

# LAPRA Guardian

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

Volume 44, Number 2

May 2025

## LAPRA 2025/26 Benefits Annual Enrollment Ends May 31

Annual Enrollment is your once-a-year opportunity to evaluate your health care needs and make any changes to your medical or dental coverage and add or remove eligible dependents. The 2025/26 Annual Enrollment period ends on May 31 with benefits effective July 1.

If you are not making any changes to your LAPRA medical or dental benefits and you have no changes to your covered dependents, no action is required during Annual Enrollment. Your current medical and dental coverage will continue at the rates effective July 1, 2025.

### No Changes to Medical or Dental Benefits

For 2025/26, there are no changes to medical or dental plan benefits for active members or retirees. This means deductibles, copays and coinsurance will remain the same.

### Active Members Medical Plan Costs Per Pay Period (Current vs. 07/01/25)

Coverage Tier	Anthem PPO Medical		Anthem HMO Medical (CA Residents Only)		Kaiser HMO Medical (CA Residents Only)	
	Current	07/01/25	Current	07/01/25	Current	07/01/25
Single	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
2-Party	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Family	\$76.62	\$65.05	\$126.08	\$120.18	\$0.00	\$0.00

### Active Members Dental Plan Costs Per Pay Period (Current vs. 07/01/25)

Coverage Tier	Anthem PPO Dental		Anthem HMO Dental (CA Residents Only)	
	Current	07/01/25	Current	07/01/25
Single	\$3.29	\$4.06	\$0.00	\$0.00
2-Party	\$19.87	\$21.38	\$0.00	\$0.00
Family	\$22.55	\$24.18	\$1.20	\$1.20

### Retiree Monthly Medical and Dental Plan Premium Rates for 2025/26

Refer to the **2025/26 Retiree Medical and Dental Plan Premium Rates Booklet** available online on [www.lapra.org](http://www.lapra.org) and [www.LAPRALive.org](http://www.LAPRALive.org). ■



# Enroll or Change Benefits on [www.LAPRALive.org](http://www.LAPRALive.org)

Active and retired members can access [www.LAPRALive.org](http://www.LAPRALive.org) to:

- Enroll or make changes to medical benefits (active members and non-Medicare eligible retirees) and dental benefits (all actives and retirees)
- Update personal information and beneficiary designations
- View your current benefits
- Access forms and more

To access LAPRALive, go to [www.LAPRALive.org](http://www.LAPRALive.org) and enter user name and password and click on the **LOGIN** button. ■

[www.LAPRALive.org](http://www.LAPRALive.org)



## Attention Medicare-Eligible Retirees

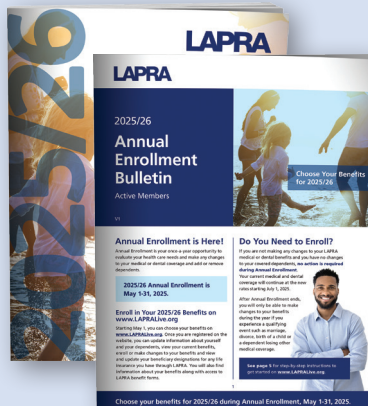
To enroll or make changes to your medical benefits, contact a LAPRA Benefits Representative by email at [benefits@lapra.org](mailto:benefits@lapra.org) or by calling **213-674-3701** or **888-252-7721**. A Representative can explain your options and send any required forms to you by email or regular mail.

Completed forms must be returned to LAPRA by **May 31, 2025**. Send your forms by email to [benefits@lapra.org](mailto:benefits@lapra.org) or regular mail. Forms sent via regular mail must be postmarked on or before **May 31, 2025**. Mail your completed forms to:

