

SPRING | 2019

fyi MPI

FROM

FOR PARTICIPANTS OF THE MOTION PICTURE
INDUSTRY PENSION & HEALTH PLANS

UCLA HEALTH
NETWORK:

WHAT'S NEW?

**Anthem Blue Cross
Benefit Changes**

**Henry Mayo
Newhall Hospital:
Partnering with
Its Fitness and
Health Center**

**Tips from
the Doctor:
The "Winning Diet"**



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

YOUR SATISFACTION IS OUR GOAL

Thank you to the more than 7,500 participants who recently took part in the Motion Picture Industry Pension & Health Plans' (MPIPHP) annual survey. MPIPHP continues to try to improve the important services it provides, and it appears, based on the feedback MPIPHP received from you, our participant-base, that we did so in 2018.

To me, a few of the most important questions to ask when trying to understand your satisfaction with MPIPHP's services are: your perceived timeliness of MPIPHP's service, your feelings about the courteousness of MPIPHP's representatives and your confidence in the information you receive from MPIPHP's representatives.

I am proud to report that you, our participant-base, appear to be strongly satisfied with the services being provided by MPIPHP. While such news is certainly pleasing, MPIPHP will continue to try to improve the services that are provided to participants. To that end, MPIPHP will continue to use *FYI from MPI* to notify you of important benefit changes and other news that affect your health, welfare and financial status.

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

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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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UCLA Health Network: What's New?

AVAILABLE TO ANTHEM BLUE CROSS ENROLLEES

Participants who are enrolled in Anthem Blue Cross may now take advantage of the following available medical options through the UCLA Health Network.

UCLA HEALTH/MOTION PICTURE AND TELEVISION FUND HEALTH CENTERS

Toluca Lake Health Center Offers Urgent Care Services

As a reminder, UCLA Health/Motion Picture and Television Fund (MPTF) Toluca Lake Health Center offers extended hours, 365 days a year, from 7 am to 8 pm, Monday to Friday and 8 am to 4 pm, weekends and holidays. Participants can walk-in for care or telephone to make an appointment. For more information visit www.uclahealth.org/Toluca-lake.

Jack H. Skirball Health Center is Moving to Calabasas

Beginning on April 4, 2019, the Jack H. Skirball Health Center will relocate to Calabasas and will have a new name. The health center will be called the UCLA Health/MPTF Calabasas Health Center and will be located at 26585 West Agoura Road, Suite 330, Calabasas, California 91302. For more information or to schedule an appointment, please call (818) 876-1050, or visit www.uclahealth.org/skirball.

UCLA HEALTH NETWORK

Westlake Village Has A New Pediatrics Office

A new UCLA Health pediatrics office has opened in Westlake Village, California. This office provides care for children who are newborn to adolescent. The office is located at

1250 La Venta, Suite 105, Westlake Village, California 91361 and may be reached at (805) 557-7187. Please note, this office is not exclusive to those who work in the entertainment industry.

Participants who see a physician in this office will be required to pay a \$5 co-payment provided they have a valid The Industry Health Network (TIHN) referral to the Westlake Village office. For a referral to this office, please call (818) 876-8320.

Otherwise, without a referral, there will be a \$30 co-payment, plus a co-insurance of 10% of the contracted rate if a participant lives in the MPTF service area. If a participant lives outside of the MPTF service area, the co-payment will be \$15, plus a 10% co-insurance of the contracted rate.



ANTHEM BLUE CROSS HEALTH PLAN ENROLLEES Benefit Changes

Please note the following benefit changes for those participants enrolled in Anthem Blue Cross through the Motion Picture Industry Health Plan (MPIHP):

► Effective January 1, 2019

Vaccinations for the purpose of work-related travel are a covered benefit for the participant only. Preauthorization is recommended through MPIHP's Medical Review Department. To download a preauthorization form, visit www.mpiphp.org/home/forms.

► Effective March 1, 2019

Participants can no longer receive Schedule II medications through mail order pharmacies, such as Express Scripts. Participants may still receive up to a three-month supply of Schedule II medications filled at participating Walgreens retail stores through the Smart90 program (e.g., Walgreens, Duane Reade and Happy Harry's) or up to a one-month supply filled at other participating retail pharmacies.





