

# The Guardian

Los Angeles Police Relief Association, Inc.



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## LAPRA 2012 Fitness Challenge – Strength in Numbers!

You already know that a regular fitness routine will boost your heart and lungs. You also know it's a great way to build strength, relieve stress and help control your weight. New research shows that jogging and aerobic activity can even lead to the growth of hundreds of thousands of new brain cells that can have a big impact on mental ability. But if that's not enough to get you off the couch, consider that you can receive all of these benefits, plus the support and encouragement of enthusiastic teammates, and maybe even cash prizes, by participating in the 2012 LAPRA Fitness Challenge.

**Strength in Numbers**, the theme of this year's Fitness Challenge, is a rally call to connect LAPD sworn officers and civilian employees with the goal of improved health and wellness. Now in its fifth year, the challenge aims to promote teamwork, camaraderie, and healthy habits that can transform your life. There is no cost to participate. **The challenge begins July 1 and ends September 30, 2012.** Last year, 55 teams participated in this worthwhile event and collectively shed more than 13,000 pounds, topping the prior year's total by roughly 1,000 pounds.

### Set Goals and Take Action

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 teams (for your Division Station Fund) and top individuals that lose the greatest percentage of weight. Each division can have up to three teams, with up to 25 people per team. The final weigh-in will be from the top 20 people with the highest weight loss from each team.

### Success on a Grand Scale

Team 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 go toward your 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 they lose five percent or more of total team weight. You can also win individual prizes that range from \$1,000 to \$5,000.

Working toward wellness by getting in shape can sometimes be difficult on your own. The 2012 Fitness Challenge offers **Strength in Numbers**, so you don't have to go it alone. The support of teammates will keep you focused and help you make small, daily changes that can add up to significant benefits for your health, mind, body, and soul.

### Ready to Get a Jump Start?

**Sign-up begins on Monday, June 25 and ends on Friday June 29 at 5:00 p.m.** To get you started, participants receive a free LAPRA 2012 Fitness Challenge t-shirt, gym bag, pedometer, water bottle and other special incentives. If you are on medication or have a chronic health condition, be sure to get your doctor's approval before you sign up.

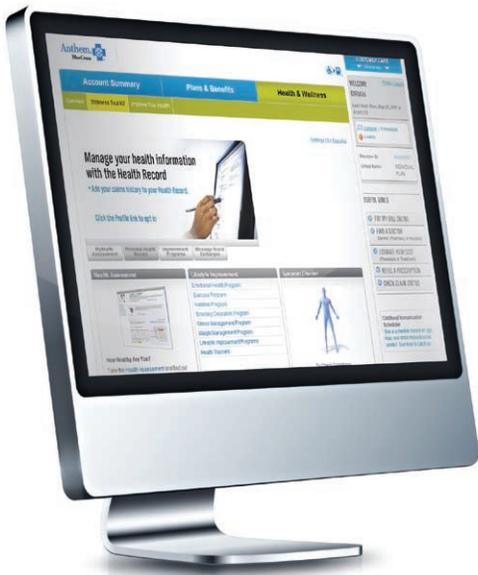
A LAPRA scale will be provided for each department facility. For more information on rules and key dates, log on to the Department or LAPRA web sites. ■

**LAPRA**  
LOS ANGELES POLICE RELIEF ASSOCIATION, INC.



# Improve Your Health with Online Tools from Anthem Blue Cross

Good health means something different to everyone. From ramping up your workout to snuffing out cigarettes, free online tools at [www.anthem.com/ca](http://www.anthem.com/ca) can help you improve your health outlook. Find the information, tips and tools you need to help you take control of your health – and make smart health care decisions.



**Health Assessment** prompts you to take an honest look at your health. Find out about your personal risk factors. Read a doctor's summary. And get specific action steps you can take to help reduce your risks – and improve your health.

**Health Record** lets you access and manage your records – privately and securely – over the Internet. View medical claims. Find your records in one convenient, well-organized place. Keep track of when you're due for health screenings.

**Lifestyle Improvement Programs** point you to the information that matters to you. Stressed out? Battling the bulge? Trying to get a handle on your cholesterol? Find the support that can help you make important changes – or stay on top of chronic conditions. If you're not sure where to begin, check the recommendations at

the end of your **Health Assessment**. They're based on your answers and your health.

