

SPRING | 2020

# fyi MPI

FROM

FOR PARTICIPANTS OF THE MOTION PICTURE  
INDUSTRY PENSION & HEALTH PLANS

ANTHEM  
BLUE CROSS  
ENROLLEES:

## How to Find In-Network Providers

**Need Medical Attention?  
Know Your Options!**

**Tips From The Doctor:  
Rethinking  
Daily Aspirin for  
Healthy People**

**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

# 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 2019.

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.



## 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.

©2020 MPIPHP

## CONTENTS

- 2 The CEO's Perspective**  
*Your Satisfaction Is Our Goal*
- 3 2020 Benefit Changes**  
*For all plans and Express Script Enrollees*  
**How to Find In-Network Providers**  
*Anthem Blue Cross Enrollees*
- 4 Need Medical Attention?**  
*Determine the Options Available to You*
- 5 Is Your Address Up-to-Date?**  
*Your Home Address Determines Your Provider Options and Annual Physical Examination Out-of-Pocket Costs*  
**Surgery After Mastectomy**  
*Women's Health and Cancer Rights Act of 1998*
- 6 Tips From The Doctor**  
*Rethinking Daily Aspirin for Healthy People*
- 7 The Wellness Program**  
*Taking Steps to Improve Yourself*

## 2020 BENEFIT CHANGES

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

### FOR ALL MEDICAL PLANS:

#### ► Effective January 1, 2020

Specialized infant formula is covered for infants up to 12 months of age for those who have a diagnosed allergy to animal milk and/or soy or a genetic condition causing an inability to tolerate standard formulas. The formula should be obtained through the Express Scripts pharmacy benefit. Preauthorization by MPIHP's Medical Review Department is strongly recommended to ensure that the infant formula is only covered for the conditions mentioned above.

#### ► Effective January 1, 2020

Pregnancy terminations are covered for dependent children.

#### ► Effective April 1, 2020

Bariatric surgery that meets Anthem Blue Cross' guidelines will be covered at Blue Distinction and Blue Distinction+ facilities. Preauthorization by MPIHP's Medical Review Department is strongly recommended.

### FOR EXPRESS SCRIPTS ENROLLEES:

*(except those enrolled in MPIHP's Medicare Part D prescription drug plan)*

#### ► Effective January 1, 2020

Blood glucose monitors are covered through Express Scripts.

### ANTHEM BLUE CROSS ENROLLEES

# How to Find In-Network Providers

There are financial advantages to using an in-network provider for your medical care through Anthem Blue Cross. And, while it might make most financial sense to use an in-network provider for your care, finding an in-network Anthem Blue Cross provider may not seem as obvious.

If you would like to find an in-network provider on Anthem Blue Cross' website, visit [www.anthem.com](http://www.anthem.com) and select the "Find a Doctor" option at the top of the page.

At this point, you are strongly encouraged to log in as a member or create a personal account if you have not already done so. This approach will not only ensure you are provided with accurate in-network provider search results, but doing so will also provide you with the ability to view an electronic Anthem Blue Cross identification card or request one if it is necessary.

If, however, you do not wish to create a personal account under the "Find a Doctor" page of the Anthem Blue Cross website, make sure you search for a provider using "MPI" as your "Alpha Prefix" when such information is requested. Once you have done this, you may search for an in-network provider.

While the foregoing provides information about how to find an in-network provider through the Anthem Blue Cross website, a participant who visits a UCLA-MPTF Health Center for his or her care will pay a lower copayment than if he or she uses an in-network Anthem Blue Cross provider. A person who receives his or her care from a UCLA-MPTF Health Center will only pay a \$5 copayment and for any costs for non-covered services.





# Need Medical Attention?

## DETERMINE THE OPTIONS AVAILABLE TO YOU

**When you need medical attention, depending on the nature and urgency of the issue, you have a number of options, including seeing your primary care physician, visiting an urgent care clinic or emergency room, or using telemedicine to speak with a medical professional. An understanding of your options now may make that decision easier when you are in need of care.**

Often times, visiting your primary care physician is the best place to start. Your primary care physician knows your health history, including any underlying conditions you may have and any medications that have been prescribed to you. When you visit your primary care physician, he or she can help you make informed choices about your treatment.

The challenge arises when you are sick or injured and your primary care physician is unable to see you or the office is closed.

If your condition is life-threatening, it is best to call 911 so medical attention is sent to you without delay.