**LAPRA**  
**600 North Grand Avenue**  
**Los Angeles, CA 90012**

## Benefits Information Available Online

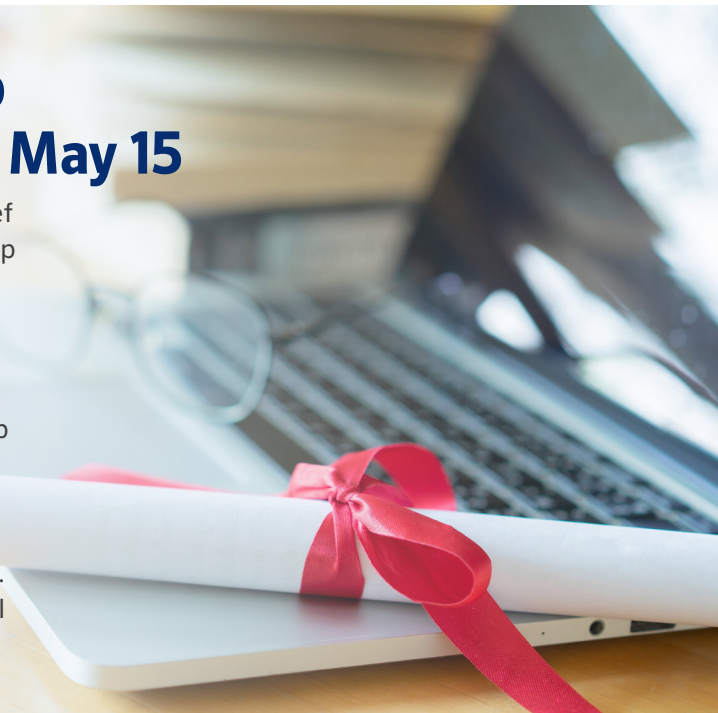
2025/26 Annual Enrollment Bulletins and Benefit Guides for active and retired members are available online on [www.lapra.org](http://www.lapra.org) and [www.LAPRALive.org](http://www.LAPRALive.org).





# 2025 LAPRAF Scholarship Application Period Closed May 15

The application period for the Los Angeles Police Relief and Assistance Foundation (LAPRAF) 2025 scholarship program closed on May 15, 2025. Seven \$10,000 academic scholarships will be awarded to graduating high school seniors of LAPRA members. Applicants are evaluated on academic qualifications, service engagement and leadership development. Scholarship winners each receive \$2,500 per year awarded over four years. Scholarship winners must maintain an acceptable grade point average and a full load of college classes to maintain their scholarship each year. Winners of the LAPRAF 2025 scholarship program will be featured in an upcoming Guardian Newsletter. ■



## Where Are They Now?

Now in her third year at the University of Oregon, 2022 LAPRAF scholarship winner Bianca Lewis is majoring in political science and preparing to take the LSAT exam. When she's not studying, Bianca divides her time between a variety of activities.

As a student ambassador, she welcomes new students to the university and helps them acclimate to campus life through tours, admission events and student receptions. Additionally, she is a multicultural recruiter and works closely with students who are marginalized, low-income or first-generation.

Bianca also contributes to Align, the student-run fashion, art, lifestyle and culture magazine. A bass guitar and standup bass player, Bianca loves music and creates playlists as a member of the magazine's Music Team.

In addition, Bianca is a member of Pi Beta Phi sorority and a delegate for the university's Panhellenic Council, the governing body for sororities.

She is also an ambassador for Free the Facts, a national nonpartisan, nonprofit organization that educates young Americans about the public policies that directly impact their lives and empowers them to take action. Bianca's role has taken her to Austin, Texas and Washington DC, and she has met with the group's CEO and hosted a Free the Facts recruitment dinner on campus.

"I like to stay busy and have a lot on my plate," she says.

After graduation, Bianca plans to attend law school and pursue a career in criminal law. She is grateful to LAPRA for helping to make her dreams of attending the University of Oregon possible.



*Bianca Lewis -  
2022 LAPRAF Scholarship Winner*

"I come from a single-income household and tuition for an out-of-state school is very high," she says. "The LAPRAF scholarship helped my mom to cover my college expenses. My tuition will be paid off and I am extremely grateful to have no college debt." ■

# Join LAPRA in Thanking First Responders! APPRECIATION LUNCHEON

All first responders, support staff,  
fire victims and their families are welcome.

<b>DATE:</b>	Thursday, June 5, 2025
<b>TIME:</b>	11 am to 2 pm
<b>ADDRESS:</b>	Grace Community Church 13248 Roscoe Blvd. Sun Valley, CA 91352



*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](mailto:dianew@lapra.org), and she will forward your concerns to the appropriate Director.

## Los Angeles Police Relief Association Board of Directors — 2025

### President

John Shah

### Vice President & Retiree Liason

Jim Mateer

### Vice President

Luq Watkins

### Secretary

Kristy Brown

### Treasurer

Darius Trugman

### Directors

Dana Berns

Tony Garcia

Saudia Hutchins

Season Nunez

Jules Sohn

Gerald Woodyard

Join us for a First  
Responders Appreciation  
Luncheon on June 5 from  
11 am to 2 pm. See bottom  
panel for details.



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

# LAPRA

PRESORT STD  
US POSTAGE  
PAID  
PERMIT # 906  
SAN DIEGO, CA