

FALL | 2019

# fyi MPI

FROM

FOR PARTICIPANTS OF THE MOTION PICTURE  
INDUSTRY PENSION & HEALTH PLANS

TIPS FROM  
THE DOCTOR:

## Behavioral Health Services

**Prescription  
Drug Coverage**

**Are You Eligible for  
Premium Assistance?**

**Improve  
Yourself with  
The Wellness  
Program**



This publication contains important information about your rights under the Motion Picture Industry Pension, Individual Account and Health Plans under ERISA. Please keep it with your Summary Plan Descriptions for future reference.



## THE CEO'S PERSPECTIVE

DAVID ASPLUND,  
CHIEF EXECUTIVE OFFICER

## REEVALUATING YOUR HEALTH

With the change of season comes a tendency to fall back into old habits and comfortable ways – some good and some maybe not so good. Fall can be an excellent time to reassess your health and well-being before the ever-stressful holiday season approaches.

I encourage you to look at MPI's wellness offerings and take some time to explore different ways of

reducing stress and refreshing your mind, body and spirit. Please feel free to provide MPI with your feedback about other courses you would like to see in the future.

Behavioral health disorders are real, common and often treatable. If you have one, know there is help available to you. In her article on page 7, Dr. Spinner notes those behavioral resources available to you and your dependents through MPI. Plus, Dr. Spinner provides information on MPI's member assistance program, which is offered to all participants regardless of their medical plan enrollment, through Optum Behavioral Health.

Lastly, the Motion Picture Industry Pension Plan and Motion Picture Industry Individual Account Plan statements were mailed to participants beginning August 15, 2019. Statements are also available online if you log in to MPI's participant portal. Feel free to call MPI if you have any questions about your statement or if you do not receive one by August 31, 2019.

As always, I hope this newsletter proves useful as you make the most of the many benefits you receive from your hard work in the entertainment industry.



## CONTACT MPI

### PARTICIPANT SERVICES CENTER

**Email**  
service@mpiphp.org

**Call Toll-Free**  
(855) ASK-4MPI or  
(855) 275-4674  
Hours: 6 am to 7 pm  
(Pacific Time)

**Fax**  
(818) 766-1229 – California  
(212) 634-4952 – New York

**Website**  
mpiphp.org

**Mailing Address**  
MPIPHP  
P.O. Box 1999  
Studio City, CA 91614-0999

**Office Locations**  
11365 Ventura Boulevard  
Studio City, California 91604  
(818) 769-0007  
Hours: 8 am to 5 pm  
(Pacific Time)

145 Hudson Street, Suite 6-A  
New York, New York 10013  
(212) 634-5252  
(888) 758-5200 – Toll Free  
Hours: 9 am to 5 pm  
(Eastern Time)



FYI from MPI is published for participants of the Motion Picture Industry Pension & Health Plans (MPIPHP). This newsletter contains important information, including changes to the MPIPHP and your benefits. Please keep it with your Summary Plan Descriptions for future reference.

Please note that as a result of unique agreements associated with mergers of various union locals throughout the years, information reflected in this newsletter may not apply to all participants.

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# ANNUAL NOTICE OF CREDITABLE PRESCRIPTION DRUG COVERAGE

**This is a legally required notice for participants enrolled in the Motion Picture Industry Health Plan (MPIHP) for Active Participants and participants who are not Medicare-eligible, but are enrolled in the MPIHP for Retired Participants. This notice confirms that your prescription drug coverage through MPIHP is creditable coverage. Please keep this notice for your records.**

**Participants who are enrolled in the Express Scripts Medicare Prescription Drug Plan through MPIHP should note that they too have creditable coverage.**

<sup>1</sup>If the participant has retired and is no longer eligible under the Active Plan, he or she must also enroll in Medicare Part B. See page 40 of the *Summary Plan Description* for a discussion of this requirement.

## **NOTICE OF CREDITABLE COVERAGE**

Each year, Medicare requires that the MPIHP send a Notice of Creditable Coverage to participants who are eligible for Medicare or who will soon become eligible for Medicare. This notice provides important information about your MPIHP prescription drug coverage and Medicare's Part D prescription drug coverage. Please read it carefully, and keep it for your records.

When you become eligible for Medicare, MPIHP requires you and your Medicare-eligible dependents to enroll in Medicare Part A (hospital) coverage.<sup>1</sup> Because MPIHP includes prescription drug coverage that is considered "creditable coverage," you are not required to enroll in Medicare's Part D prescription drug program.