In other cases, you may be able drive to an emergency room to receive the medical services you need. Emergency rooms are typically open 24 hours, seven days a week and provide the widest range of services for emergency, after-hours care. The extensive medical care that an emergency room provides, however, makes it the most expensive type of care available. Patients are often charged significant copayments for these services.

Emergency rooms can also provide an unhealthy environment in which to wait for medical care. They are often filled with patients who have colds and other contagious infections. This could put young children and individuals with compromised immune systems at risk for illness.

If your condition is not life-

threatening, but needs immediate attention, you may consider using an urgent care clinic. Urgent care clinics, which are staffed by doctors and other medical professionals, are usually open after normal business hours, including evenings and weekends. Many urgent care clinics offer on-site diagnostic tests and services without the wait that may be experienced at an emergency room. Also, in many cases, your copayment to visit an urgent care clinic may be less than if you were to receive treatment in an emergency room.

For example, if you are enrolled in Anthem Blue Cross, live in the Los Angeles area and visit an Exer Urgent Care Center, you will be required to pay a \$15 copayment and covered services will be paid at 100%.

For less serious conditions, you also have the option of speaking with a medical professional through telemedicine. Telemedicine can also be beneficial to patients who are away from home or who live in isolated communities where medical care may be lacking. Consider using telemedicine if you have a minor medical problem when you are working on location or are on vacation and cannot access your usual care providers.

Use your best judgment when choosing where to get care. Do your research before you require medical attention so you are aware of all options available to you and can make the best choice when a need arises.



# Is Your Address Up-to-Date?

## YOUR HOME ADDRESS DETERMINES YOUR PROVIDER OPTIONS AND ANNUAL PHYSICAL EXAMINATION OUT-OF-POCKET COSTS

The home address a participant has on record with the Motion Picture Industry Health Plan (MPIHP) is used to determine the provider options available and out-of-pocket costs to them and/or their dependents when they receive a Comprehensive Physical Exam (CPE).

A participant whose address on file with MPIHP is in the County of Los Angeles is required to have the CPE performed at a UCLA-MPTF Health Center in order to have the service covered in full with only a \$5 copayment. MPIHP will not cover CPEs for participants who live in the County of Los Angeles if they were not performed at a UCLA-MPTF Health Center.



A participant whose address on file with MPIHP is outside of the County of Los Angeles is not required to have his or her CPE performed at a UCLA-MPTF Health Center. He or she still may choose to have his or her CPE performed at a UCLA-MPTF Health Center to have the service covered in full with a

\$5 copayment. Participants are encouraged to make sure that MPIHP has their current address on file. This includes participants who will be on location for work for an extended period of time.

Dependents must also make sure their current address is on file with MPIHP. This is particularly important for dependents who may live away from their parents while attending school or for work and wish to have their CPE performed in the area where they currently live.

To change your address with MPIHP, please complete a Change of Address. This form may be completed by visiting [www.mpiphp.org](http://www.mpiphp.org), logging into your online account and selecting Change of Address Form under the Forms section of the website.



## 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.



## TIPS FROM THE DOCTOR

DR. JANICE SPINNER,  
CHIEF MEDICAL OFFICER

# RETHINKING DAILY ASPIRIN FOR HEALTHY PEOPLE

Aspirin prevents heart attacks, strokes and other cardiovascular events caused by blood clots. If taken daily, aspirin is an effective preventive measure for people who have had those problems before. Aspirin can help prevent colon polyps and colon cancer in people who have a history of colon polyps, especially if they are advanced.

For many years, it was recommended that healthy people take a daily dose of aspirin to prevent a heart attack or stroke from ever

occurring. Recently, however, several studies have suggested that for healthy people, the harms of daily aspirin outweigh the benefits. Aspirin works as a blood thinner, which means it can also cause bleeding as an unwanted side effect and sometimes that bleeding can be very serious.

While studies have suggested that the harm from the use of daily aspirin by healthy people may outweigh the benefits, the following groups of people still benefit from daily aspirin therapy:

- ▶ People who have a personal history of heart attack, stroke, or other cardiovascular diseases. Aspirin and other blood thinners are quite effective in preventing subsequent heart attacks and strokes.
- ▶ People who do not have a personal history of heart attack, stroke or other cardiovascular diseases, but are at high risk of developing cardiovascular disease, such as someone who smokes, has high blood pressure and high cholesterol.
- ▶ People with diabetes who are 50 year old or older (men) and 60 years old or older (women) with at least one other heart disease risk factor such as smoking, high cholesterol or high blood pressure.
- ▶ People with a personal history of colon polyps, especially if they are advanced.

