



Dear City of Anaheim Employee,

Fall is in the air, which means Open Enrollment is almost here! Your once-a-year opportunity to change your City-sponsored benefits will be **Tuesday, October 4th at noon to Wednesday, October 19th.**

What to Expect during Open Enrollment

Keep an eye on your mailbox, because you'll soon receive detailed information about your 2012 benefit options and the steps you must take to complete the enrollment process.

Until then, you can learn more about your 2012 benefits by reviewing the City's online guide, available at www.anaheim.net. During open enrollment, you'll be able to submit your choices online using the Employee Self-Service (ESS) Benefits Wizard.

To logon to ESS:

- **User ID:** The six-digit Employee ID Found at the top of your paycheck stub
- **Default Password:** Ana-MMDDYY (your birth date), then the last four digits of your Social Security Number

If you don't want to make any changes to your benefits, you don't have to do anything during open enrollment. Your 2011 benefit elections will automatically carry over for 2012.

Changes for 2012

Good news! There will be no changes to your medical/vision or dental plans for 2012!

Aetna will be our new FSA administrator beginning January, 2012. See your *2012 Benefits Guide* for more information about this change.

Low Rates in 2012!

Also, the City was successful in keeping your health care rates low! This means there will be no increase for Aetna and Delta Dental members and a slight decrease for Kaiser members!

Join the City's Wellness Program — *Anaheim in Motion!*

The City's new Wellness Program for employees — *Anaheim in Motion* — offers a wide range of tools designed to help you get and stay healthy. Sign up for free benefits including biometric screenings, Health Risk Assessments, health coaching and more! A healthy lifestyle reduces your health care needs and costs today, and makes serious medical conditions and their associated costs less likely in the future. Visit <http://insider> or call Human Resources to learn more about the City's Wellness Program. Take charge of your health and wellness; it will make a positive impact on your body and your wallet!

To find out more about the wellness programs you have access to, contact your provider:

- **Aetna:** www.aetna.com or 866-213-0153
- **Kaiser:** www.kp.org or 866-402-4320

What to do Now

While the City was successful in keeping rates low for 2012, you can do your part to continue this trend. To get the most out of your medical coverage and save money on health care costs, follow these simple tips:

- **Use preventive care benefits.** Health checks, flu shots, and a variety of other discounted and free services are provided by the City and your medical plans. Preventive care addresses your wellness needs today, and reduces your risk for future health problems and unexpected costs. Remember, if you're enrolled in an Aetna plan, preventive care is 100% covered when you use in-network providers!
 - **Use in-network providers.** Your plan will pay a greater amount of the cost for care when you use in-network providers. Also, in-network providers charge negotiated rates, which are usually lower than rates for out-of-network providers. Your payment is based on this discounted rate, so you will pay less out of pocket too. Aetna Navigator (www.aetna.com) has tools that help you determine the costs you can expect to pay for procedures at an in-network or out-of-network provider.
 - **Choose generic drugs.** A generic drug is often as effective as its brand-name counterpart and costs less to produce. These savings are passed on to you, and your co-pay will be less when you ask for the generic equivalent of your prescription drug.
 - **Visit an urgent care facility instead of the ER.** If you're experiencing a true, life-threatening emergency, don't think twice about going to the emergency room. If your condition is not life-threatening, you'll pay less and experience less waiting time by choosing an urgent or after-hours care center.
- **Call a Health Coach.** This free and confidential program connects you with a personal coach who can help you to quit smoking, manage weight, manage stress, and more. Participation is voluntary, and we're eager to support you as you meet with a one-on-one coach to create your personal wellness plan.
 - **Check out a Lifestyle Management Program.** Both Kaiser and Aetna offer free online action-oriented programs designed to help you modify a lifestyle factor and/or facilitate behavior change. These programs move at your pace to focus on the issues that matter to you, like weight management, stress management, smoking cessation, and nutrition.
 - **Learn about *Living Well with Diabetes*.** This pilot program for Aetna members is a personalized care management program providing 24/7 interactive support of your specific needs. You are qualified to participate if you or someone in your family has been diagnosed with diabetes or pre-diabetes. The pilot program for Aetna members runs until December 31, 2011 and is limited to the first 100 participants.

2011 Health Expo — Save the Date!

Join us for our annual Health Expo, where you'll have the opportunity to get answers to your benefit questions, talk directly to benefit providers and mingle with fellow City of Anaheim employees. See you there!

When: Wednesday, October 5th
9 a.m. to 2 p.m.

Where: Downtown Youth Center
225 S. Philadelphia Street in Anaheim (across the lawn from the Downtown Community Center)