

## LAPRA 2020 Fitness Challenge Starts January 15, 2020

LAPRA's annual Fitness Challenge is an opportunity to connect LAPD sworn officers and civilian employees with the goal of improved health and wellness for all participants. Now in its 12<sup>th</sup> year, the Challenge is designed to promote teamwork, friendly competition and healthy habits that can transform your life.

Establishing a regular fitness routine can help you manage your weight, strengthen your heart, make you mentally sharper, happier and more productive. When you participate in the LAPRA Fitness Challenge, you can receive all of these benefits, plus the support and encouragement of energetic teammates, and possibly cash prizes.

### Reach for Rewards

Regardless of your age, weight or athletic ability, the LAPRA Fitness Challenge provides special incentives to help you achieve your health and wellness goals. Cash prizes are awarded to the top six teams that lose the greatest percentage of total team weight with prizes ranging from \$1,500 to \$10,000 that goes toward your team's Division Station Fund. An additional team prize of \$2,000 that goes toward your team's Division Station Fund is awarded to any team that wins one of the top

six team prizes with the final 20 members being sworn officers assigned to a field position (as defined by the LAPPL MOU, Article 5.4 Uniform Field Officer Incentive). Teams that don't take one of the top six prizes can still earn a \$500 prize toward their Division Station Fund if the team (final 20 members) loses five percent or more of their total team weight.

Individual prizes are awarded for the greatest percentage of individual weight loss over the course of the Fitness Challenge. Individual prizes range from \$750 to \$3,500. Individuals can also earn a Keep It Off incentive worth \$350 for participants who lose 15% or more of their entry weight by the end of the 2020 Fitness Challenge and manage to keep the weight off through September 30, 2020.

### Registration is Going on Now

Registration for the 2020 LAPRA Fitness Challenge is going on now and continues through January 15, 2020. For more information, including a 2020 Fitness Challenge application, go to [www.lapra.org/challenge2020.html](http://www.lapra.org/challenge2020.html). If you have questions about the challenge, email [FitnessChallenge@lapra.org](mailto:FitnessChallenge@lapra.org) or call 213-674-3701 or 888-252-7721. ■



### 2019 Fitness Challenge Key Stats



Total teams:  
**85**



Total participants:  
**1,926**



Total pounds lost:  
**23,222**



Teams with weight loss of 5% or more:  
**57**



Top team:  
**Recruitment and Employment Division (RED)** with 13.90% cumulative weight loss

# Mental Health Benefits

Mental and emotional wellness are important parts of your overall health. Taking care of your mind is just as important as taking care of your body. Improving your mental health improves not only you, but also the world around you.

If you are enrolled in a LAPRA medical plan through Anthem Blue Cross or Kaiser Permanente, comprehensive mental health services are available to you and your covered family members. Mental health services include assessment, treatment and support for a variety of mental, emotional and substance abuse conditions including:

- ADHD
- Anxiety and stress
- Autism spectrum disorders
- Bipolar disorder
- Depression
- Eating disorders
- Obsessive-compulsive disorder
- Sleep problems
- Treatment for substance use disorders

## Anthem Blue Cross PPO Members

If you are enrolled in the Anthem Blue Cross PPO, you can seek services with either an Anthem contracted or non-contracted mental health provider. You will receive a higher benefit and lower out of pocket costs if you receive care from an Anthem contracted provider. You can find an Anthem contracted provider by calling customer service at **800-289-2250** or by checking Anthem's website at [www.anthem.com/ca](http://www.anthem.com/ca). Inpatient facility care and some outpatient services require prior authorization, unless the care is

a result of an emergency admission. You must notify Anthem within 24 hours of an emergency admission. Call **800-274-7767** for prior authorizations.

