

Guardian

A Periodic Newsletter for Members of the Los Angeles Police Relief Association, Inc.

Volume 45, Number 2

June 2026

Benefits for Those Who Protect and Serve

The Los Angeles Police Relief Association (LAPRA) was founded on October 17, 1919 to protect and serve those who protect and serve. Every day, men and women in blue risk their lives to make our communities safer. We provide medical and dental benefits to active and retired Los Angeles Police Officers and their families. LAPRA also offers a wellness program with free gym membership and access to health coaches, as well as life insurance and long-term disability benefits.

Now in its 17th year, the LAPRA Annual Fitness Challenge, encourages members to move more and focus on their personal wellness with top individuals and teams rewarded for completing the most miles walking, running or biking.

Through the Los Angeles Police Relief and Assistance Foundation (LAPRAF), we provide financial assistance and support in times of need to active and retired officers and their families due to a catastrophic event or other circumstances. The Foundation also provides an academic scholarship program for children of LAPRA members attending college.

At LAPRA, we are dedicated to providing exceptional service to our members. For any questions or concerns, representatives are available Monday-Friday from 8:00 a.m. to 4:30 p.m. via email at benefits@lapra.org or by calling (213) 674-2701. ■

We Want Your Opinion!

At the Los Angeles Police Relief Association (LAPRA), maintaining a quality benefits program for our members and their families is our priority. In order to ensure that LAPRA benefits continue to be competitive and serve the needs of our members, we will be conducting a Member Satisfaction Survey in August 2026.

“Our members’ experiences and views about their LAPRA benefits, member communications, and interactions with LAPRA’s benefits representatives and representatives of our insurance carriers are extremely important to us,” says Diane Whisnant, Executive Director of LAPRA. “We are committed to making sure our benefits package supports our members and their families in meaningful ways. Information collected from the survey will help us identify member concerns and priorities as we design our benefit plans in the in the years ahead.”

Watch for a postcard mailed to your home in August with an invitation and link to complete the Member Satisfaction Survey on your computer or mobile device. The survey will be conducted by an outside firm. All responses will be confidential and will not include any information that identifies you.



Complete the Survey for a Chance to Win a Gift Card!

Members who complete the survey will be eligible to participate in gift card drawing. LAPRA will be giving away 10 gift cards ranging from \$50 to \$100. ■

2026 Fitness Challenge Is in the Books

The 2026 Fitness Challenge wrapped up on June 11 with an Awards Ceremony and luncheon which featured great food, great prizes and exciting raffle drawings. A total of 32 teams with 699 participants logged more than 255,000 miles walking, running or biking in this year's Fitness Challenge with top teams and individuals sharing in \$100,000 prize money.

2026 top teams and individuals can be found on the LAPRA website at <https://lapra.org/lapras-annual-fitness-challenge/>. The Q3 Guardian Newsletter will feature stories from the winning teams and individuals. Congratulations to everyone who participated in the 2026 Fitness Challenge and made their own health and well-being a priority. ■



New Benefits Plan Year Started on July 1st

2026/2027 Annual Enrollment for LAPRA's benefits ended on May 31, 2026. Annual Enrollment is the once-a-year opportunity to enroll or make changes to your benefits or add or drop dependents from your coverage. If you enrolled for the first time during Annual Enrollment or you made any changes to your benefits, coverage is effective July 1, 2026.

Enhanced Family Building Benefits

With the passage of California SB729, LAPRA's medical plans will provide more comprehensive coverage for fertility treatments starting July 1, 2026. The medical plans through Anthem Blue Cross and Kaiser will now include:

- IVF coverage including up to 3 complete egg retrievals and unlimited embryo transfers.
- Donors and surrogate services including procurement and retrieval of donor sperm, oocytes and embryos.
- Cryopreservation coverage for those who need to preserve embryos or sperm.

Additional information is available in the 2026/27 Benefits Guides available on www.lapra.org or www.LAPRALive.org. ■

2026 LAPRAF Scholarship Winners Announced Soon

The application period for the Los Angeles Police Relief and Assistance Foundation (LAPRAF) 2026 scholarship program closed on May 15, 2026. Seven \$10,000 academic scholarships will be awarded to graduating high school seniors of LAPRA members. Applicants are evaluated on academic qualifications, service engagement and leadership

development. Scholarship winners each receive \$2,500 per year awarded over four years. Scholarship winners must maintain an acceptable grade

point average and a full load of college classes to maintain their scholarship each year. Winners of the LAPRAF 2026 scholarship program will be featured in an upcoming Guardian Newsletter. ■

LAPRAF

Los Angeles Police Relief and Assistance Foundation

Where Are They Now?

Since winning a LAPRA scholarship in 2021, Maya Gutierrez has graduated from the University of Chicago, moved to a downtown apartment, and is taking full advantage of the many professional and cultural opportunities the city offers.

Maya majored in public policy with a minor in health and society and a concentration in energy and environment. She decided to take a two-year break before going to law school and is currently working as a litigation paralegal for a boutique law firm, where she is gaining valuable experience.

“It was a start-up firm and I was their first official hire, and it’s been amazing,” Maya said. “I’m getting great hands-on experience that has opened my world to all

the different practice areas. I wouldn’t have had this opportunity anywhere else.”

In addition to working full-time, Maya is studying for the LSAT and applying to law schools in Chicago, Los Angeles and Boston. She also volunteers with several organizations, including Chicago Legal Aid, Illinois Contraceptive Access Now (ICAN), and Little Brothers of the Elderly, which matches volunteers with seniors for monthly visits and companionship. In her free time, she enjoys exploring the city.

Maya is grateful to LAPRA not only for the scholarship itself, but also the confidence it gave her to pursue her dreams.



*Maya Gutierrez
2021 LAPRAF Scholarship Winner*

“The scholarship gave me so much more than financial support—it also gave me confidence that people believed in me and my future,” she says. “I felt like I had imposter syndrome sometimes, and having LAPRA and the board recognize my achievements and support me made me so much more confident.” ■



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LAPRA wants your opinion.
 Tell us what you think
 of LAPRA benefits and
 services in an upcoming
 member survey. See page 1.

Los Angeles Police Relief Association Board of Directors — 2026

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LAPRA Retirement Guide Available Online

If you are planning to retire from the LAPD in the next three to six months, be sure to download the LAPRA Guide to Retirement from LAPRA.org. Click on the **Retiring from LAPD** tile then click on **LAPRA Retirement Guide**.

The Guide will help answer many of your questions including:

- What benefits am I eligible for as a retiree?
- What do I need to do to ensure I have health coverage after I retire?
- How will the cost of my coverage change?
- How do I stay informed of any benefit changes as a retiree?

We encourage you to plan ahead about three months prior to your retirement to begin the process. Contact us at benefits@lapra.org or call (213) 674-3701, press 2 to speak to a Benefits Representative. Note that you do not need to come into the LAPRA office. A face-to-face meeting is not required.