Periodically, you may receive advertisements from private insurance companies encouraging you to enroll in one of their Medicare Part D prescription drug plans. If you choose to enroll in a Medicare Part D plan, other than the Medicare Part D plan that is offered through MPIHP, you will forfeit your MPIHP prescription drug benefits. In addition, if you enroll in

an individual (not an employer group) Medicare Part D plan, you will lose your retiree medical coverage through MPIHP.

## **FREQUENTLY ASKED QUESTIONS**

Medicare Part D plans referred to in the FAQs below are Medicare Part D plans other than the one offered through MPIHP.

**Q: Do I need to join a Medicare Part D drug plan other than the plan offered by MPIHP?**

**A:** No. The Board of Directors of MPIHP has determined that, for those enrolled in the MPIHP for Active Participants and for those enrolled in the MPIHP for Retired Participants who are not Medicare-eligible, the prescription drug coverage offered by MPIHP is generally expected to pay out as much as the standard Medicare prescription drug plans and is therefore considered creditable coverage. For those enrolled in the MPIHP for Retired Participants who are Medicare-eligible, the prescription drug plan offered by MPIHP is a Medicare Part D plan

and constituted creditable coverage. You can keep this coverage and not enroll in a Part D plan outside of MPIHP without incurring a penalty if you later decide to join a Medicare drug plan.

**Q: If I choose to enroll, when can I join a Medicare Part D drug plan?**

A: You can join a Medicare drug plan when you first become eligible for Medicare and each year thereafter during Medicare's Open Enrollment between October 15th and December 7th. However, if you lose your current creditable prescription drug coverage through no fault of your own, you will be eligible to join a Medicare drug plan during a two-month Special Enrollment Period (SEP) commencing from the date creditable coverage was lost without waiting for Medicare's Open Enrollment period.

**Q: What happens to my MPIHP coverage if I decide to join a Medicare drug plan?**

A: If you decide to join a Medicare drug plan other than the MPIHP drug plan, you will no longer be able to receive prescription drug benefits or retiree medical benefits through MPIHP. However, you will still receive all other MPIHP benefits for which you are eligible.

If you do choose to join a Medicare prescription drug plan, you may cancel that plan at any time, and if you are eligible for MPIHP coverage, you may resume your prescription drug and medical coverage with MPIHP. If you lose eligibility under MPIHP, you may be eligible for a Medicare prescription drug plan during the SEP. To avoid any lapse in prescription drug coverage, you should immediately provide MPIHP with a copy of the Medicare Part D disenrollment confirmation when you receive it.

**Q: When will I pay a penalty (higher premium) to join a Medicare drug plan?**

A: If you drop or lose your current coverage with MPIHP and do not join a Medicare drug plan within 63 continuous days after MPIHP's coverage ends, your monthly Medicare prescription drug premium may go up by at least 1% of the Medicare base beneficiary premium per month for every month that you did not have that coverage. For example, if you go nineteen months without creditable coverage, your premium may be 19% higher or more than the Medicare base beneficiary premium. You may have to pay this higher premium as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the following October 15th to elect Medicare prescription coverage.



## FOR MORE INFO...

**ABOUT THIS NOTICE OR YOUR MPIHP PRESCRIPTION DRUG COVERAGE:**

Contact MPIHP's Participant Services Center at [service@mpihp.org](mailto:service@mpihp.org) or call toll-free to (855) 275-4674.

**ABOUT MEDICARE'S PRESCRIPTION DRUG COVERAGE:**

- ▶ Consult the "Medicare & You" handbook. Medicare will mail a copy to you each year, or you can view the handbook online at [medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf](https://www.medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf).
- ▶ Visit [medicare.gov](https://www.medicare.gov).
- ▶ For personalized help, contact your state's Health Insurance Assistance Program.
- ▶ Call (800) MEDICARE (633-4227). TTY users call (877) 486-2048.

If you have limited income and resources, help paying for Medicare prescription drug coverage may be available. For information, visit the Social Security Administration online at [ssa.gov](https://www.ssa.gov) or call (800) 772-1213 (TTY (800) 325-0778).



# Are You Eligible?

## PREMIUM-ASSISTANCE UNDER MEDICAID OR THE CHILDREN'S HEALTH INSURANCE PROGRAM

If you or your children are eligible for Medicaid or the Children's Health Insurance Program (CHIP) and you are eligible for health coverage from your employer, your state may have a premium-assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children are not eligible for Medicaid or CHIP, you will not be eligible for these premium-assistance programs. However, you may be able to buy subsidized individual insurance coverage through the Health Insurance Marketplace if you are no longer eligible for health coverage through the Motion Picture Industry Health Plan. For more information, visit [healthcare.gov](http://healthcare.gov).