Surgery After Mastectomy

WOMEN'S HEALTH AND CANCER RIGHTS ACT OF 1998

In accordance with the Women's Health and Cancer Rights Act of 1998 (WHCRA), the Motion Picture Industry Health Plan (MPIHP) provides mastectomy-related benefits, including:

- ▶ All stages of reconstruction of the breast on which the mastectomy was performed;
- ▶ Surgery and reconstruction to achieve symmetry between the breasts;
- ▶ Prostheses; and
- ▶ Treatment of complications resulting from a mastectomy, including lymphedema.

For more information about WHCRA benefits, please contact MPIHP's Participant Services Center at (855) ASK-4MPI.



SAVE THE DATE

Pre-Retirement Seminar

**SCHEDULED FOR
APRIL 13, 2019**

A pre-retirement seminar will be held on Saturday, April 13, 2019 at 9:00 am at Pickwick Gardens in Burbank, California. A presentation will be made on steps participants of the Motion Picture Industry Pension & Health Plans (MPIPHP) should take to prepare for their retirement from the entertainment industry. Representatives of MPIPHP will be in attendance to answer questions related to health and pension plan benefits, medical claims and Medicare. Attendance is limited.

Participants interested in attending should send an email to service@mpihp.org in advance or call (855) ASK-4MPI. When registering, please be certain to provide your full name and your MPI ID Number. Registrations will be accepted through April 5, 2019.

Henry Mayo Newhall Hospital

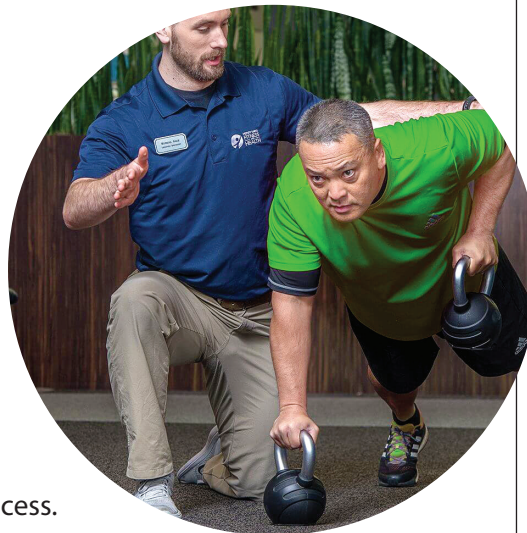
PARTNERING WITH ITS FITNESS AND HEALTH CENTER

The Motion Picture Industry Health Plan (MPIHP) has partnered with Henry Mayo Newhall Hospital's Fitness and Health Center to offer participants of MPIHP discounted access.

Henry Mayo Fitness and Health, located at 24525 Town Center Drive in Valencia, California, is outfitted with cutting-edge exercise and training equipment. Henry Mayo Fitness and Health offers personal training, wellness education, nutritional counseling, physical therapy and safe exercise training.

In addition to a fitness center and a physical therapy clinic, there are also a number of free community classes offered at Henry Mayo Fitness and Health.

For more information, please call (661) 200-2348, or visit www.henrymayofitness.org.



Medicare for End-Stage Renal Disease



Medicare benefits may be offered to individuals with end-stage renal disease (ESRD), regardless of age, if certain conditions are met. To be eligible for Medicare based on ESRD, you must be under 65 and diagnosed with ESRD by a physician. Additionally, you must have enough work history to qualify for Social Security Disability Insurance (SSDI) or Social Security retirement benefits. You can also qualify as a result of the work history of your spouse or parent.

Contact the Social Security Administration (SSA) at (800) 772-1213 to learn if you have enough work history to qualify for Medicare based on ESRD.

ENROLLING IN MEDICARE

To enroll in Medicare based on ESRD, visit your local SSA office. Your physician and/or dialysis center should send documentation to SSA verifying that you have ESRD and provide information on your treatment needs. The start of your eligibility for Medicare due to ESRD depends on your treatment plan.

EMPLOYER-BASED INSURANCE AND ESRD MEDICARE

If you have employer (job-based) insurance (such as through the Motion Picture Industry Health Plan) and you become eligible for Medicare because of ESRD, you do not have to enroll in Medicare right away.

Your employer-based health coverage will remain primary coverage for 30 months, beginning the month you first became eligible for Medicare based on ESRD. This is called the 30-month coordination period.

During this time:

- ▶ Your group health plan coverage must pay as primary coverage for the 30-month period, and Medicare will pay as secondary coverage if you have enrolled in it.
- ▶ You do not have to sign-up for Medicare based on ESRD right away if you have an active employer-based health plan. It is recommended, however, that

you contact SSA to discuss your future enrollment in Medicare. Give yourself plenty of time to enroll in Medicare prior to the end of the 30-month coordination period.