Again, the benefits of aspirin may not outweigh the risks if you have never had a colon polyp, heart attack, stroke, other cardiovascular disease, diabetes or are not at high risk for these conditions. In addition, some people may have a specific medical reason to avoid aspirin such as aspirin allergy, bleeding history, or they are on other medication that affects blood clotting.

Taking an occasional aspirin or two is safe for most adults for headaches, body aches or fever, and aspirin is still recommended in emergency situations for chest pain or suspected heart attacks. If you are considering stopping or starting daily aspirin, you should consult your doctor before you make that change. Your doctor can help you assess your individual risks and benefits, and make recommendations based on current medical evidence.





# 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.

The following classes are available to participants of the Motion Picture Industry Health Plan (MPIHP). Classes for the first quarter of 2020 will be held at the following locations:

**Henry Mayo Health & Fitness Center (“Henry Mayo”)**  
24525 Town Center Drive  
Santa Clarita, CA 91355  
(Down the street from Henry Mayo Hospital)

Please park in front of Henry Mayo Health & Fitness Center (**not the hospital**). Workshops will be held in the Community Education room near the entrance. Look for the workshop signs.

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

Free and secured 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.

**Providence Occupational Health Center (“POHC”)**  
3413 W. Pacific Ave., Room 104 or 205  
Burbank, CA 91505

Ample free parking is available in the main lot or underground. Street parking is also available.

Please note that registration in a class is required to attend.

**NEW LOCATION!**  
**Providence Saint Joseph Medical Center (“PMC”)**  
501 S. Buena Vista Street  
1 N. Uribe Tower, Conference Room 2  
Burbank, CA 91505

**NEW LOCATION!**  
**Disney Family Cancer Center (“DFCC”)**  
181 S. Buena Vista Street  
2nd Floor Conference Room  
Burbank, CA 91505

Free street parking is available (**check parking signs**) and there is parking in the DFCC lot.

**Please note that registration is required to attend all classes.**

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 all other classes, 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.

**WW - WELLNESS THAT WORKS**  
(Formerly WEIGHT WATCHERS)  
**EVERY TUESDAY, FROM APRIL 7 THROUGH JUNE 23**  
(Except on major holidays)  
6:15pm Weigh-in;  
6:30-7:00pm ▶ MPI

**ADVANCE CARE PLANNING (CARE PLANNING)**

Advance care planning is an important step that ensures medical staff follow your wishes and preferences should you be unable to speak for yourself. This course will discuss frequently-

## PLEASE NOTE

Due to some information being unavailable at time of printing, please visit [www.mpiphp.org/home/wellness](http://www.mpiphp.org/home/wellness) for the most updated class schedule information.



asked questions and common scenarios related to advance care planning. Advance directive forms will be on hand and we will advise you how to complete and submit this important document.

**JUNE 30**  
6:00 - 7:00 p.m. ▶ Henry Mayo

### ALZHEIMER'S WORKSHOP

Did you know that Alzheimer's disease is not a normal part of aging? Join us in learning about the impact of Alzheimer's disease, the difference between Alzheimer's disease and dementia, the stages and risk factors of the disease, as well as current research, resources and treatment options.

**JUNE 27**  
3:00 - 4:00 p.m. ▶ Henry Mayo

### 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. To register, please visit [www.henrymayo.com/classes-events/](http://www.henrymayo.com/classes-events/) or call (661) 200-2300.

**APRIL 22**  
5:00 - 6:00 p.m. ▶ Henry Mayo

**MAY 27**  
5:00 - 6:00 p.m. ▶ Henry Mayo

**JUNE 24**  
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 and bolster cushion if you have one.

**APRIL 21**  
6:30 - 7:45 p.m. ▶ MPI

**MAY 19**  
6:30 - 7:45 p.m. ▶ MPI

### BUILDING BETTER BONES

Building better bones uses Bones for Life®, a movement program based on the work of Dr. Moshe Feldenkrais, that uses the Feldenkrais tools of awareness and focused attention to increase bone health, alignment and posture. Originally designed to halt and even reverse the deterioration of bone tissue, the program uses mindful exploration, pressure, rhythm, vibration with particular focus on alignment and finding strength and vitality through these techniques. Participants of the program report reduced tension, enhanced posture and coordination, increased flexibility and stability as well as greater comfort in their bodies.