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a state listed to the right, contact your state Medicaid or CHIP office to find out if premium assistance is available.

If you or your dependents are not currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial (877) KIDS NOW or [insurekidsnow.gov](http://insurekidsnow.gov) to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the premiums for an employer-sponsored plan.

If you or your dependents are eligible for premium assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you are not already enrolled. This is called a "special enrollment" opportunity, and you must request coverage within 60 days of being determined eligible for premium assistance. If you have questions about enrolling in your employer plan, contact the Department of Labor at [askebsa.dol.gov](http://askebsa.dol.gov) or call (866) 444-3272.

If you live in one of the following states, you may be eligible for assistance paying your employer health plan premiums:

THE FOLLOWING LIST OF STATES IS CURRENT AS OF JULY 31, 2019. CONTACT YOUR STATE FOR MORE INFORMATION ON ELIGIBILITY.

- ▶ **ALABAMA – Medicaid**  
[myalhipp.com](http://myalhipp.com)  
(855) 692-5447
- ▶ **ALASKA – Medicaid**  
[myakhipp.com](http://myakhipp.com)  
(866) 251-4861  
[CustomerService@MyAKHIP.com](mailto:CustomerService@MyAKHIP.com)
- ▶ **ARKANSAS – Medicaid**  
[myarhipp.com](http://myarhipp.com)  
(855) 692-7447
- ▶ **COLORADO – Medicaid**  
[colorado.gov/hcpf](http://colorado.gov/hcpf)  
(800) 221-3943
- ▶ **FLORIDA – Medicaid**  
[flmedicaidprecovery.com/hipp/](http://flmedicaidprecovery.com/hipp/)  
(877) 357-3268
- ▶ **GEORGIA – Medicaid**  
[medicaid.georgia.gov/](http://medicaid.georgia.gov/)  
(404) 656-4507
- ▶ **INDIANA – Medicaid**  
[in.gov/fssa/hip](http://in.gov/fssa/hip)  
(877) 438-4479
- ▶ **IOWA – Medicaid**  
[dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp](http://dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp)  
(888) 346-9562
- ▶ **KANSAS – Medicaid**  
[kdheks.gov/hcf/](http://kdheks.gov/hcf/)  
(785) 296-3512
- ▶ **KENTUCKY – Medicaid**  
[chfs.ky.gov](http://chfs.ky.gov)  
(800) 635-2570
- ▶ **LOUISIANA – Medicaid**  
[ldh.la.gov/index.cfm/subhome/1/n/331](http://ldh.la.gov/index.cfm/subhome/1/n/331)  
(888) 342-6207
- ▶ **MAINE – Medicaid**  
[maine.gov/dhhs/ofi/forms-and-applications.shtml](http://maine.gov/dhhs/ofi/forms-and-applications.shtml)  
(800) 442-6003  
TTY: Maine relay 711
- ▶ **MASSACHUSETTS – Medicaid and CHIP**  
[mass.gov/MassHealth](http://mass.gov/MassHealth)  
(800) 462-1120
- ▶ **MINNESOTA – Medicaid**  
[mn.gov/dhs/ma/](http://mn.gov/dhs/ma/)  
(800) 657-3739
- ▶ **MISSOURI – Medicaid**  
[dss.mo.gov/mhd/participants/pages/hipp.htm](http://dss.mo.gov/mhd/participants/pages/hipp.htm)  
(573) 751-2005
- ▶ **MONTANA – Medicaid**  
[dphhs.mt.gov/MontanaHealthcarePrograms/HIPP](http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP)  
(800) 694-3084
- ▶ **NEBRASKA – Medicaid**  
[dhhs.ne.gov/Pages/Health-Insurance-Premium-Payment.aspx](http://dhhs.ne.gov/Pages/Health-Insurance-Premium-Payment.aspx)  
(855) 632-7633
- ▶ **NEVADA – Medicaid**  
[dhcfnv.gov/](http://dhcfnv.gov/)  
(800) 992-0900
- ▶ **NEW HAMPSHIRE – Medicaid**  
[dhhs.nh.gov/oii/hipp.htm](http://dhhs.nh.gov/oii/hipp.htm)  
(603) 271-5218
- ▶ **NEW JERSEY – Medicaid and CHIP**  
**Medicaid:**  
[state.nj.us/humanservices/dmahs/clients/medicaid/](http://state.nj.us/humanservices/dmahs/clients/medicaid/)  
(609) 631-2392  
**CHIP:**  
[njfamilycare.org/default.aspx](http://njfamilycare.org/default.aspx)  
(800) 701-0710
- ▶ **NEW YORK – Medicaid**  
[health.ny.gov/health\\_care/medicaid/](http://health.ny.gov/health_care/medicaid/)  
(800) 541-2831
- ▶ **NORTH CAROLINA – Medicaid**  
[medicaid.ncdhhs.gov](http://medicaid.ncdhhs.gov)  
(919) 855-4100
- ▶ **NORTH DAKOTA – Medicaid**  
[nd.gov/dhs/services/medicalserv/medicaid/](http://nd.gov/dhs/services/medicalserv/medicaid/)  
(844) 854-4825



