

LAPRA 2020 Highlights in Review

By Diane Whisnant, Executive Director

First, LAPRA thanks every LAPD officer for continuing your tireless, brave and heroic service during the global pandemic. You put your life on the line every day to protect the citizens of Los Angeles. You are all true heroes!

During the pandemic, many of us postponed medical services such as preventive care visits and screenings. Preventive care is one of the smartest things you can do for your health, and we encourage members to utilize their preventive care benefits.

Preventive care benefits include age/gender-appropriate screening tests that can help you stay healthy and catch problems before they become serious threats to your health. Preventive care visits are covered at 100% in the Anthem PPO, HMO and Kaiser, as long as your doctor is an in-network provider.

For more information about preventive care, visit the Anthem website at www.anthem.com/ca/. Click on **Individual & Family** in the top NAV bar, then click on **Preventive Health** under the Care heading. Enter your gender and age to view the preventive screenings that are covered at 100%. If you are enrolled in Kaiser, go to <https://healthy.kaiserpermanente.org/> and search preventive care screenings.

In 2020, after 40 years of service, LAPRA Treasurer and Chief Investment Officer Tim McBride stepped down from his financial duties but continues on LAPRA's Board of Directors. Tim's dedication, hard work and extensive investment experience have kept LAPRA in excellent financial health.

In January 2021, Darius Trugman was appointed as Treasurer. Darius has been on the Board since 2017 and is also on the Fitness Challenge Committee.

LAPRA received a favorable renewal for the 2021/2022 plan year resulting from fewer claims incurred in the 2020/2021 plan year. As life after the pandemic gets back to normal, we expect claims to increase as members access their preventive care benefits and address medical concerns they may have postponed during the pandemic. As always, LAPRA is committed to offering high-quality benefits and keeping premium increases in check.

Looking forward to a healthier 2021, LAPRA's commitment to its members is stronger than ever. We continue to improve our technology to meet the needs of our members more efficiently. We work closely with our carriers to ensure that LAPRA offers the best benefits at competitive prices and

resolves claims issues quickly. This year, LAPRA also enhanced the financial protection of members with Basic Life insurance increasing from \$10,000 to \$12,000 for active members and from \$6,000 to \$8,000 for retired members.

In 2020 Los Angeles Police Relief & Assistance Foundation (LAPRAF) conducted a successful member donation campaign. Thanks to the generosity of active and retired members and LAPRA's vendors, the Foundation can offer more assistance to members in need. To make a tax-deductible donation to the Foundation, visit www.lapra.org/lapraf.html.

LAPRA currently covers more than 30,000 members and their dependents. In addition to medical and dental coverage, LAPRA provides members financial protection with life insurance, long-term disability, and long-term care plans. LAPRA is staffed with a team of professional Benefit Representatives to assist you with all your LAPRA plan needs.

Wishing you health and happiness,



Diane Whisnant
LAPRA Executive Director ■

LAPRA 2021 Fitness Challenge is In the Books

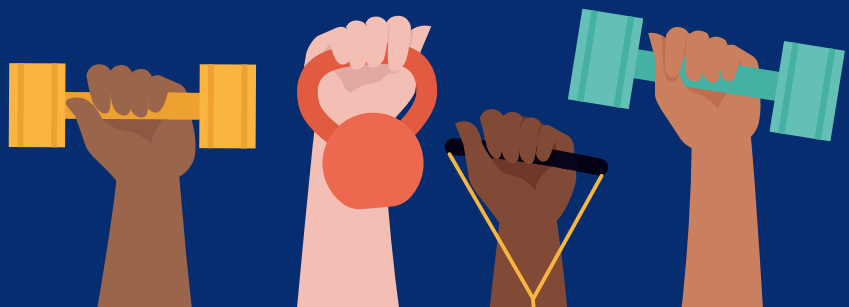
The LAPRA 2021 Fitness Challenge ended on May 14, 2021. This year 30 teams started the challenge with 23 teams making it to the finish, showing drive, commitment and dedication to losing weight and getting healthier. Cash prizes will be awarded to the top six teams that lost the greatest percentage of total team weight with prizes ranging from \$1,500 to \$10,000 that goes toward the team's 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 the team lost five percent or more of their total team weight.