**APRIL 18**  
12:15 - 2:15 p.m. ▶ POHC, Room 104

### DIABETES BASICS

Learn the seven essential self-care behaviors for people who have diabetes. Topics for discussion include: what is diabetes, diabetes prevention, eating strategies, physical activity, taking meds, monitoring blood sugar levels,

## APRIL 2020

| SUN   | MON                                    | TUE  | WED   | THU  | FRI            | SAT   |
|---|--|--|---|--|----------------|---|
|   |  |  | 1 Strength & Balance<br>POHC 104 10-11am<br>Financial Spotlight<br>POHC 104 6-7pm | 2  | 3              | 4 Meditation<br>POHC Rm 104<br>10-11am                              |
| 5 Healing Circle<br>HM 11am-Noon<br>Palm Sunday | 6 Practice<br>Mindfulness<br>HM 5-6pm  | 7 WW<br>POHC Rm 104<br>6:15-7pm                            | 8 Strength & Balance<br>POHC 104 10-11am<br>Budgeting Webinar<br>6:30-7:30pm PT   | 9 Diabetes Care (1)<br>HM 5:30-7:30pm                                | 10 Good Friday | 11 Optum Webinar:<br>Simply Life<br>11am-Noon PT                    |
| 12 Easter                                       | 13 Practice<br>Mindfulness<br>HM 5-6pm | 14 WW<br>POHC Rm 104<br>6:15-7pm                           | 15 Strength & Balance<br>POHC Rm 104<br>10-11am                                   | 16 Tai Chi<br>MPI 6:30-7:30pm<br>Diabetes Care (2)<br>HM 5:30-7:30pm | 17             | 18 Better Bones<br>POHC Rm 104<br>12:15-2:15pm                      |
| 19  | 20 Practice<br>Mindfulness<br>HM 5-6pm | 21 WW<br>POHC 6:15-7pm<br>Blissful Yoga<br>MPI 6:30-7:45pm | 22 Strength & Balance<br>POHC 104 10-11am<br>Back Care<br>HM 5-6pm                | 23 Foot & Ankle Pain<br>HM 2-3pm<br>Mindful Eating<br>DFCC 5:30-7pm  | 24             | 25 HeartSaver CPR<br>MPI 9am-Noon<br>Meditation<br>POHC 104 10-11am |
| 26  | 27 Practice<br>Mindfulness<br>HM 5-6pm | 28 WW<br>POHC Rm 104<br>6:15-7pm                           | 29 Strength & Balance<br>POHC Rm 104<br>10-11am                                   | 30   |                |   |



problem solving, reducing health risks and much more.

**MAY 14**

4:00 - 5:00 p.m. ▶ PMC  
1 N. Uribe Tower, Conference Room 2

**MAY 28**

4:00 - 5:00 p.m. ▶ PMC  
1 N. Uribe Tower, Conference Room 2

**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 a Certified Diabetes Educator (CDE).

**APRIL 9**

5:30 - 7:30 p.m. ▶ Henry Mayo

**JUNE 4**

5:30 - 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 a Certified Diabetes Educator (CDE).

**APRIL 16**

5:30 - 7:30 p.m. ▶ Henry Mayo

**JUNE 25**

5:30 - 7:30 p.m. ▶ Henry Mayo

**DIET & INFLAMMATION**

Learn the difference between acute and chronic inflammation and how obesity, digestion and immunity affect our bodies' inflammatory responses. Learn ways to reduce inflammation as well as compare the REAL Mediterranean diet and lifestyle, versus popular trends.

**MAY 21**

5:30 - 7:00 p.m. ▶ DFCC  
2nd Floor Conference Room

**FINANCIAL SPOTLIGHT**

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, reduce debt and discover strategies to invest in a more financially-secure future, wherever you are in life. All questions are welcome!

**APRIL 1**

6:00 - 7:00 p.m. ▶ POHC, Room 104

**JUNE 3**

6:00 - 7:00 p.m. ▶ POHC, Room 104

**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 financial decisions. Learn how to replace money mistakes with healthier financial habits based on your personality. Give yourself the power of choice and great financial wellness. Bring your questions!



**APRIL 8**

6:30 - 7:30 p.m.

