

SUMMER | 2019

fyi MPI

FROM

FOR PARTICIPANTS OF THE MOTION PICTURE
INDUSTRY PENSION & HEALTH PLANS

PENSION PLAN:

New Benefit Verification Process

**What is
Palliative Care?**

**Member
Assistance
Program**

**Tips from
the Doctor:
An Update on
Your Medical
Benefits**



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

A SEASON OF OPPORTUNITY

As we enter the summer season, please remember that you have access to a wonderful array of wellness courses through the Motion Picture Industry Health Plan's (MPIHP) wellness program. A listing of those classes available to you during July, August and September 2019 are included in this edition of *FYI from MPI*.

Also included in this edition of *FYI from MPI*, is information about the

benefits of palliative care for those who have a serious medical condition. MPIHP is fortunate to partner with the Motion Picture & Television Fund to offer a palliative care program to both participants and their family members.

The Motion Picture Industry Pension Plan has implemented a pension benefit verification process to ensure participants are properly collecting pension benefits on a monthly basis. Information about that program is included in this summer edition as well.

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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PENSION PLAN:

Announcing a New Benefit Verification Process

The Motion Picture Industry Pension Plan (MPIPP) has implemented a Pension Benefit Verification Process (PBVP) to ensure pension recipients are properly collecting pension benefits on a monthly basis.

More specifically, PBVP is an additional step that MPIPP takes to make sure that it is paying benefits to correct individuals and that they are collecting benefits according to the terms of the plan. PBVP is an industry standard process for pension plans the size and scale of MPIPP. This process helps protect MPIPP against willful or negligent abuse by survivors or beneficiaries, and the potential for fraud by unauthorized individuals.

The PBVP process consists of the following steps:

- ▶ Letters, including follow-up letters, are sent to pension recipients 90 days, 60 days and 30 days prior to the anniversary date of their benefit commencement every other year.
- ▶ The mailing includes a form that requires a signature confirmation back from the individual receiving the pension that they are still indeed receiving their pension payments (i.e., that they have control over their bank accounts and finances, and are able to access their funds.). This signature confirmation must be notarized or certified at the MPIPP offices in Studio City, CA or New York, NY.
- ▶ After the original letter and follow-ups, if a signed confirmation is not received from the individual receiving the pension as requested, future pension payments will be suspended starting in the month following the month the third follow-up letter is sent.
- ▶ Any suspended payments will be resumed and retroactively refunded once the required signature proof is received by MPIPP.
- ▶ MPIPP will send an acknowledgment of receipt once a pension recipient's signed confirmation is received at MPIPP. After a confirmation is received and recorded at MPIPP, monthly pension payments will continue normally without any interruptions. A new PBVP confirmation request will be sent once again after 24 months.



VSP Vision Benefits Update

Every calendar year, participants and their eligible dependents may receive either contact lenses, a fitting and evaluation at an allowance of \$105, or single vision, lined bifocal, and trifocal spectacle lenses for their existing frames. Their contact lens fitting and evaluation is also discounted at 15%. They are eligible for frames every other year regardless of whether or not they chose to receive contact lenses or spectacle lenses the year prior. Participants and their dependents have an allowance of \$145 every other year on a wide selection of frames. For the frame, they will also receive an additional 20% discount on any amounts exceeding those allowances.

Open Enrollment Period To Be Held July 1-20

Each year, the Motion Picture Industry Health Plan (MPIHP) holds an Open Enrollment period when a participant can change his or her medical and/or dental plan election. If you are a COBRA participant, you may add or remove dependents or switch between Core and Non-Core coverage during the Open Enrollment period.



IF YOU WOULD LIKE TO MAKE CHANGES TO YOUR HEALTH COVERAGE

If you would like to make changes to your health coverage, please download the required enrollment forms by visiting MPIHP's website at www.mpiphp.org and clicking on the Open Enrollment link.

You may also request Open Enrollment information and forms be sent to you by emailing service@mpiphp.org or by calling (855) 275-4674.

Please complete and submit all of your Open Enrollment materials to MPIHP by July 20, 2019.

Your new plan selection will be effective August 1, 2019.

However, if you are in the Retiree Health Plan, are Medicare eligible and choose to enroll in an HMO plan, you will have a later effective date.

IF YOU DO NOT NEED TO MAKE CHANGES TO YOUR HEALTH COVERAGE

If you are not planning to make changes to your health coverage then you do not need to take action. You do not need to complete any forms - your current coverage with MPIHP will remain in effect.