- ▶ **OKLAHOMA – Medicaid and CHIP**  
insureoklahoma.org  
(888) 365-3742
- ▶ **OREGON – Medicaid**  
oregon.gov/oha/HSD/OHP/Pages/index.aspx  
(800) 699-9075
- ▶ **PENNSYLVANIA – Medicaid**  
dhs.pa.gov/hipp  
(800) 692-7462
- ▶ **RHODE ISLAND – Medicaid**  
eohhs.ri.gov/  
(855) 697-4347
- ▶ **SOUTH CAROLINA – Medicaid**  
scdhhs.gov  
(888) 549-0820
- ▶ **SOUTH DAKOTA – Medicaid**  
dss.sd.gov  
(605) 773-3165
- ▶ **TEXAS – Medicaid**  
gethipptexas.com/  
(800) 440-0493
- ▶ **UTAH – Medicaid and CHIP**  
**Medicaid:**  
medicaid.utah.gov  
(800) 662-9651  
**CHIP:**  
health.utah.gov/chip  
(877) 543-7669
- ▶ **VERMONT– Medicaid**  
greenmountaincare.org  
(800) 250-8427
- ▶ **VIRGINIA – Medicaid and CHIP**  
**Medicaid:**  
dmas.virginia.gov/#/index  
(855) 242-8282  
**CHIP:**  
chipofvirginia.org/
- ▶ **WASHINGTON – Medicaid**  
hca.wa.gov/health-care-services-and-supports/apple-health-medicaid-coverage  
(800) 562-3022  
Ext. 15473
- ▶ **WEST VIRGINIA – Medicaid**  
mywvhipp.com/  
(855) 699-8447
- ▶ **WISCONSIN – Medicaid and CHIP**  
dhs.wisconsin.gov/publications/p1/p10095.pdf  
(800) 362-3002
- ▶ **WYOMING – Medicaid**  
health.wyo.gov/healthcarefn/medicaid  
(855) 294-2127

To see if any other states have added a premium assistance program since July 31, 2019, or for more information on special enrollment rights, contact either:

- ▶ **U.S. Department of Labor Employee Benefits Security Administration**  
dol.gov/agencies/ebsa  
(866) 444-3272
- ▶ **U.S. Department of Health and Human Services Centers for Medicare & Medicaid Services**  
cms.gov  
(877) 267-2323, Menu Option 4, Ext. 61565

## Injured in an Accident? MPI Needs to Know!

If you or your dependent were hurt by another person or business and the Motion Picture Industry Health Plan (MPIHP) paid claims for the accident, the MPIHP must be reimbursed for those claims from any monies you receive from either the responsible party or your own insurance.

If your or your dependent's injury or illness was, in any way, caused by a third-party who may be legally responsible for the injury or illness, benefits will not be paid for you or your dependent unless you agree, in writing, to do all of the following:

- ▶ Provide MPIHP with a written notice of any claim made against the third-party for damages as a result of the injury or illness.
- ▶ Agree to reimburse MPIHP for benefits paid by MPIHP from any recovery when the recovery is obtained from or on behalf of the third-party or from your own uninsured or underinsured motorist coverage.
- ▶ Agree to pay interest on the amount owed to MPIHP in connection with any reimbursement from the recovery.
- ▶ Ensure that any recovery is kept separate from and not commingled with any other funds and agree that the portion of any recovery required to satisfy the lien of MPIHP is held in trust for the sole benefit of MPIHP until such time as it is conveyed to MPIHP.
- ▶ Execute a lien in favor of MPIHP for the full amount of the recovery which is due for benefits paid by MPIHP.
- ▶ Periodically respond to information requests regarding the status of the claim against the third-party and notify MPIHP, in writing, within 10 days after any recovery has been obtained.
- ▶ Direct any legal counsel or other person acting on your behalf to hold that portion of the recovery to which MPIHP is entitled in trust for the sole benefit of MPIHP and to comply with and facilitate the reimbursement to MPIHP of the monies owed.