- ▶ The 30-month coordination period starts (and ends after 30-months) even if you have not signed up for Medicare based on ESRD.

You are able to enroll in Medicare Parts A and B at any time during your 30-month coordination period as long as you enroll in both at the same time. You may choose to delay Medicare based on ESRD enrollment, however, be aware that once your 30-month coordination period ends, Medicare automatically becomes primary coverage and the Motion Picture Industry Health Plan becomes secondary coverage.

If you do not have Medicare when the coordination period ends, you may not have adequate coverage.



TIPS FROM THE DOCTOR

DR. JANICE SPINNER,
CHIEF MEDICAL OFFICER

The “Winning Diet”

Every year, *U.S. News & World Report* provides its assessment of the best diets. The purpose of the ranking is to help people make more informed decisions about what they eat. The results for 2019 were recently published and the Mediterranean diet was chosen as the number one diet in six out of the eight categories for which there are rankings. These categories include best diet overall, best diet for healthy eating, easiest diet to follow, best diet for diabetes, best heart healthy diet, and best plant-based diet.

The other winner in the area of diets is WW (formerly, Weight Watchers), which was

ranked highest for best commercial diet and best weight-loss diet.

The Mediterranean diet is more of a lifestyle than a diet. The diet incorporates foods that are eaten in the countries bordering the Mediterranean Sea. The Mediterranean diet does not have strict portions, points or calorie counting. Rather, it emphasizes eating fresh fruits, vegetables, whole grains, nuts, and beans. It encourages the use of olive and canola oils, over butter or other animal fat, as important sources of “good” fats, and seasoning food with herbs and spices rather than with salt. It includes low to moderate amounts of fish, poultry and dairy products and incorporates very little red meat. Wine in moderation is allowed and eating with family and friends is encouraged. Exercise and staying active is also a very important component of the diet.

The health benefits of the Mediterranean diet have been confirmed by medical research. Following the Mediterranean diet increases individuals’ life expectancy, as well as decreases individuals’ risk of heart disease, diabetes, Alzheimer’s disease and Parkinson’s disease. The Mediterranean diet is also associated with decreased risk for some cancers including colon, rectal, prostate, head and neck, and breast. The Mediterranean diet is flexible. It can be adapted to eating at home or for going out, and there are no calories to count or fees to pay. If you have not already done so, consider trying the Mediterranean diet to see if it is right for you.



SilverSneakers

A PROGRAM FOR MEDICARE-ELIGIBLE RETIREES

The Motion Picture Industry Health Plan (MPIHP), in partnership with Anthem Blue Cross, offers SilverSneakers to MPIHP retirees enrolled in Medicare Advantage. SilverSneakers is a program that offers low-cost health and fitness program options to retirees so that they may stay fit and healthy.

With SilverSneakers, retirees will have access to more than 15,000 participating gyms nationwide offering low-cost to no-cost gym memberships. Retirees will also have access to a variety of fitness classes, led by trained SilverSneakers instructors.

Join today at www.silversneakers.com and download the SilverSneakers GO mobile app for easy access on-the-go!



The Wellness Program

TAKING STEPS TO IMPROVE YOURSELF



The following classes are available to participants of the Motion Picture Industry Health Plan (MPIHP). Classes for the second 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

Motion Picture Industry Pension & Health Plans (“MPI”)

11365 Ventura Boulevard
Studio City, CA 91604

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/. Henry Mayo classes are not exclusive to MPI participants. For more information or to attend a class at MPI, please visit www.mpiphp.org, or contact The Wellness Program at (800) 654-9355 or wellness@mpiphp.org.

To register for all webinars, please sign-up at www.mpiphp.org. All

participants of MPI may participate in webinars hosted by Kaiser Permanente.

WW
(Formerly WEIGHT WATCHERS)

**EVERY TUESDAY,
FROM APRIL 2 TO JUNE 18**

6:15 p.m. Weigh-In;
6:30 - 7:00 p.m. ▶ MPI

**ALZHEIMER’S WEBINAR:
HEALTHY BRAIN**


It is no secret that the health of the brain and the body are connected, however, science now reveals that better lifestyle choices can keep your brain and body healthy as you age. This webinar will share tips on how to make that happen. Practicing these tips can greatly increase your chances of preventing or delaying Alzheimer’s and other forms of cognitive decline.

