

Guardian

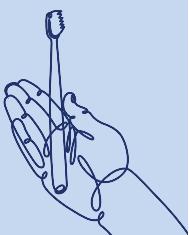
A Quarterly Newsletter for Members of the Los Angeles Police Relief Association, Inc.

Volume 40, Number 1

March 2021

LAPRA 2021/2022 Benefits Annual Enrollment Starts May 1

The 2021/2022 Annual Enrollment period for the medical and dental plans offered by the Los Angeles Police Relief Association (LAPRA) to its members starts **May 1** and ends **May 31, 2021** with benefits effective **July 1**. This is the annual period during which you can make changes to your medical and dental plans including adding or removing eligible dependents.



For 2021/2022, you will continue to have the same plans and coverage options that you have today with no benefit changes. Medical and dental premiums for active members will remain the same in 2021/2022. Medical plan premiums for retired members are decreasing in 2021/2022. Dental premiums for retired members are also decreasing for the Anthem PPO Dental Plan and staying the same for the Anthem HMO Dental Plan. More information will be included in upcoming Annual Enrollment communications mailed to your home or sent via email in April. Annual Enrollment information will also be available on the LAPRA.org and the LAPRALive.org websites. ■



New President Leads LAPRA Board of Directors into 2021

The new year brought a new president to the LAPRA Board of Directors. After 11 years at the head of the board, Kevin McCarthy looks back on his tenure, and incoming leader John Shah talks about what's ahead for LAPRA.

McCarthy feels the board has been very proactive in establishing close working relationships with other associations, including the Los Angeles Police Protective League (LAPPL), United Firefighters of Los Angeles City (UFLAC) and the Los Angeles Firemen's Relief Association (LAFRA), to help members of all four organizations get the best possible healthcare benefits.

A 25-year Board member who also served one year as president during the 1990s, McCarthy has seen major technological changes streamline and enhance the members' experience. Many of LAPRA's processes can now be completed online, such as annual enrollment, communication and benefits management.

As Board President for more than a decade, McCarthy served under Executive Directors Cindy King and Diane Whisnant, and credits them — along with General and Special Counsel Mike Kanne, consultant Dawna Gray and LAPRA staff — with making it possible to continue to

bring excellent benefits and services to the more than 18,000 members. He refers to them all as "rock stars."

He says his term as Board President has been very rewarding and he is looking forward to carrying on the board's success as a director.

"There are 11 of us on the board and I'm just one vote, but the bottom line is most members are more than satisfied with their benefits as depicted in our most recent survey, and I'm proud to serve with my fellow board members," McCarthy says. "I've been a LAPRA member for over 40 years, my wife was a member for over 32 years, and our kids were raised with LAPRA. It's a great organization."

Carrying on the Tradition

New Board President John Shah echoes that opinion.

"I'm very fortunate to have this position and want to carry on LAPRA's 100-year-old tradition of providing the best possible benefits to our members," says Shah. "And I want to thank Commander McCarthy. He has done a tremendous job and I plan to build upon what he has accomplished."

Shah, who has served on the Board since 2013, says one of his goals is

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New President Leads LAPRA Board of Directors *(continued from page 1)*

to continue to work in lockstep with LAPRA's partners, consultant and fellow board members to ensure the organization stays competitive and offers members the benefits they need, especially given the city's budget challenges.

Shah notes that budgetary issues, combined with an unprecedented and lengthy pandemic, mean LAPRA must find new ways to provide benefits. He says implementing services like telemedicine options make access to medical care safer and more convenient for members.

"We've added a lot of automated processes and upgraded our technology to have a smoother operation between the city and the LAPRA," he says. "We're looking at implementing other tech improvements to make the process easier for our members."

The health and wellness of members is especially important to Shah, and the Board has worked with its medical partners to enhance wellness benefits. LAPRA's Wellness Program offers free memberships to fitness centers including LA Fitness and others, providing a powerful incentive to exercise. Shah says the response has been overwhelmingly positive.