## LiveHealth Online Psychology

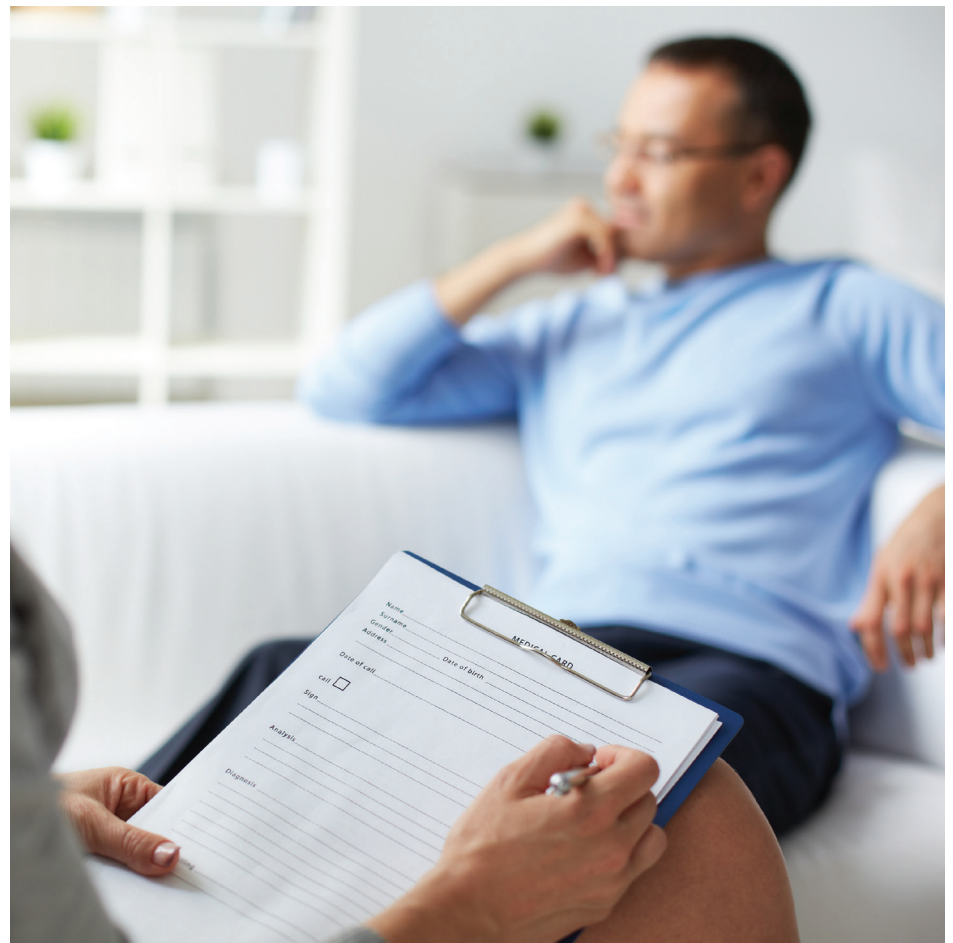
Anthem Blue Cross PPO members can also obtain mental health services through **LiveHealth Online Psychology**. You can access a provider via two-way online video conferencing from the comfort of your home or another location you choose. Providers are available from 7 a.m. to 11 p.m. PT.

To get started using **LiveHealth Online Psychology**, you will need to set up an account and complete your profile at [www.livehealthonline.com](http://www.livehealthonline.com).

If you have questions or need assistance setting up an account, call LiveHealth Online at **855-603-7985**.

## Anthem Blue Cross HMO Members

If you are enrolled in the Anthem Blue Cross HMO, you do not need to receive approval from your medical group to access mental health services. Keep in mind that you must receive services from an Anthem contracted provider. You can find an Anthem contracted provider by calling customer service at **800-289-2250** or checking Anthem's website at [www.anthem.com/ca](http://www.anthem.com/ca). Inpatient facility care and some outpatient services require prior authorization, unless the care is a result of an emergency admission.



You must notify Anthem within 24 hours of an emergency admission. Call **800-274-7767** for prior authorizations.

## Kaiser Permanente HMO Members

If you are enrolled in the Kaiser Permanente HMO, you have access to a range of therapy and treatment choices from a team of mental health professionals including:

- Psychiatrists
- Addiction medicine physicians
- Psychologists
- Licensed clinical social workers
- Marriage and family therapists
- Medical social workers

- Psychiatric clinical nurse therapists

To make an appointment for therapy or counseling, no referral is needed. Call your local Kaiser Permanente medical center to schedule an appointment at the mental health, behavioral health or psychiatry department.