**Health Trackers** can help you gauge key measurements like your cholesterol, blood pressure, weight and waist size.

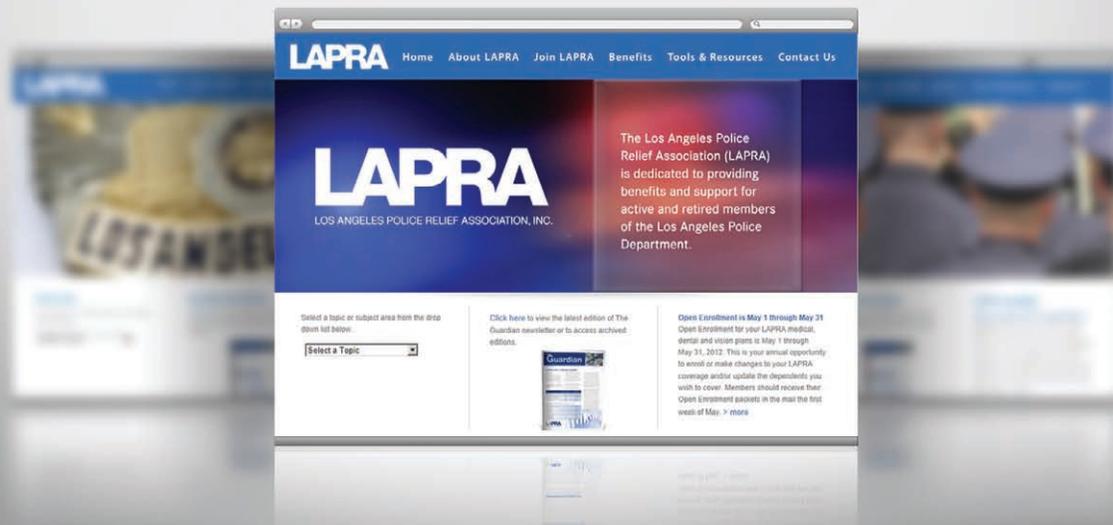
**Condition Library** allows you to browse health topics. From children's health to life after 50. Allergies to women's health. You're bound to find what you're looking for here.

**Message Board Exchanges** can help you find information and support – anonymously. Connect with people you can relate to, who are going through similar experiences. Discuss issues like: smoking, pregnancy, diabetes, depression, diet and nutrition, and many other topics. ■

## Take the first step. Visit [www.anthem.com/ca](http://www.anthem.com/ca) today.

Although you can combine these tools any way you want to create your own health solution, here's an easy way to get started.

1. Log in at [www.anthem.com/ca](http://www.anthem.com/ca) and click on the HEALTH & WELLNESS TAB at the top of page.
2. Click on the **Take My HA Now** under Health Assessment.
3. Check out the Lifestyle Improvement Programs suggested at the end of your assessment.
4. Open your Health Record; some of your health assessment answers are automatically recorded there so it's easy for you to begin using – if you choose.



## New LAPRA Website Launched

Consistent with its commitment to listen and assist members in answering questions about their benefits, LAPRA recently launched its new website to better serve active and retired members. The website has been redesigned with a new look, reorganized content and streamlined navigation providing faster access to the information and resources that our members use most.

To improve our members' overall experience on the website, we redesigned the home page and all interior pages. You will notice a refreshed color scheme, compelling new graphics and intuitive navigation that's more visually connected to the main navigation categories. The main features and functions of the new Home page include the following:

- 1 **Top Navigation Menu Bar**—accessible from all pages with links to the Home page, About LAPRA, Join LAPRA, Benefits, Tools & Resources and Contact Us.
- 2 **Find It Fast Dropdown Menu**—provides one click access to the pages our members use most.
- 3 **The Guardian Newsletter Link**—jump to The Guardian Newsletter page where you can view and download the current edition of the newsletter or look-up archived
- 4 **LAPRA Spotlight**—read about current LAPRA news and events with a link to more information.

In addition to the Home page enhancements, we created a new Tools & Resources page where you will find all forms, documents and other resources organized by type of document.

Also, the Benefit pages which describe the benefit programs available to members have been updated to make the information easier to understand with links to related forms and other documents listed down the left side of each page.

In the coming months you'll see additional tools including short instructional videos to help you complete the different types of benefit forms and applications available on the website. ■



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## LAPRA 2012 Fitness Challenge Starts July 1st

Join the LAPRA 2012 Fitness Challenge!

Cash prizes are awarded to the top teams (for their Division Station Fund) and top individuals that lose the greatest percentage of weight. See page 1 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 [guardianeditor@lapra.org](mailto:guardianeditor@lapra.org). Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

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Join the LAPRA 2012  
Fitness Challenge  
starting July 1st.  
Look inside for details.

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