Individual prizes are also awarded for the greatest percentage of individual weight loss over the course of the Fitness Challenge. Individual prizes range from \$750 to \$3,500. With the "Keep It Off" incentive, individuals can also win a \$350 cash award if they lose 15% of their weight during the challenge and manage to keep it off through 9/22/2021. ■

Fitness Challenge Awards Luncheon Set for August 18

The winners of the 2021 Fitness Challenge will be announced at an awards luncheon set for Wednesday, October 18 from 11:00 a.m. to 12:30 p.m. at the Elysian Park Academy located at 1880 Academy Dr, Los Angeles, CA 90012. All Fitness Challenge participants are invited to join us for a healthy lunch and to find out who this year's top teams and individual winners are. Raffle tickets will be distributed with a variety of prizes available.

Attention Team Captains: Please send an email by August 1 to fitnesschallenge@lapra.org with the number of team members who will attend the awards luncheon. With limited parking available, please encourage team members attending the awards luncheon to carpool. ■



LAPRA Wellness Program

The LAPRA Wellness Program administered by Sharecare is free for active and retired members and their adult dependents who are enrolled in a LAPRA medical plan. The LAPRA Wellness Program is designed to support you in developing healthy habits for a lifetime and includes:

- A free gym membership at more than 10,000 fitness centers.
- Monthly challenges you can join and earn 1,000 reward points when you meet the challenge goal. Enjoy some friendly competition and have fun while staying healthy and being active.
- An online well-being assessment that gives you a snapshot of your current health with personalized feedback based on your health status.
- Individualized support from a health coach.
- Tailored action plans designed just for you.
- Reward points that you earn and can redeem for fitness gear and other merchandise.

To get started:

1. Go to www.LAPRA.org and click on the LAPRA Wellness Program link on the home page.
2. Sign in to create your Sharecare account.
3. Once you create your account on the Sharecare website, you can also download the Sharecare mobile app from the App Store or Google Play.



If you have questions, call 855-817-0647. ■

LAPRAF Scholarship Winners Announced Soon

The application period for the Los Angeles Police Relief and Assistance Foundation (LAPRAF) 2021 scholarship program closed on May 15, 2021, with 79 applications submitted online from high school seniors of LAPRA members competing for one of five \$10,000 awards. Applicants are evaluated on academic qualifications, service engagement and leadership development. Five recipients of a 2021 LAPRAF scholarship each receive \$2,500 per year awarded over four years. Scholarship recipients must maintain an acceptable grade point average and a full load of college classes to maintain their scholarship each year. Winners of the LAPRAF 2021 scholarship program will be featured in the Q3 Guardian Newsletter. ■



Self-Service Tools on www.LAPRALive.org

You can access the LAPRALive self-service website any time during the year to:

- Update your personal information
- View your current benefits
- Make changes to your benefits (non-Medicare enrollees) due to a qualifying event (such as the birth of a child)
- Update beneficiary designation information
- Access forms and more

To access LAPRALive, go to www.LAPRALive.org and enter user name and password and click on the **LOGIN** button. ■

www.LAPRALive.org 



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

PRESORTED STD
US POSTAGE
PAID
PERMIT # 475
ESCONDIDO, CA

Look inside...

- LAPRA 2020 Highlights in Review
- 2021 Fitness Challenge is in the Books
- LAPRAF Scholarship Winners Announced Soon
- 2020 Annual Report and Summary Financial Statement

The GUARDIAN is a periodic publication for members of the Los Angeles Police Relief Association. All rights reserved. Members with specific concerns are urged to contact Diane Whisnant, Executive Director at dianew@lapra.org, and she will forward your concern to the appropriate Director.

Los Angeles Police Relief Association Board of Directors — 2021

Directors	Ruby Flores	Dana Berns	Kevin McCarthy	Gerald Woodyard	Jules Sohn	Tim McBride
President	John Shah					
Vice President & Retiree Liaison	Jim Mateer					
Vice President	Luj Watkins					
Secretary	Kristy Brown					
Treasurer	Darius Trugman					

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 and contact us at benefits@lapra.org or call 213-674-3701, press 2 about three months prior to your retirement to begin the process. Note that you do not need to come into the LAPRA office. A face-to-face meeting is not required. ■



The Guide will help answer many of your questions including:
 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 at www.lapra.org/support/documents/lapra-retirement-guide-09-2020.pdf.