If you or your dependent fails to comply with these requirements, benefits related to the injury or the illness will not be paid by MPIHP.

For a more detailed explanation of this policy, please see your MPIHP summary plan description.





## TIPS FROM THE DOCTOR

DR. JANICE SPINNER,  
CHIEF MEDICAL OFFICER

# Behavioral Health Services Are Available

Behavioral health disorders are real, common and often treatable. About one in five Americans will experience a diagnosable behavioral health disorder, and one in 10 Americans deals with a substance use disorder in any given year.

Some people find asking for assistance for a behavioral

health issue to be uncomfortable or embarrassing. But, as a general rule, seeking help sooner, rather than later, works best when dealing with your own or a loved one's behavioral health problem.

The Motion Picture Industry Health Plan (MPIHP) offers a variety of behavioral health services to participants and their dependents:

- ▶ **For Anthem Blue Cross Enrollees:** Participants and dependents covered by Anthem Blue Cross receive their behavioral health services through Optum Behavioral Health ("Optum"). Through Optum's customer service line, (888) 661-9141, participants can find a therapist or confirm that their therapist is in the Optum network. The Optum Substance Use Disorder Helpline, which can be accessed by calling (855) 780-5955, provides immediate provider referrals and other confidential assistance. Both customer service help lines are open to receiving calls 24 hours a day, seven days a week.
- ▶ **For Kaiser Permanente Enrollees:** Participants and dependents covered through Kaiser Permanente can access their behavioral health services by calling (800) 464-4000.
- ▶ **For Health Net Enrollees:** Participants and dependents covered through Health Net can access behavioral health services by calling (800) 522-0088.
- ▶ **For Oxford Health Plans Enrollees:** Oxford Health Plans ("Oxford") is available to participants and their dependents who live in the tri-state area of New York, New Jersey and Connecticut. Participants and dependents covered through Oxford can access their behavioral health services by calling (800) 444-6222.
- ▶ **For Anthem Medicare Preferred/Medicare Advantage Enrollees:** Retired participants and their dependents enrolled in Anthem Medicare Preferred/Medicare Advantage can access their behavioral health services by calling (833) 794-0312.
- ▶ Medication Assisted Treatment (MAT) can be very effective treatment for substance use disorders. Through Express Scripts, participants and dependents have coverage for medically necessary behavioral health, substance use disorder, and psychiatric medications when prescribed by a physician.
- ▶ **All MPIHP participants and their dependents, regardless of their medical plan enrollment, can use Optum's member assistance program and wellness support website, [www.liveandworkwell.com](http://www.liveandworkwell.com).**

Some behavioral health situations are true emergencies and require care in an emergency room or a call to 911; these includes suicidal thoughts or attempts, overdoses, psychosis, or acts of violence to the self or others.



# The Wellness Program

**TAKING STEPS TO IMPROVE YOURSELF**



## **HARD TO MAKE IT TO A SCHEDULED CLASS OR WEBINAR?**

Access podcasts or videos on a wide variety of health topics at [www.kp.org/video](http://www.kp.org/video) or [www.kp.org/audio](http://www.kp.org/audio). Access to videos and podcasts are available to members of all health plans.

**T**he following classes are available to participants of the Motion Picture Industry Health Plan (MPIHP). Classes for the fourth quarter of 2019 will be held at either of the following locations:

**Henry Mayo Health & Fitness Center (“Henry Mayo”)**  
24525 Town Center Drive  
Santa Clarita, CA 91355

Please park in front of Henry Mayo Health and Fitness Center (not the hospital). Workshops are held in the Community Education Room near the entrance. Please look for the workshop signs.

**Motion Picture Industry Pension & Health Plans (“MPI”)**  
11365 Ventura Boulevard  
Studio City, CA 91604

Free and secure parking is available off MPI’s entrance on Ventura Boulevard. Please sign in with the security guard near the elevators on parking level 1 (P1). The attendant will direct you to the workshop location.

Please note that registration in a class is required to attend. For more information or to attend a class at Henry Mayo, please visit [www.henrymayo.com/classes-events/](http://www.henrymayo.com/classes-events/). Henry Mayo classes are not exclusive to MPIHP participants.

For more information or to attend a class at MPIHP, please visit [www.mpiphp.org](http://www.mpiphp.org), or contact The Wellness Program at [wellness@mpiphp.org](mailto:wellness@mpiphp.org) or (800) 654-9355. All participants of MPIHP may participate in webinars hosted by Kaiser Permanente.