He also looks forward to growing the LAPRA Annual Fitness Challenge, in which teams from various divisions or specialized units compete to lose the most weight during a 3 month period. Winning individuals and teams earn rewards. Each year members participate in the fitness challenge. It motivates them to get and stay fit, and the rewards help the members and the divisions.

"I'm very grateful to my fellow board members for trusting me and

selecting me to serve as LAPRA President," he says.

LAPRA Executive Director Diane Whisnant, who joined the organization in 2014, says she immediately observed the board's commitment to providing quality benefit plans and service to members.

"McCarthy was instrumental in reinforcing this mission with new board members and the LAPRA staff in general, and I've learned a lot from him about how to effectively address controversial issues in the best interests of our members," she says. "And, I have worked closely with Shah over the years as he chaired the Administration Committee. He is pragmatic and believes strongly in LAPRA's mission, and I'm looking forward to him leading LAPRA in a new chapter." ■

COVID-19 Testing

If you believe you've been exposed to COVID-19, go to <https://corona-virus.la/covid-19-testing> to schedule an appointment for a test. The test is provided and paid for by the City of Los Angeles. You will need to complete a **COVID-19 15.07** report and email it to mlsnotifications@lapd.online.

If you receive a COVID-19 test from a testing center other than a testing center provided by the City of Los Angeles, you must provide the testing center with your medical insurance information. If you do not provide the testing center with your medical insurance information, you may be billed for the test directly. In this case, you will need to contact the testing center and ask them to bill your LAPRA medical insurance plan.

More information is available at www.lapra.org. Click on **COVID-19 testing information** at the bottom of the home page or select COVID-19 Testing Information from the "Find It Fast" dropdown list on the home page.



Apply Now for the LAPRAF 2021 Scholarship Program

The Los Angeles Police Relief and Assistance Foundation (LAPRAF) is now accepting applications for the 2021 scholarship program. LAPRAF will be awarding five \$10,000 academic scholarships to graduating seniors for the 2021 fall school term. The scholarships are distributed over four years awarding \$2,500 per year. The deadline to apply is May 15, 2021.



Eligibility Requirements

- Students must be high school seniors at the time they apply. An online application and the student's most recently available school transcript must be submitted no later than May 15, 2021.
- Students must have achieved at least a 2.5 GPA in high school.
- Students must have a parent or a legal guardian who is a member of the Los Angeles Police Relief Association (LAPRA).

Continuing Eligibility Requirements

- Students must maintain full-time student status at an accredited college or university (9 units or more) and maintain at least a 2.0 GPA.
- Proof of continued full-time student status and GPA will be required at the beginning of each school year. The necessary

information shall be submitted to the LAPRA office prior to the beginning of each school year.

Students' scholarship funding will permanently cease if they:

- Drop out of college unless it is for a valid emergency (as determined by the scholarship committee);
- Enter into the United States military forces; or
- Are arrested and convicted of a felony.

Apply Now!

A 2021 Scholarship Application can be completed online and accessed from the LAPRA website at www.lapra.org/lapraf.html.

If you have questions regarding the 2021 scholarship program, send an email to lapraf@lapra.org or call 213-674-3701, press 4. ■

Where are They Now?

An Update From 2017 LAPRAF Scholarship Recipient Aracely Valencia

My name is Aracely Valencia, and I am one of the 2017 LAPRAF Scholarship Recipients. I am writing to thank you for your ongoing support over the years. I hope that in some way, this letter will help me express just how much your support has meant to myself and my family.

When I first applied to Stanford, I never thought I would receive admission. Thinking I would not get into Stanford was a relief for my parents and I, because we knew we would not be able to afford tuition at Stanford. On March 31, 2017, I received the life-changing news. I had

gotten into Stanford. I can still recall the feeling of joy that brought me to tears. The joy only multiplied when I showed my parents my LAPRAF scholarship award. Your gift has made my greatest dream a reality.

My admission to Stanford meant the world to me, and also a great deal to my parents. My parents never had the chance to go to college, let alone finish high school in the case of my mother. They sacrificed and hoped that their children would be able to lead different lives with great opportunities. You should see the way their faces light up whenever they talk about "their daughter who goes to Stanford." The pride that beams from their faces whenever

they wear their Stanford apparel makes the many nights I have stayed up working all worth it.