LAPRA Retirement Guide Available Online

LAPRA 2020 Annual Report

by Darius Trugman, Treasurer

Following the search for an investment advisor to oversee the Association’s assets, the Board engaged the services of Beacon Pointe Advisors to manage the Association’s funds, effective October 1, 2020. Since that inception date, the Association has earned 8.70 % or \$5,991,896 for the period ending 12/31/20 with the assets valued at \$77,747,233.

The Association has maintained its overall conservative allocation policy of 45% equities, 10% alternatives, 40% fixed income, and 5% cash. The return in the markets were positive in 2020 despite the onset of the pandemic and the unknown of how COVID-19 would affect the U. S. and global economies. As a leading indicator, the market rallied strongly from the end of March and throughout the balance of the year anticipating a strong economic recovery beginning late 2020 as well as throughout 2021. The equity market has continued its upward trajectory for the first half of 2021 although the bond market was negative the first quarter due to the increase in interest rates. Recently, interest rates have declined which is lessening the effect of the interest rate increases on the bond portfolio incurred in the first quarter of 2021.

Investments of the Association remained with our Custodian, Charles Schwab throughout the transition of Board-managed investments to Beacon Pointe which began in October, 2020. Investment returns of combined accounts was 22%. Standout investment performance is shown in the table below. This is just a sampling of the investments as we transitioned the management of Association funds to Beacon Pointe. The Association also retains ownership of LAPRA’s office building and the property adjacent to the office.

A summary of LAPRA’s annual financial audit is reported in the 2020 Summary Financial Statement on the next page. ■

Standout Investment Performance

Fund	Annualized Return
T. Rowe Price Comm & Tech Fund	53.7%
T. Rowe Price Global Stock Fund	52.3%
T. Rowe Price Blue Chip Growth Fund	34.7%
Parnassus Endeavor Investor Fund	27.4%
T. Rowe Price Capital Appreciation Fund	18.2%
AMG Yachtman Fund	15.3%
Dodge and Cox Income Fund	9.5%

Los Angeles Police Relief Association, Inc.

Summary Financial Statement Statement of Net Assets Available for Benefits and Benefit Obligations December 31, 2020

NET ASSETS AVAILABLE FOR BENEFITS	Self-Insured and Insured Plans	Emergency Relief Fund	Total
ASSETS			
Investments, at Fair Value			
• Money Market Funds	\$ 5,647,832	-	\$ 5,647,832
• Certificates of Deposit	\$ 1,506,563	-	\$ 1,506,563
• Mutual Funds	70,592,839	-	70,592,839
• Cash in Interest Bearing Accounts	<u>18,159,000</u>	-	<u>18,159,000</u>
TOTAL INVESTMENTS	<u>95,906,234</u>	-	<u>95,906,234</u>
Receivables	<u>254,691</u>	\$ 66,471	<u>321,162</u>
Prepaid Expenses and Deposits	66,374	-	66,374
Obligation Reserves	118,763,202	-	118,763,202
Cash	153,441	-	153,441
Net Property and Equipment	<u>7,263,015</u>	<u> </u>	<u>7,263,015</u>
TOTAL ASSETS	<u>222,406,957</u>	<u>66,471</u>	<u>222,473,428</u>
LIABILITIES			
Accounts Payable and Accrued Expenses	418,314	-	418,314
Advanced Contributions and Deferred Income	9,524,483	-	9,524,483
Police Charity Plan	87,543	-	87,543
Pension Plan Liability	<u>2,421,248</u>	-	<u>2,421,248</u>
TOTAL LIABILITIES	<u>12,451,588</u>	<u> </u>	<u>12,451,588</u>
NET ASSETS AVAILABLE FOR BENEFITS	<u>209,955,369</u>	<u>66,471</u>	<u>210,021,840</u>
BENEFIT OBLIGATIONS			
Amounts Currently Payable for Participants	777,721	-	777,721
Amounts Due to Insurance Companies	16,653,257	-	16,653,257
Dental Claims Liability	806,602	-	806,602
Paid-Up Life Insurance for Participants	1,306,153	-	1,306,153
Estimated Future Death, Policy Surrender and Sick Benefits	<u>32,447,569</u>	-	<u>32,447,569</u>
TOTAL BENEFIT OBLIGATIONS	<u>51,991,302</u>	-	<u>51,991,302</u>
EXCESS OF NET ASSETS AVAILABLE FOR BENEFITS OVER BENEFIT OBLIGATIONS	<u>\$ 157,964,067</u>	<u>\$ 66,471</u>	<u>\$ 158,030,538</u>