**WW**  
(Formerly WEIGHT WATCHERS)

**EVERY TUESDAY, FROM OCTOBER 1 THROUGH DECEMBER 17**  
(Except on major holidays)  
6:15 p.m. Weigh-In;  
6:30 - 7:00 p.m. ▶ MPI

### **ADVANCED CARE PLANNING**

Learn how to create an advanced care directive, which will make set out your care wishes should you become unable to speak for yourself. Many people fail to plan on this important topic. Do not be one of them – take the time to create this important document to secure your medical decisions for the future.

**OCTOBER 29**  
6:00 - 7:00 p.m. ▶ Henry Mayo

### **ALZHEIMER’S WORKSHOP: HEALTHY BRAIN**

It is no secret that the health of the brain and body are connected, however, science now reveals that better lifestyle choices can keep your brain and body healthy as you age. This webinar will help share tips to preserve your cognitive

health. Practicing these tips can greatly increase odds of preventing or delaying Alzheimer’s disease and other forms of cognitive decline as you age.

**NOVEMBER 12**  
5:00-6:00pm ▶ Henry Mayo

### **BACK IN ACTION: BACK CARE**

Henry Mayo’s spine education class offers valuable information on how to take better care of your spine to prevent future back and neck injuries and to improve pain management.

**OCTOBER 9**  
11:00 a.m. - Noon ▶ Henry Mayo

**NOVEMBER 13**  
11:00 a.m. - Noon ▶ Henry Mayo

**DECEMBER 11**  
11:00 a.m. - Noon ▶ Henry Mayo

### **BLISSFUL RESTORATIVE YOGA & ESSENTIAL OILS**

Learn to relax the body at a very deep level using restorative postures, breath work, meditation, essential oils, props and/or a chair to enter into a wonderful state of calmness and ease. Restorative yoga focuses on relaxing the body, spirit and mind, creating an environment to renew and heal. No athletic ability necessary; safe for all levels. Bring a yoga mat and bolster cushion if you have them.

**OCTOBER 10**  
6:30 p.m. - 8:00pm ▶ MPI

**NOVEMBER 14**  
6:30 p.m. - 8:00pm ▶ MPI



## BUILDING BETTER BONES

This class uses Bones for Life®, a movement program based on the work of Dr. Moshe Feldenkrais. It uses the Feldenkrais tools of awareness and focused attention to increase bone health, alignment and posture. Participants of the program report reduced tension, enhanced posture and coordination, increased flexibility and stability, as well as greater comfort in their bodies.

### OCTOBER 19

Noon - 2:00 p.m. ▶ MPI

## DIABETES SELF-CARE MANAGEMENT: 1

Learn the facts and myths about diabetes, as well as how to eat, exercise and monitor your blood glucose to best manage your diabetes, improve your health and prevent complications from diabetes. Led by a Registered Dietitian (RD) and Certified Diabetes Educator (CDE).

### NOVEMBER 14

5:30 p.m. - 7:30 p.m. ▶ Henry Mayo

## DIABETES SELF-CARE MANAGEMENT: 2

Learn how food and feelings affect

behavior and blood glucose levels. Discover how family, cultural and religious practices can affect your eating habits and health. Learn how to reduce long-term risk factors that cause long-term complications in diabetics. Led by a Registered Dietitian (RD) and Certified Diabetes Educator (CDE).

### OCTOBER 24

5:30 p.m. - 7:30pm ▶ Henry Mayo

### DECEMBER 16

10:00 a.m. - Noon ▶ Henry Mayo

## FINANCIAL MAKEOVER

When was the last time you honestly reviewed your spending habits, debt-to-income ratio, assets and liabilities? Learn how to create a budget that is realistic and reduce debt, and discover strategies to invest in a more financially-secure future, wherever you are in life.

All questions are welcome!

### OCTOBER 2

6:00 p.m. - 7:00 p.m. ▶ MPI

### NOVEMBER 6

6:00 p.m. - 7:00 p.m. ▶ MPI

## FIRST ENTERTAINMENT CREDIT UNION WEBINAR: BUDGETING STRATEGIES

Learn tips and tricks on how to take better control of your finances,

set realistic financial goals and make better decisions. Learn how to replace money mistakes with healthier financial habits based on your personality. Give yourself the power of choice and greater financial wellness.



### OCTOBER 16

7:00 - 8:00 p.m. Pacific Time

## FIRST ENTERTAINMENT CREDIT UNION WEBINAR: IDENTITY THEFT

What is the difference between identity theft and identity fraud? Learn some common ways thieves capture your vital information and ways to prevent fraud and protect yourself. A few eye-opening statistics as well as resources, will be provided.