I will be one of the first in my family to walk the stage (albeit virtually) to receive a degree in political science with a 3.84 GPA. In many ways, I have my father to thank. His involvement with the LAPD has inspired me since I was a young girl to continue the fight for justice.

From the bottom of my heart, thank you.

Forever grateful,

Aracely Valencia

Aracely Valencia
Stanford '21

LAPPL Member Assistance Program

The Los Angeles Police Protective League (LAPPL) provides a Member Assistance Program (MAP) for active officers and family members. MAP provides up to 10 no-cost face-to-face counseling sessions per family member, per incident with local, licensed therapists. Confidential counseling sessions can be used for problems related to:

- Marriage and family
- Stress
- Grief
- Adolescent behavior
- Depression
- Emotional difficulties
- Substance abuse
- Job-related issues
- And more

All household members are covered under the Member Assistance Program, regardless of age or dependent status. Eligible family members for the Substance Abuse Plan include your spouse or domestic partner and dependent children up to age 26.

Other MAP Services

- The Holman Group can assist you with finding the most qualified licensed therapist and the next available appointment. They will help to match you with a therapist based on background, distance and appointment openings by calling network therapists on your behalf. Once they identify an appropriate match, the name and phone number of the therapist is given to you.

• Substance Abuse Plan —

Hospital inpatient services and alternate care (intensive outpatient, partial hospital, day treatment and residential) (35 days per year limit, 2 episodes in any 5 consecutive years, lifetime maximum limit). Please call Holman's inpatient care team to be assessed for services and to explore your benefit.

- Unlimited community referrals for child care, elder care, chemical dependency groups and more.
- Unlimited access to The Holman Group website (see below for access information).
- A toll-free nationwide number staffed by licensed therapists available to help you or a family member in a crisis.

- **Extra Benefits:** LifeSolutions — daily living, elder care, child care, adoption, college and prenatal services. ■



LAPPL Member Assistance Program (MAP)

Contact The Holman Group. Crisis counselors are available 24/7/365. An advocate can help you assess your needs and develop a solution.

Telephone:
888-285-2858

Website:
www.holmangroup.com
Username: **LAPPL**
Password: **PPL2020**

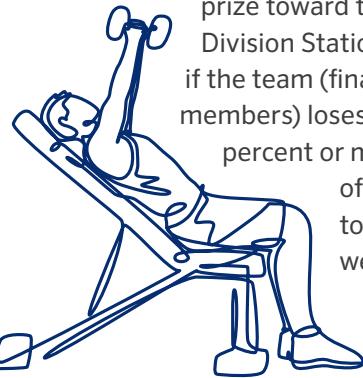


LAPRA 2021 Fitness Challenge Update

The LAPRA 2021 Fitness Challenge started February 1 and runs through May 14, 2021. This year 30 teams are participating, showing drive, commitment and dedication to losing weight and getting healthier. Cash prizes will be 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 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 (final 20 members) loses 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. 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 this year's Fitness Challenge and manage to keep the weight off through September 22, 2021. Visit www.lapra.org for more information about the Keep It Off incentive.

Ending Weigh-in Reminder

Each team's final ending weigh-in must be completed between May 6 and May 14, 2021. A final weigh-in application must be completed with

all (up to 25) team members' names, serial numbers, Division of assignment and ending weight information. The application must be signed by each team member and by the Team Captain or Co-Captain and Commanding Officer and submitted to LAPRA via email (FitnessChallenge@lapra.org) by the end of the day on **Friday, May 14, 2021.** ■



The LAPRA 2021 Fitness Challenge is going on now and runs through May 14, 2021. Go to www.lapra.org/challenge2021.html for the latest Fitness Challenge results.



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 at www.lapra.org/support/documents/lapra-retirement-guide-09-2020.pdf.

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 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 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

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Kristy Brown

Gerald Woodyard

Treasurer

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A new President leads the LAPRA Board of Directors into 2021. Look inside for details.

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