USE TELEMEDICINE TO SEE A PHYSICIAN

Telemedicine allows a patient to visit with a physician by phone or through online video communication using a computer, smartphone or tablet. It is intended to provide low-cost medical care for after-hours or when a participant is away from home. It should not be used if emergent help is needed.



Participants using the Motion Picture Industry Health Plan (MPIHP)/Anthem Blue Cross network may use telemedicine. Participants will be required to pay a \$20 Co-payment for this covered benefit and will not be required to pay additional coinsurance.

The telemedicine benefit is offered through LiveHealth Online and is available only to participants enrolled in MPIHP/Anthem Blue Cross. The service area includes the entire United States. This service may not be used by a participant when they are outside of the United States. Access Live Health Online at www.livehealthonline.com.

Participants enrolled in Health Net or Kaiser Permanente should contact their respective health plan about access to telemedicine. Telemedicine is not currently available to participants enrolled in the Oxford Health Plans.



A New Summary Plan Description is Coming!

A new summary plan description for participants of the Motion Picture Industry Health Plan (MPIHP) for Active Participants will be distributed in July 2019. This document is a summary of the health care benefits available to participants through this plan.

Participants have the option to receive an electronic copy of this close to 200-page document. For more information on how to receive an electronic copy of this summary, please contact MPIHP at service@mpiphp.org.

What is Palliative Care?

THIS PROGRAM MAY HELP YOU OR A FAMILY MEMBER THROUGH A SERIOUS MEDICAL CONDITION

Dealing with any serious illness, or standing by while a loved one suffers, can be one of life's greatest challenges. However, if you or a loved one is facing a serious illness, you are not alone. Palliative care is a recognized medical specialty for the care and support of people with serious, chronic and life-threatening conditions. It can be provided at any stage in an illness and is intended to improve the quality of life for both the patient and the family.

Participants of the Motion Picture Industry Health Plan (MPIHP) have access to an award-winning palliative care program through the Motion Picture & Television Fund (MPTF). The MPTF Palliative Care program is designed to provide participants and their family members relief from the symptoms and stress of a serious illness.

MPTF's Palliative Care program brings together specialty-trained and certified physicians, advanced practice nurses, social workers, chaplains, and other professionals, to provide an additional layer of support to patients and families. These specialists focus on the treatment of pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping, anxiety, depression, and any other symptoms that may be causing a patient or their family member distress.

Whether it is advanced cancer, congestive heart failure, chronic obstructive pulmonary disease, amyotrophic lateral sclerosis (ALS), Parkinson's or Alzheimer's disease, other types of dementia, or a myriad of other conditions, the MPTF's Palliative Care team specializes in treating people suffering from serious illness and addressing the many possible associated symptoms.

Studies have shown that people receiving palliative care, along with standard medical treatment, enjoy enhanced quality of life, improved outcomes, and a better care experience.

For more general information on palliative care or to learn if MPTF's Palliative Care program may be a resource to you, please call (818) 876-1739 or visit mptf.com.

MEMBER ASSISTANCE PROGRAM

AVAILABLE AT NO COST

Participants enrolled in the Motion Picture Industry Health Plan (MPIHP) have access to a Member Assistance Program (MAP) through Optum Behavioral Health ("Optum"). Optum's MAP is designed to provide professional and confidential assistance to employees experiencing various life challenges that may affect their health, personal well-being or job performance.

Previously, MPIHP offered its participants behavioral health benefits that were limited to mental health and chemical dependency. As part of its commitment to participant health and well-being, MPIHP's Board of Directors partnered with Optum to offer additional resources for support and information for participants. These additional resources are offered at no cost to the participant or others in his or her household.

Through Optum, participants have the opportunity for five free face-to-face visits with a counselor. Participants will also have access to professionals who can provide:

- ▶ Over-the-phone counseling and mental health provider referrals
- ▶ Recommendations in response to work-related concerns
- ▶ Advice on living healthy and improving their relationships
- ▶ Assistance with family planning, parenting and caregiving
- ▶ Legal, financial and retirement recommendations
- ▶ Suggestions on travel and safety preparedness

To find out more about Optum's MAP, visit www.liveandworkwell.com.





TIPS FROM THE DOCTOR

DR. JANICE SPINNER,
CHIEF MEDICAL OFFICER

Health Service was published by the U.S. Department of Health, Education, and Welfare. That report definitively connected smoking to lung cancer, emphysema and heart disease.