### NOVEMBER 20

7:00 - 8:00 p.m. Pacific Time

## HEALTHY WEIGHT WORKSHOPS 1 & 2

This class provides practical guidance for people seeking to lose weight and maintain weight loss. This course will discuss the latest research, healthy eating guidelines, the role of physical activity, mindful eating techniques, and realistic goal setting to help

# OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 WW MPI 6:15-7pm	2 Financial Makeover MPI 6-7pm S.E.L.F. Webinar 7-8pm	3 Tai Chi MPI 6:30-7:30pm	4	5
6	7 Practice Mindfulness HM 5-6pm	8 WW MPI 6:15-7pm Financial Fitness HM 6-7pm	9 Back Care HM 11am-Noon	10 Blissful Yoga MPI 6:30-8pm	11	12 Preventing Burnout Webinar Noon-1:00pm PT
13	14 Practice Mindfulness HM 5-6pm	15 WW MPI 6:15-7pm	16 Budgeting Strategies Webinar 7-8pm PT	17	18	19 Better Bones MPI Noon-2pm
20	21 Practice Mindfulness HM 5-6pm	22 WW MPI 6:15-7pm	23	24 Diabetes Care (2) HM 5:30-7:30pm	25 Nutrition & Inflammation HM Noon-1:30pm	26 HeartSaver CPR MPI 9am-Noon Healthy Weight HM 9am-Noon
27	28 Practice Mindfulness HM 5-6pm	29 Advanced Care HM 6-7pm WW MPI 6:15-7pm	30	31 Halloween		

you achieve your weight goal.

**OCTOBER 26**

9:00 a.m. - Noon ▶ Henry Mayo

**HEARTSAVER CPR AND AED CERTIFICATION**

The HeartSaver Adult cardiopulmonary resuscitation/ automated external defibrillator (CPR/AED) program is a classroom, instructor-led course designed to prepare students to provide CPR and use an AED in a safe, timely, and effective manner. Upon successful completion, students receive a HeartSaver CPR/AED course completion card, which is valid for two years.

**OCTOBER 26**

9:00 a.m. - Noon ▶ MPI

**NOVEMBER 16**

9:00 a.m. - Noon ▶ MPI

**KAISER PERMANENTE WEBINAR: HEALTHY CELEBRATIONS**

(Participants of all health plans welcome to participate)

Do you wish you could indulge in yummy comfort foods and not gain weight this holiday season? It is absolutely possible! Come learn evidence-based tips and tricks to allow you to indulge without

gaining weight.



**NOVEMBER 6**

7:00 - 8:00 p.m. Pacific Time

**KAISER PERMANENTE WEBINAR: S.E.L.F.**

(Participants of all health plans welcome to participate)

Learn healthy hacks about the most important aspects of life: Sleep, Exercise, Love and Food.



**OCTOBER 2**

7:00 - 8:00 p.m. Pacific Time

**NUTRITION & INFLAMMATION**

Everyone experiences inflammation at one time or another and we actually need it to survive. However, chronic inflammation is a sign that something has gone seriously awry with your health. Learn about the many foods in the typical “Western” diet that set the stage for inflammation, worsen aches and pains and increase the long-term risk of life-threatening diseases.

**OCTOBER 25**

Noon - 1:30 p.m. ▶ Henry Mayo

**OPTUM WEBINAR: MINDFULNESS 101**

Mindfulness is one of the most

researched and clinically-evidenced tools for building a happier and healthier life. Through mindfulness, we can learn how to live a more balanced life; one that is in tune with our core values which results in a sense of peace. This session is a short introduction to a practice that can be woven into everyday life and demonstrates how mindfulness comes from learning to live with a greater clarity, focus, peace and fulfillment.



**DECEMBER 7**

Noon - 1:00 p.m. Pacific Time

**OPTUM WEBINAR: PREVENTING BURNOUT**

Today, work/life balance can be difficult, and many people feel pressured to work faster, harder and longer hours. This can lead to burnout, resulting in decreased productivity and dissatisfaction, among other things. Attendees will examine causes of burnout and potential solutions, along with ideas to decrease the risk of burnout.