**MAY 2020**

| SUN                              | MON                                 | TUE  | WED   | THU  | FRI | SAT   |
|----------------------------------|-------------------------------------|--|---|--|-----|---|
|                                  |                                     |  |   |  | 1   | 2   |
| 3 Healing Circle<br>HM 11am-Noon | 4 Practice Mindfulness<br>HM 5-6pm  | 5 WW<br>POHC Rm 104<br>6:15-7pm<br>Cinco de Mayo           | 6 Strength & Balance<br>POHC Rm 104<br>10-11am                                  | 7 Nutrition Toolbox<br>DFCC 2nd Fl<br>5:30-7:30pm                      | 8   | 9 Optum Webinar:<br>Building Resilience<br>11am-Noon PT |
| 10 Mother's Day                  | 11 Practice Mindfulness<br>HM 5-6pm | 12 Financial Fitness<br>HM 6-7 pm<br>WW<br>POHC 6:15-7pm   | 13 Strength & Balance<br>POHC 104 10-11am<br>ID Theft Webinar<br>6:30-7:30pm PT | 14 Diabetes Basics<br>PMC 4-5pm<br>Tai Chi<br>MPI 6:30-7:30pm          | 15  | 23 Sleep Solutions<br>POHC Rm 104<br>12:15-2:15pm       |
| 17                               | 18 Practice Mindfulness<br>HM 5-6pm | 19 WW<br>POHC 6:15-7pm<br>Blissful Yoga<br>MPI 6:30-7:45pm | 20 Strength & Balance<br>POHC Rm 104<br>10-11am                                 | 21 Healthy Hands<br>HM 10-11am<br>Diet & Inflammation<br>DFCC 5:30-7pm | 22  | 23  |
| 24<br>31                         | 25 Memorial Day                     | 26 WW<br>POHC Rm 104<br>6:15-7pm                           | 27 Strength & Balance<br>POHC 104 10-11am<br>Back Care<br>HM 5-6pm              | 28 Diabetes Basics<br>PMC 4-5pm  | 29  | 30  |

**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, better ways to prevent fraud and protect yourself. Learn eye-opening statistics about identity theft and obtain helpful resources to keep your identity secure. Bring your questions!

 **MAY 13**  
6:30 - 7:30 p.m.

**FOOT & ANKLE PAIN**

Learn about a variety of foot and ankle injuries and conditions, as well as how to strengthen your feet and ankles and keep them healthy to prevent future injuries. Learn what you can do about chronic ankle pain.

**APRIL 23**  
2:00 - 3:00 p.m. ▶ Henry Mayo

**HEALING CIRCLE**

During the Healing Circle, participants are guided through special meditations to awaken healing in themselves, in loved ones and in the world. Come

reconnect with yourself in a serene, sacred space in which to share and gain support and healing. We welcome you to join the Healing Circle.

**APRIL 5**  
11:00 a.m. - Noon ▶ Henry Mayo

**MAY 3**  
11:00 a.m. - Noon ▶ Henry Mayo

**JUNE 7**  
11:00 a.m. - Noon ▶ Henry Mayo

**HEALTHY HANDS**

Repetitive strain injuries can slow you down and limit your productivity and richness of life. Sometimes learning new movement patterns can prevent these injuries from coming back. Learn the causes of common repetitive strain injuries, carpal tunnel, tennis and golfer’s elbow, and how to recognize the symptoms of common hand injuries before the issue becomes chronic. Learn how to know when to seek professional help.

**MAY 21**  
10:00 - 11:00 a.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.

**APRIL 25**  
9:00 a.m. - Noon ▶ MPI

**JUNE 13**  
9:00 a.m. - Noon ▶ MPI

**MEDITATION**

Come practice relaxing your mind and body with deep breathing and meditation. Meditation has been scientifically proven to reduce belly fat, control anxiety, help fight addictions and much more.

**APRIL 4, 25**  
10:00 - 11:00 a.m. ▶ POHC, Room 104

**MINDFUL EATING**

Many people may know what to eat, but not how to eat. Learn how to break the cycles of mindless and recreational eating, or eating to dull emotions and pain. Learn how to become more mindful and aware of how and why you eat,