 **APRIL 16**
6:00 - 7:00 p.m. Pacific Time

**ALZHEIMER’S WEBINAR:
KNOW THE 10 WARNING SIGNS**

The warning signs of Alzheimer’s disease are often dismissed as side

effects of normal aging. Learn the myths and realities of memory loss and the 10 warning signs of Alzheimer’s disease.

 **JUNE 1**
9:00 - 10:00 a.m. Pacific Time

BACK IN ACTION: BACK CARE

Henry Mayo’s free 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.

APRIL 10
5:00 - 6:00 p.m. ▶ Henry Mayo

MAY 8
5:00 - 6:00 p.m. ▶ Henry Mayo

JUNE 12
5:00 - 6:00 p.m. ▶ 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 if you prefer to lie down.

APRIL 11
6:30 - 8:00 p.m. ▶ MPI

JUNE 27
6:30 - 8:00 p.m. ▶ MPI

**BOSOM BUDDIES:
BREAST CANCER SUPPORT**

Join a self-help group offering warm, emotional support in a comfortable setting for breast cancer patients and survivors to share stories, express fears and exchange ideas for handling difficult issues. For more information, call (661) 200-2348.

APRIL 8
7:00 - 9:00 p.m. ▶ Henry Mayo

MAY 13
7:00 - 9:00 p.m. ▶ Henry Mayo

JUNE 10
7:00 - 9:00 p.m. ▶ Henry Mayo

BUILDING BETTER BONES

Building Better Bones 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.

APRIL 13
10:00 - 11:30 a.m. ▶ MPI

**CHRONIC PAIN
SUPPORT GROUP**

The American Chronic Pain Association offers help and hope for people living with pain. This group is designed to help you learn to deal with chronic pain in a positive way through self-help and

peer support. Regain a sense of personal control, improve function and enhance your quality of life.

APRIL 23
6:00 - 7:30 p.m. ▶ Henry Mayo

MAY 28
6:00 - 7:30 p.m. ▶ Henry Mayo

JUNE 25
6:00 - 7:30 p.m. ▶ Henry Mayo

**FIRST ENTERTAINMENT
CREDIT UNION WEBINAR:
BUDGETING & DEBT
MANAGEMENT**

Learn what a budget is, why people fear discussing it and its benefits. This course will focus on dispelling myths, bring spending and goal-setting out of the shadows and teach different ways to eliminate debt based on your personality/discipline level. Take control of your finances to give yourself the power of choice and greater financial wellness!

 **APRIL 10**
6:00 - 7:00 p.m. Pacific Time

**FIRST ENTERTAINMENT
CREDIT UNION WEBINAR:
IDENTITY THEFT**

What is the difference between

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 WW MPI 6:15-7pm	3 Financial Fitness MPI 6-7pm	4 Improving Balance HM 1-2pm Financial Fitness HM 6-7pm	5	6 Stress Less Webinar 9-10am PT
7	8 Bosom Buddies HM 7-9pm	9 WW MPI 6:15-7pm	10 Back Care HM 5-6pm Budgeting & Debt Webinar 6-7pm PT	11 Blissful Yoga MPI 6:30-8pm	12	13 Building Better Bones MPI 10-11:30am
14	15	16 Healthy Brain Webinar 6-7pm PT WW MPI 6:15-7pm	17 Memory Loss HM 5-6pm	18 Live/Sleep Well Webinar 6-7pm PT	19 Nutrition & Inflammation HM 10-11:30am	20 Managing Money Webinar 9-10am PT
21	22	23 Chronic Pain HM 6-7:30pm WW MPI 6:15-7pm	24	25 Tai Chi MPI 6:30-7:30pm	26	27 Heartsaver First Aid MPI 9am-Noon
28	29	30 WW MPI 6:15-7pm				

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.



MAY 16
6:00 - 7:00 p.m. Pacific Time

FIRST ENTERTAINMENT CREDIT UNION WEBINAR: UNDERSTANDING YOUR CREDIT SCORE

Better credit saves you a lot of money over a lifetime and opens many financial and professional doors. This webinar will show strategies to improve and maintain good credit, reveal many factors of a FICO score, how to improve each of those factors and much more.



JUNE 12
6:00 - 7:00 p.m. Pacific Time

GUIDED MEDITATION & BREATHWORK

Join us for a beautiful meditation session that will rejuvenate the body and mind with breathing techniques and specific guided

narratives geared for release, healing and renewal. Come relax and close your eyes, while the instructor narrates you into a deep mindful meditation, and takes you on a journey to help bring about personal healing, renewal and greater well-being.