**OCTOBER 12**

Noon - 1:00 p.m. Pacific Time

**NOVEMBER 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Practice Mindfulness HM 5-6pm	5 WW MPI 6:15-7pm	6 Healthy Celeb. Webinar 7-8pm PT Financial Makeover MPI 6-7pm	7 Financial Fitness HM 6-7pm Tai Chi MPI 6:30-7:30pm	8	9 Simplify Life Webinar Noon-1:00pm PT
10	11 Practice Mindfulness HM 5-6pm Veterans Day	12 Alz. Healthy Brain HM 5-6pm WW MPI 6:15-7pm	13 Back Care HM 11am-Noon	14 Diabetes Care (1) HM 5:30-7:30pm Blissful Yoga MPI 6:30-8pm	15	16 HeartSaver CPR MPI 9am-Noon
17	18 Practice Mindfulness HM 5-6pm	19 WW MPI 6:15-7pm	20 ID Theft Webinar 7-8pm PT	21	22	23
24	25 Practice Mindfulness HM 5-6pm	26 WW MPI 6:15-7pm Parenthood 101 HM 6:30-9:30pm	27	28 Thanksgiving	29	30

**OPTUM WEBINAR:  
SIMPLIFY LIFE**

Learn to identify the personal barriers of living a simpler life. Discover tools to declutter, organize and re-arrange priorities and commitments. Learn how the habit of making excuses allows people to avoid healthy change, preventing them from achieving a simpler, more harmonious life.

 **NOVEMBER 9**  
Noon - 1:00 p.m. Pacific Time

**PARENTHOOD 101**

This class helps prepare expectant parents for the joys and challenges of parenting in the first year. Learn about emotional changes and transitioning into the role of parenthood, as well as about child attachment and bonding and much more.

**NOVEMBER 26**  
6:30 p.m. - 9:30 p.m. ▶ Henry Mayo

**PERSONAL FINANCIAL  
FITNESS: BUDGET, GROWING  
AND PROTECTING ASSETS**

Want to take control of your money? This class will teach you how to organize your finances, create a budget that works for you and your family, and save

more money for future goals and emergencies. It will also teach you how to manage and rebuild your credit and how to avoid financial pitfalls and consumer traps.

**OCTOBER 8**  
6:00 - 7:00 p.m. ▶ Henry Mayo  
**NOVEMBER 7**  
6:00 - 7:00 p.m. ▶ Henry Mayo  
**DECEMBER 5**  
6:00 - 7:00 p.m. ▶ Henry Mayo

**PRACTICE MINDFULNESS**

Come experience a guided mindfulness meditation practice and brief discussion about mindfulness practices. Mindful meditation reduces anxiety, depression, pain, disease and improves mental focus, sleep and eating habits. Chairs, mats, blankets and cushions provided, but you are welcome to bring your own. A \$5 fee may apply for this class. Contact Henry Mayo for more information.

**EVERY MONDAY, FROM OCTOBER 7  
THROUGH DECEMBER 16**  
(Except on major holidays)  
5:00 - 6:00 p.m. ▶ Henry Mayo

**TAI CHI FOR  
BETTER HEALTH**

Come learn this beautiful, ancient Chinese practice that uses graceful,

meditative movements, and slow, deep breathing. Science shows that Tai Chi is a great way to improve balance, coordination, reduce anxiety and depression, and increase a sense of well-being.

**OCTOBER 3**  
6:30 - 7:30 p.m. ▶ MPI  
**NOVEMBER 7**  
6:30 - 7:30 p.m. ▶ MPI  
**DECEMBER 5**  
6:30 - 7:30 p.m. ▶ MPI

**YOGA FLEX**

Yoga is not just for flexible people; it is also for those who are stiff and want to develop better flexibility. Flexible, resilient muscles reduce the risk of backaches and many types of injuries. This fun, relaxing class focuses on long deep breaths to relax the body, increase flexibility, enhance circulation and feeling good all over! Bring a yoga mat. If you have yoga blocks or straps, they can enhance your experience, but are not required. All levels are welcome.

**DECEMBER 12**  
6:30 p.m. - 7:45 p.m. ▶ MPI

**DECEMBER 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Practice Mindfulness HM 5-6pm	3 WW MPI 6:15-7pm	4	5 Financial Fitness HM 6-7pm Tai Chi MPI 6:30-7:30pm	6	7 Mindfulness 101 Webinar Noon-1:00pm PT
8	9 Practice Mindfulness HM 5-6pm	10 WW MPI 6:15-7pm	11 Back Care HM 11am-Noon	12 Yoga Flex MPI 6:30-7:45pm	13	14
15	16 Diabetes Care (2) HM 10am-Noon Mindfulness HM 5-6pm	17 WW MPI 6:15-7pm	18	19	20	21
22	23	24	25 Christmas	26	27	28
29	30	31				



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