**JUNE 2020**

| SUN                                  | MON                                     | TUE                               | WED   | THU   | FRI       | SAT                                     |
|--------------------------------------|---|-----------------------------------|---|---|-----------|---|
|                                      | <b>1</b> Practice Mindfulness HM 5-6pm  | <b>2</b> WW POHC Rm 104 6:15-7pm  | <b>3</b> Financial Spotlight POHC Rm 104 6-7pm              | <b>4</b> Diabetes Care (1) HM 5:30-7:30pm                         | <b>5</b>  | <b>6</b>                                |
| <b>7</b> Healing Circle HM 11am-Noon | <b>8</b> Practice Mindfulness HM 5-6pm  | <b>9</b> WW POHC Rm 104 6:15-7pm  | <b>10</b> Optum Webinar: Building Resilience 6:30-7:30pm PT | <b>11</b> Tai Chi MPI 6:30-7:30pm                                 | <b>12</b> | <b>13</b> HeartSaver CPR MPI 9am-Noon   |
| <b>14</b>                            | <b>15</b> Practice Mindfulness HM 5-6pm | <b>16</b> WW POHC Rm 104 6:15-7pm | <b>17</b>   | <b>18</b>   | <b>19</b> | <b>20</b>                               |
| <b>21</b> Father’s Day               | <b>22</b> Practice Mindfulness HM 5-6pm | <b>23</b> WW POHC Rm 104 6:15-7pm | <b>24</b> Back Care HM 5-6pm                                | <b>25</b> Diabetes Care (2) HM 5:30-7:30pm Certified CPR HM 6-9pm | <b>26</b> | <b>27</b> Alzheimer’s Workshop HM 3-4pm |
| <b>28</b>                            | <b>29</b> Practice Mindfulness HM 5-6pm | <b>30</b> Care Planning HM 5-6pm  |   |   |           |   |





by identifying emotions, moods and learn how to improve your relationship with food for better health and a richer life.

**APRIL 23**  
5:30 - 7:00 p.m. ▶ DFCC  
2nd Floor Conference Room

### **NUTRITION TOOLBOX**


A comprehensive look at overall nutrition and wellness and the impact and health benefits of whole foods vs. processed foods. Discover practical tips regarding grocery shopping, portion control, meal planning and how to read food labels.

**MAY 7**  
5:30 - 7:00 p.m. ▶ DFCC  
2nd Floor Conference Room

### **OPTUM WEBINAR: HOW TO BUILD RESILIENCE**


Life can be challenging and many find it hard to keep their cool and manage stress levels in a healthy way. Learn how to deal with unexpected challenges in a positive way. Discover your own personal resilience level and

create a strategy to become more resilient, so you can better handle the difficulties, challenges and setbacks that we all experience.

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

### **OPTUM WEBINAR: SIMPLIFY LIFE**

Learn to identify the personal barriers of living a simpler life by examining beliefs. 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.

 **APRIL 11**  
Noon - 1:00 p.m. Pacific Time

 **JUNE 10**  
6:30 - 7:30 p.m. Pacific Time

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

Want to take better 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 allow you to 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.

**MAY 12**  
6:00 - 7:00 p.m. ▶ Henry Mayo

### **PRACTICE MINDFULNESS**

Come experience a guided mindfulness meditation practice and a 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 are

provided, but you are welcome to bring your own. A \$5 fee may apply for this class. Contact Henry Mayo Fitness & Health Center for more information.

**EVERY MONDAY FROM  
APRIL 6 THROUGH JUNE 29**  
(Except on major holidays)  
5:00 - 6:00 p.m. ▶ Henry Mayo

### **SLEEP SOLUTIONS**

Workers in the motion picture industry frequently work up to 18 hours a day, leading to dangerous sleep deprivation, which can cause brain fog, poor health and increase the risk of accidents. Come learn special movement applications (based on the Feldenkrais Method®) to relax your body, calm your mind, and lull yourself to into better, deeper sleep.

**MAY 16**  
12:15 - 2:15 p.m. ▶ POHC, Room 104

### **STRENGTH & BALANCE**

This course provides a strength, balance and flexibility workout using resistance bands, exercise balls, and Tai Chi sticks. All classes include a light aerobic warm up and end with an interactive wellness conversation.

**EVERY WEDNESDAY IN  
APRIL AND MAY 2020**  
10:00 - 11:00 a.m. ▶ POHC, Room 104

### **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.

**APRIL 16**  
6:30 - 7:30 p.m. ▶ MPI

**MAY 14**  
6:30 - 7:30 p.m. ▶ MPI

**JUNE 11**  
6:30 - 7:30 p.m. ▶ MPI



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

PRSR STD  
U.S. POSTAGE  
**PAID**  
Los Angeles, CA  
Permit No. 4848



Learn More at  
[www.mpiphp.org](http://www.mpiphp.org)

# fyi MPI

FROM

SPRING | 2020



**Anthem Blue Cross:  
Find In-Network Providers**

**Tips From The Doctor:  
Rethinking Daily Aspirin**

**Improve Yourself with  
The Wellness Program**