A few years later, the anti-smoking public health campaign began in earnest, targeting smoking in the workplace, in public places, at home and in advertisements. The campaign has been successful on many fronts. In 1965, 42% of adults smoked, and today 14% of adults smoke. The rates of lung cancer and smoking-related health problems have reflected the decline in smoking, going down slowly, but steadily every year. Many experts think the smoking rate can go down even further, and MPIHP is committed to that effort.

In January 2019, the lifetime limit for participants of MPIHP was lifted on the effective stop-smoking medication, Chantix. Also, through the MPIHP wellness program, participants and dependents have access to Picture Quitting, a one-on-one stop smoking program. Previously, a physician referral was required for enrollment in Picture Quitting, but now, the program welcomes self-referrals.

Call (818) 640-3935 and find out more about Picture Quitting – it is never too late to stop smoking.



MEASLES

Many people have been calling MPIHP to ask about coverage of measles-related prevention and treatment. MPIHP covers preventative vaccinations according to the Center for Disease Control (CDC) guidelines.

The CDC recommends the Measles, Mumps and Rubella (MMR) vaccine for children at 12 to 15 months old, with a booster at four to six years of age.

Older children and adolescents who were not vaccinated, and adults who do not have evidence of immunity, should receive two doses of MMR at least one month apart. The CDC defines evidence of immunity as written documentation of adequate vaccination, laboratory evidence of immunity, laboratory evidence of a previous infection or birth before 1957. MPIHP also covers the tests for evidence of immunity, and tests to diagnose suspected cases.

If you have questions about measles as it relates to you or your family, contact your primary care physician for advice.

An Update on Your Medical Benefits

Following is information about your benefits at the Motion Picture Industry Health Plan (MPIHP) that may be of interest to you.

SMOKING

In 1964, the landmark report, *Smoking and Health: Report of the Advisory Committee to the Surgeon General of the Public*



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 third 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/. 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. All participants of MPIHP may participate in webinars hosted by Kaiser Permanente.

WW (Formerly WEIGHT WATCHERS)

EVERY TUESDAY, FROM JULY 9 THROUGH SEPTEMBER 24
(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 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.

JULY 30
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 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.

JULY 27
Noon - 1:00 p.m. ▶ MPI

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.

 **SEPTEMBER 7**
Noon - 1:00 p.m. Pacific Time

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.

- JULY 10**
5:00 - 6:00 p.m. ▶ Henry Mayo
- AUGUST 14**
5:00 - 6:00 p.m. ▶ Henry Mayo
- SEPTEMBER 11**
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 them.

- JULY 18**
6:30 - 8:00 p.m. ▶ MPI
- SEPTEMBER 26**
6:30 - 8:00 p.m. ▶ MPI



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.

- SEPTEMBER 21**
Noon - 2:00 p.m. ▶ MPI

CHRONIC PAIN SUPPORT GROUP

The American Chronic Pain Association facilitates this support group that offers self-help and peer support to learn how to deal with pain in a positive way. Regain a sense of personal control, improve function and enhance your quality of life.

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

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 the disease. This course is led by a Registered Dietitian (RD) and Certified Diabetes Educator (CDE).

- JULY 11**
5:30 - 7:30 p.m. ▶ Henry Mayo
- AUGUST 8**
5:30 - 6:30 p.m. ▶ Henry Mayo
- SEPTEMBER 12**
5:30 - 6:30 p.m. ▶ Henry Mayo

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Practice Mindfulness HM 5-6pm	2	3	4 Independence Day	5	6
7	8 Practice Mindfulness HM 5-6pm	9 WW MPI 6:15-7pm	10 Financial Makeover MPI 6-7pm Back Care HM 5-6pm	11 Financial Fitness HM 6-7pm Tai Chi MPI 6:30-7:30pm	12	13 Building Resilience Webinar Noon-1:00pm PT
14	15 Practice Mindfulness HM 5-6pm	16 Better Back Webinar 7-8pm PT WW MPI 6:15-7pm	17 Stroke Prevention HM 2-3pm Money Mistakes Webinar 9-10pm PT	18 Blissful Yoga MPI 6:30-8pm	19	20 Sleep Better MPI Noon-2pm
21	22 Blood Pressure HM 9-10am Mindfulness HM 5-6pm	23 Chronic Pain HM 6-7:30pm WW MPI 6:15-7pm	24	25 Diabetes Mgmt (2) HM 5:30-7:30pm Tai Chi MPI 6:30-7:30pm	26	27 Alzheimer's Workshop MPI Noon-1pm
28	29 Practice Mindfulness HM 5-6pm	30 Advanced Care HM 6-7pm WW MPI 6:15-7pm	31			

DIABETES SELF-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. This course is led by a Registered Dietitian (RD) and Certified Diabetes Educator (CDE).