## LAPPL Employee Assistance Program

All LAPD sworn personnel and household members have access to Employee Assistance Program services available at no charge through the Holman Group. Benefits include up to 10 one-on-one visits per individual

per incident to assist with:

- Family or marital problems
- Addictive disorders or substance abuse
- Parenting challenges
- Debt counseling
- Child and elder care support
- Workplace stress
- Many other financial or emotional issues

To access EAP services, call the Holman Group at **888-285-2858** or visit [www.HolmanGroup.com](http://www.HolmanGroup.com) and log in with the following information:

- Username: **LAPPL**
- Password: **PPL2020**

## 2019 Keep It Off Incentive Winners Earn \$350

Congratulations to the 29 individuals who participated in the 2019 Fitness Challenge and earned a \$350 Keep It Off incentive. To earn the incentive, participants had to lose 15% or more of their body weight during the 2019 Fitness Challenge and keep it off through September 30, 2019.

Individual	Division	Percentage Loss
Meghan Cirivello	RHD Team B	31.27%
Thorsten Timmermans	SBHD	25.78%
Cheymyla Hardy	Topanga Team 1	24.71%
Mariano Garde	DSVD Station Fund Team 1	22.64%
Jess Falk	FID Team A	22.53%
Wendy Rodriguez	Audit Division	21.51%
Ruth Miramontes	Wilshire Station Fund Team 1	20.93%
Thomas Gutierrez	Training Division Davis	20.83%
Susan Garcia	Olympic	20.25%
Jonathan Delgadillo	Newton Team 3	20.17%
Megan Glaister	West Valley Team B	19.75%
Dara Brown	RHD Team B	19.40%
Val Balaton	CSD (Metro Division)	18.33%
Mariana Patin	Mission Team 1	18.13%

Individual	Division	Percentage Loss
Ryan Lamar	NOE	17.95%
Dee Braxton	RED	17.65%
Antoinette Vasquez	VTD Team 1	17.39%
Robert Jaramillo	SECS	17.36%
Rich Abad	Communication Division	17.19%
Marvette Metters	VTD Team 1	16.59%
Solly Samara	Transit Services Division	16.58%
Aldo Quintero	Hollenbeck Team 1	16.41%
Timothy Shumaker	COMPSTAT	16.36%
SO #83	SOD Team 1	16.25%
SO #65	SOD Team 1	15.56%
Mika Neal	Communication Division	15.34%
Johann Aceves	RED	15.18%
Peter Yan	ITG Team 1	15.00%
Diana Riddle	Rampart Team 1	15.00%



Los Angeles Police Relief Association, Inc.  
600 North Grand Avenue  
Los Angeles, California 90012

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**LAPRA 2020 Fitness Challenge  
begins January 15, 2020!**

**Help Us Take Care of Our Own With a Donation to the LAPRAF**

The Los Angeles Police Relief and Assistance Foundation (LAPRAF) provides financial assistance and other support to active and retired officers and their families who find themselves in dire financial circumstances. The LAPRAF also provides academic scholarships for children of LAPRA members attending college. For the LAPRAF to reach its full potential, we rely on the generosity of our members. Please consider a tax-deductible financial donation, small or large, so we can help even more officers and their families who need assistance. To make a donation, you can download a form from the LAPRA website at [www.lapra.org/lapraf.html](http://www.lapra.org/lapraf.html). For more information, call LAPRA at 213-674-3724.

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**LAFPP Office Hours  
Changing in 2020**

To improve customer service and meet the needs of members, LAFPP will change their business hours starting January 1, 2020 to 7:30 a.m. to 4:30 p.m., Monday through Friday, excluding holidays. For more information, contact LAFPP at 213-279-3000 or 844-885-2377. You can also visit [www.lafpp.com](http://www.lafpp.com) or email questions to [pensions@lafpp.com](mailto:pensions@lafpp.com).