MAY 9
6:30 - 8:00 p.m. ▶ MPI

HEALTHY MINDFUL EATING

Do you struggle with cravings? Do you find yourself eating and multi-tasking? Are you accidentally overeating or eating because you are bored, emotional or stressed? Learn mindful eating techniques and skills that may help with reducing your stress and managing your weight. To register, call (661) 200-2300.

MAY 13
2:00 - 4:00 p.m. ▶ Henry Mayo

HEARTSAVER CPR AND AED CERTIFICATION COURSE

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.

MAY 11
9:00 a.m. - Noon ▶ MPI

HEARTSAVER FIRST AID CERTIFICATION COURSE

This certified course will cover duties, roles and responsibilities of first aid rescuers when identifying and treating emergencies such as choking, diabetes, heart attack, bleeding, broken bones, stings, bites, poisoning and temperature emergencies. Certification cards provided are valid for two years. Space is limited.

APRIL 27
9:00 a.m. - Noon ▶ MPI

IMPROVING BALANCE AND PREVENTING FALLS

Learn about the risk factors for falls, common household hazards,

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Financial Fitness MPI 6-7pm	2 Improving Balance HM 1-2pm Financial Fitness HM 6-7pm	3	4 Credit Score Webinar 9-10am PT
5	6	7 WW MPI 6:15-7pm	8 Back Care HM 5-6pm	9 Guided Meditation MPI 6:30-8pm	10	11 Heartsaver CPR MPI 9am-Noon
12	13 Mindful Eating HM 2-4pm Bosom Buddies HM 7-9pm	14 WW MPI 6:15-7pm	15 Memory Loss HM 5-6pm	16 Identity Theft Webinar 6-7pm PT	17 Nutrition & Inflammation HM 10-11:30am	18 Weight Management Workshop HM 9am-Noon
19	20	21 WW MPI 6:15-7pm	22 Healthy Goals Webinar 6-7pm PT	23 Tai Chi MPI 6:30-7:30pm	24	25
26	27	28 Chronic Pain HM 6-7:30pm WW MPI 6:15-7pm	29	30 Emotional Eating Webinar 6-7pm PT	31	

balance and the different body systems needed for proper functioning. Discover interventions to help improve balance and decrease the risk of falling.

APRIL 4
1:00 - 2:00 p.m. ▶ Henry Mayo

MAY 2
1:00 - 2:00 p.m. ▶ Henry Mayo

JUNE 6
1:00 - 2:00 p.m. ▶ Henry Mayo

KAISER PERMANENTE WEBINAR: HEALTHY GOALS WORKSHOP

(Participants of all health plans are welcome to participate) You probably already know how to get healthier, so why isn't it happening? Learn how to fuel your motivation, set realistic goals with deadlines and stay focused and on track. Learn how to get back on track if you get derailed from progress.


 **MAY 22**
6:00 - 7:00 p.m. Pacific Time

KAISER PERMANENTE WEBINAR: LIVE WELL, SLEEP WELL

Say goodbye to sleepless nights!



This webinar will show you many tips to sleep better with reduced need for medication, if any at all. Better sleep will give you a new lease on your mind, body, energy levels and relationships.

 **APRIL 18**
6:00 - 7:00 p.m. Pacific Time

KAISER PERMANENTE WEBINAR: STRESS LESS

Uncontrolled levels of stress can strain the body, mind and invite illness and disease. This webinar will show ways to find calm in the moment, how to achieve better life balance, increase resilience and much more.

 **JUNE 26**
6:00 - 7:00 p.m. Pacific Time

MEMORY LOSS & ALZHEIMER'S

This class, led by the Alzheimer's Association of Greater Los Angeles, offers an overview of Alzheimer's disease, including symptoms, diagnosis and treatment options.

APRIL 17
5:00 - 6:00 p.m. ▶ Henry Mayo

MAY 15
5:00 - 6:00 p.m. ▶ Henry Mayo

JUNE 19
5:00 - 6:00 p.m. ▶ Henry Mayo

MOVE BETTER, FEEL BETTER

The Feldenkrais Method® is a powerful mind/body approach that uses movement to increase awareness which improves physical and mental function. This class is especially useful for those who want to overcome limitations brought on by stress, accident and/or illness. Participants will be getting up and down from the floor. Please wear loose, layered clothing. Bring a yoga mat, your curiosity and be ready to play!