JULY 25

5:30 - 7:30 p.m. ▶ Henry Mayo

AUGUST 22

5:30 - 7:30 p.m. ▶ Henry Mayo

SEPTEMBER 26

5:30 - 7:30 p.m. ▶ Henry Mayo

FELDENKRAIS FOR BETTER SLEEP

Individuals who work in the motion picture industry frequently work up to 18 hours a day, leading to dangerous sleep-deprivation and excessive time away from their families. Come learn some causes and, more importantly, some special movement practices (based on the Feldenkrais Method®) to

relax your body, calm your mind and lull yourself to sleep.

JULY 20

Noon - 2:00 p.m. ▶ MPI

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 for a more financially-secure future. All questions are welcome!

JULY 10

6:00 - 7:00 p.m. ▶ MPI

SEPTEMBER 4

6:00 - 7:00 p.m. ▶ MPI

GENTLE YOGA FLOW

Come soothe your soul with a gentle Vinyasa flow, with long deep stretches and a guided meditation. Class will be customized to the attendees and modifications will be provided for any level. No experience is necessary. Wear comfortable clothing, bring a yoga mat and water. If you have yoga blocks or straps, they can enhance

your experience, so bring them, but they are not required.

AUGUST 7

6:30 - 7:45 p.m. ▶ MPI

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.

SEPTEMBER 14

9:00 a.m. - Noon ▶ MPI

KAISER PERMANENTE WEBINAR: BACK IN ACTION

(Participants of all health plans are welcome to participate)

Feel better and gain control over your back pain. Learn better ways to sit, stand, and move that can help you return to your regular daily activities more quickly. Learn

AUGUST 2019

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

habits that will help keep your back in action — now and throughout your life



JULY 16

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

**KAISER PERMANENTE
WEBINAR: LIVE WELL,
SLEEP WELL!**

(Participants of all health plans are welcome to participate)

Say goodbye to sleepless nights! This webinar will give you the skills to help improve your sleep and naturally calm your body and mind.



SEPTEMBER 18

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

**LOVE YOUR SPINE!
WORKSHOP**

There will be a guided, self-exploration of the neck, shoulders and upper back in this insightful class. Learn how tight and weak shoulders can create neck pain. Discover how better movement patterns improve function of the shoulders, neck and upper back. Experience the great results that better breathing, stretching and strengthening exercises have on

improving the function of your neck, shoulders and upper back and contribute to feeling better overall.

AUGUST 24

Noon - 1:30 p.m. ▶ MPI

**MANAGING
BLOOD PRESSURE**

High blood pressure (HBP) is known as the “Silent Killer” because you often cannot feel any symptoms, but it can be deadly. HBP can lead to heart attack, stroke, heart failure, kidney damage and other conditions. Come learn how to lower blood pressure through healthy lifestyle habit and discover ways to achieve and maintain blood pressure in a normal range for better health.

JULY 22

9:00 - 10:00 a.m. ▶ Henry Mayo

AUGUST 26

9:00 - 10:00 a.m. ▶ Henry Mayo

SEPTEMBER 23

9:00 - 10:00 a.m. ▶ Henry Mayo

**MINDFUL EATING
WORKSHOP**

In a busy, chaotic world with

food everywhere, stress eating, emotional eating and mindless eating seem to be the cultural norm these days. Learn healthier habits to replace negative eating patterns, as well as the many types of false hunger. You will practice mindful eating exercises and create personal goals in this hands-on workshop. Mindful eating can save time, money, prevent disease and shed excess weight to help you become more productive, healthy and peaceful.

SEPTEMBER 25

7:00 - 8:00 p.m. ▶ MPI

**OPTUM WEBINAR:
BUILDING RESILIENCE**

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 may come your way in life.



