qualify.

The Diabetes Prevention Program provides a path to a healthier life by helping you lose weight, adopt healthy habits, and reduce your risk for type 2 diabetes. During the program you will learn ways to eat healthier, increase your activity and manage the challenges that come with lifestyle change.

The goal is for DPP participants to lose five to seven percent of their weight during the program, which has been proven to dramatically lower their risk of developing type 2 diabetes.

Choose Your Program

There are many DPP options to choose from. Some programs meet weekly in person with a coach and a small group for support. Other programs are done entirely online using your computer or mobile phone. You'll have the opportunity to choose the program where you think you'll be most successful. Some of the programs currently available include: Weight Watchers, Lark, HealthSlate, #Retrofit, Skinny Gene Project and Transform.



While every Diabetes Prevention Program is unique, most programs include the following tools and support:

- Access to a personal health coach
- Weekly lessons
- Tools like a wireless scale or an activity tracker
- A small group for support
- Five to seven percent weight loss

Visit <http://solera4me.com/lapra> and take the one-minute quiz to see if you qualify. For more information, call 844-612-2949 or email support@solera4me.com. ■

See Better and Save \$40!

If you've been putting off getting new glasses, here's a special offer for LAPRA members enrolled in an Anthem Blue Cross medical plan with vision coverage through Vision Service Plan (VSP). You have an exclusive savings deal available now through April 30, 2018. Choose a frame from Lacoste, Nike or Nine West and \$40 will automatically be applied to your purchase when you use your benefits.

When you use a VSP Choice provider, you'll save money on exams and eyewear and there are no claim forms. VSP also offers discounts on glasses and sunglasses, contact lenses and laser vision correction. For more information and to find a member doctor, visit the VSP website at www.vsp.com. ■



VSP[®] MEMBERS: GET AN EXTRA

\$40

TO SPEND

Choose a frame from any of these brands, and \$40 will automatically be applied to your purchase when you use your benefits.



LACOSTE • NIKE • NINE WEST

Available only to VSP members with applicable plan benefits. Coupon not required to redeem offer. Void where prohibited. Offer good through April 30, 2018.
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Los Angeles Police Relief Association, Inc.
 600 North Grand Avenue
 Los Angeles, California 90012

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Stay informed about your LAPRA benefits by submitting your email address and/or cell phone number on the LAPRA website during the month of March for a chance to win a gift card. Look inside for details.



The GUARDIAN is a quarterly publication for members of the Los Angeles Police Relief Association. All rights reserved. If you have an idea for a future newsletter article, send an email to benefits@lapra.org. Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

**Los Angeles Police Relief Association
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Mark Your Calendar

LAPL Membership Outreach Days

Thursday, April 12: Northeast Station
 Thursday, April 26: Hollenbeck Station
 Thursday, June 14: West Los Angeles Station
 Thursday, June 28: Wilshire/West Traffic Station

Important Dates

May 1- May 31: LAPRA Benefits Open Enrollment
 May 15: LAPRAF Scholarship Application Deadline

LARFPA Annual Barbecue

Wednesday, June 6: LARFPA Annual Barbecue
 1025 Elysian Park Drive
 Los Angeles, CA 90012

RSVP to LARFPA by May 25. Visit www.larfpa.com for details.