JUNE 29
10:00 - 11:30 a.m. ▶ MPI

JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Alzheimer's 10 Signs Webinar 9-10am PT
2	3	4 WW MPI 6:15-7pm	5 Financial Fitness MPI 6-7pm	6 Improving Balance HM 1-2pm Financial Fitness HM 6-7pm	7	8 Shift Sleep Webinar Noon-1pm PT
9	10 Bosom Buddies HM 7-9pm	11 WW MPI 6:15-7pm	12 Back Care HM 5-6pm Credit Score Webinar 6-7pm PT	13	14 Nutrition & Inflammation HM 10-11:30am	15
16	17	18 WW MPI 6:15-7pm	19 Memory Loss HM 5-6pm	20 Tai Chi MPI 6:30-7:30pm	21	22
23 30	24	25 Chronic Pain HM 6-7:30pm	26 Stress Less Webinar 6-7pm PT	27 Blissful Yoga MPI 6:30-8pm	28	29 Move Better MPI 10-11:30am



NUTRITION & INFLAMMATION

Everyone experiences inflammation at one time or another and we actually need it to survive. But chronic inflammation is a sign that something has gone seriously awry with your health. Many foods in the typical “Western” diet set the stage for inflammation, worsen aches and pains and increase the long-term risk of life-threatening diseases. Come learn dietary causes of inflammation, how to correct it and how to improve your overall health by controlling inflammation in your body.


APRIL 19
10:00 - 11:30 a.m. ▶ Henry Mayo

MAY 17
10:00 - 11:30 a.m. ▶ Henry Mayo

JUNE 14
10:00 - 11:30 a.m. ▶ Henry Mayo

OPTUM WEBINAR: CREDIT SCORE


Better credit saves you a lot of money over a lifetime and opens many financial and professional doors. This webinar will show strategies to improve and maintain good credit, reveal many factors of a FICO score, how to improve each of those factors and much more.

 **MAY 4**
9:00am - 10:00 a.m. Pacific Time

OPTUM WEBINAR: EMOTIONAL EATING


Learn why and how emotional eating happens and how to shape

healthier new eating habits, while learning positive ways to handle powerful emotions.

 **MAY 30**
6:00 - 7:00 p.m. Pacific Time


OPTUM WEBINAR: MANAGING MONEY IN TOUGH TIMES

Today’s financial times have changed many traditional financial rules. This webinar will give you a fresh approach to rethinking financial strategies, reviewing expenses, leveraging debt and much more.

 **APRIL 20**
9:00 - 10:00 a.m. Pacific Time


OPTUM WEBINAR: SLEEP TIPS FOR SHIFT WORKERS

People in the entertainment industry are notorious for working long hours and having busy schedules. This can wreak havoc on your personal health and circadian rhythm. This webinar will teach you tricks to greatly minimize the health hazards of working odd hours.

 **JUNE 8**
Noon - 1:00 p.m. Pacific Time

OPTUM WEBINAR: STRESS & LIFE BALANCE

Uncontrolled levels of stress can strain the body, mind and invite illness and disease. This webinar will show ways to find calm in the moment, how to achieve better life balance, increase resilience and much more.

 **APRIL 6**
9:00 - 10:00 a.m. Pacific Time

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

APRIL 3
6:00 - 7:00 p.m. ▶ MPI

APRIL 4
6:00 - 7:00 p.m. ▶ Henry Mayo

MAY 1
6:00 - 7:00 p.m. ▶ MPI

MAY 2
6:00 - 7:00 p.m. ▶ Henry Mayo

JUNE 5
6:00 - 7:00 p.m. ▶ MPI

JUNE 6
6:00 - 7:00 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. Studies have shown that Tai Chi is a great way to improve balance, coordination, reduce anxiety and depression, and increase a sense of well-being.

APRIL 25
6:30 - 7:30 p.m. ▶ MPI

MAY 23
6:30 - 7:30 p.m. ▶ MPI

JUNE 20
6:30 - 7:30 p.m. ▶ MPI

WEIGHT MANAGEMENT WORKSHOP

This class provides practical guidance for people seeking to lose weight and maintain weight loss, self-monitor their weight, learn mindful eating tools and create realistic goal setting for weight management. The class will also review exercises and guidelines for safe and effective physical activity.

MAY 18
9:00 a.m. - Noon ▶ Henry Mayo



P.O. Box 1999
Studio City, CA
91614-0999

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Engage ▶ Educate ▶ Empower

.....
Learn More at
www.mpiphp.org
.....

fyi MPI

FROM

SPRING | 2019



**UCLA Health Network:
What's New?**

**Tips from the Doctor:
The "Winning Diet"**

**Partnering with Henry
Mayo Newhall Hospital**