JULY 13

Noon - 1:00 p.m. Pacific Time

SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labor Day	3 WW MPI 6:15-7pm	4 Financial Makeover MPI 6-7pm	5 Tai Chi MPI 6:30-7:30pm	6	7 Alzheimer's Webinar Noon-1pm PT
8	9 Practice Mindfulness HM 5-6pm	10 Financial Fitness HM 6-7pm WW MPI 6:15-7pm	11 Back Care HM 5-6pm	12 Diabetes Care (1) HM 5:30-6:30pm Credit Score Webinar 9-10pm PT	13	14 Heartsaver CPR MPI 9-Noon
15	16 Practice Mindfulness HM 5-6pm	17 Stress Webinar 7-8pm PT WW MPI 6:15-7pm	18 Sleep Well Webinar 7-8pm PT	19 Tai Chi MPI 6:30-7:30pm	20	21 Build Better Bones MPI Noon-2pm
22	23 Blood Pressure HM 9-10am Mindfulness HM 5-6pm	24 WW MPI 6:15-7pm	25 Mindful Eating MPI 7-8pm	26 Diabetes Mgmt (2) HM 5:30-7:30pm Blissful Yoga MPI 6:30-8pm	27	28 Healthier Eating Webinar Noon-1pm PT
29	30 Practice Mindfulness HM 5-6pm					

OPTUM WEBINAR: HEALTHIER EATING ON-THE-GO

When life is hectic, people often reach for too many over-processed foods. Learn fun and easy strategies for making or finding healthy “fast food.” Set a personal action plan for eating better and learn tips on how to best navigate grocery stores, restaurants and to-go menus, without sabotaging your health, body and wallet.



SEPTEMBER 28

Noon - 1:00 p.m. Pacific Time

OPTUM WEBINAR: MONEY HABITS

This webinar will help you evaluate your current financial situation, write a “Financial Action Plan,” redesign your spending habits, and learn how to eliminate or leverage debt. You will also learn ways to manage your money more effectively for a brighter future.



AUGUST 10

Noon - 1:00 p.m. Pacific Time

OPTUM WEBINAR: STRESS SOLUTIONS

Chronic stress can invite disease, disability and behavioral health issues. Learn better ways to respond to stress and how to improve negative stress-response cycles. Discover skills to dial-down stress and better manage personal and professional stress, so you can live a more healthy, sane and peaceful life.



SEPTEMBER 17

7:00 - 8:00 p.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 how to avoid financial pitfalls and consumer traps.

JULY 11

6:00 - 7:00 p.m. ▶ Henry Mayo

AUGUST 1

6:00 - 7:00 p.m. ▶ Henry Mayo

SEPTEMBER 10

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 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 JULY 1
THROUGH SEPTEMBER 30**

(Except on major holidays)

5:00 - 6:00 p.m. ▶ Henry Mayo

SOCIETY FOR FINANCIAL AWARENESS (SOFA) WEBINAR: IMPROVE YOUR CREDIT SCORE

Learn the factors of credit scoring, common credit reporting errors and how to correct them. Discover how a good credit score can help you save more of your hard-earned money. Hear how to improve your credit score and maintain great credit health to save money in the long-run.



SEPTEMBER 12

9:00 - 10:00 p.m. Pacific Time

SOCIETY FOR FINANCIAL AWARENESS (SOFA) WEBINAR: MONEY MISTAKES

Learn to avoid losing up to 40% of your retirement plan the day you leave your job. Discover the opportunities, risks and common mistakes made in investments. Learn how to preserve and protect assets against a plunging market, as well as determine if the bank is the best place to “save” money.



JULY 17

9:00 - 10:00 p.m. Pacific Time

STROKE PREVENTION

Did you know that every four minutes, someone in the United States dies of a stroke? Learning how to prevent a stroke, knowing the warning signs, as well as how to manage many of the risk factors for a stroke, can help keep you and your loved ones be on the healthy side of stroke statistics.

JULY 17

2:00 - 3:00 p.m. ▶ Henry Mayo

AUGUST 21

2:00 - 3:00 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.

JULY 11 AND 25

6:30 - 7:30 p.m. ▶ MPI

AUGUST 15

6:30 - 7:30 p.m. ▶ MPI

SEPTEMBER 5 AND 19

6:30 - 7:30 p.m. ▶ MPI



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Engage • Educate • Empower

Learn More at
www.mpiphp.org

fyi MPI

SUMMER | 2019

FROM



**New Benefit Verification
Process for Pension Plan**

**Free Member
Assistance Program**

**Tips from the Doctor:
Medical Benefit Update**