

# The Peralta Colleges



## Benefits Office Newsletter

### Health & Wellness Week March 26—29

#### Peralta Celebrates Wellness

As spring approaches and healthy living remains on the new year's resolution list, PCCD Benefits Office is excited to bring noon-time wellness discussions to your campus. Blue Cross, Kaiser & Office Depot will lead the informative discussions throughout the District. Costco and **24 hour Fitness Health Clubs** will offer the convenience of onsite enrollment and membership discounts. We look forward to your participation!

March 2007

— Volume 1, Issue 1 —

#### Inside this issue:

<i>Health &amp; Wellness</i>	1
<i>CoreSource Customer Service Feedback</i>	1
<i>Fitness discounts</i>	2
<i>Theme Park Discounts &amp; More</i>	2

#### Turning 65? Already 65?

We are presenting a unique opportunity for you! Attend an open discussion/workshop facilitated by the Benefits Office in conjunction with representatives from Medicare, CoreSource & Pension Dynamics. We will field questions about Medicare services and the District reimbursement programs and more.

When: March 28  
Where: District Office  
Time: 9:00—10:30

#### Wellness week schedule

#### Activities at your site from 11—1

<u>Date</u>	<u>Location</u>	<u>Topic</u>	<u>Time</u>	<u>Sponsor</u>
March 26	Alameda-Student Lounge	Heart Health- Controlling risk factors for heart disease & stroke	12—1	Kaiser
March 27	Berkeley-Atrium	Ergonomics in the workplace	11—1	Office Depot
		Balancing work & family	12—1	Wellpoint Blue Cross
March 28	District-Atrium	Medicare & You	9—11	Medicare CoreSource Pension Dynamics
March 28	Laney-4th Floor Student Lounge	Women's Health Issues- Hormone Replacement Therapy	12-1	Kaiser
March 29	Merritt-Gymnasium	Stress Management	12—1	Wellpoint Blue Cross

## CoreSource Customer Service Feedback

Last summer, the District Benefits Office surveyed CoreSource members to elicit feedback about their services. We received 251 responses, about 1/4th of the employee/retiree population. Full results can be found on the Peralta.edu website. Thank you for our feedback. PCCD has enhanced service in the following ways. We have:

- distributed the Summary Plan description to each family unit,
- established a dedicated customer service line for Peralta employees and retirees
- added claims resolution assistance provided by our benefits broker, PSW Benefit Resources.

#### Tips to effectively utilize your CoreSource Plan:

1. Present your card at the point of service-the card has useful reference information.
2. Confirm with your in-network providers that they know the billing procedure.
3. Ensure that claims are submitted completely and accurately (standard information includes name of patient, diagnosis codes and some narrative description of services performed).



## Benefits of Belonging

Peralta Community College strives to promote a healthy balance of work and life benefits. Feel free to share these resources with your family.

As a consumer you are encouraged to identify yourself as an employee of an educational institution when engaging in your personal transactions. Maybe there is a discount you may not even be aware of.

Following are a few options to consider:

### ◆ 24 Hour Fitness Health Clubs

Peralta Community College District has partnered with the nation's leader in fitness, **24 Hour Fitness**, to offer their colleagues zero enrollment, reduced processing and discounted dues on a **24 Hour Fitness** membership.

**Pay first and last month's dues and you're in.** These are "pay as you go" memberships (no long-term contract). Dues may either be paid monthly through electronic funds transfer, or annually.

Bring your business card, current pay stub, or badge as proof of employment (required at time of enrollment).

Our Bronze membership features:

- Processing fee \$49
- Monthly fees as little as \$29.99
- Family members can join at reduced monthly rates.

### ◆ Trustees formally approve reimbursement programs

*On February 6, 2007, the Peralta Board of Trustees formally approved the eligibility criteria for the District-sponsored medical expense programs. Now,*

- *Management and Confidential employees can receive Kaiser mail order prescription reimbursement*
- *All retirees are eligible for the Medicare Reimbursement Programs.*

*A personal communication will be mailed to affected employees and retirees in late March.*

### ◆ Weight Watchers

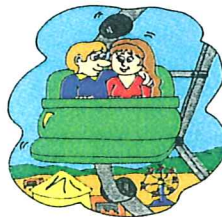


#### Kaiser members receive a discount!

Consider joining Weight Watchers? Peralta employees who are enrolled in Kaiser may receive a discount on the weekly membership rates. When you join weight watchers, identify yourself as a Kaiser member to receive the appropriate discounts.



### ◆ Theme Park Discounts



Purchase your discounted tickets from the Benefits Office. You can recognize a significant consumer savings over the ticket price if purchased at the them park. How do you buy "good-any-day" tickets? The Benefits Office will accept your personal checks from Peralta employees! Call the Benefits Office at 510 587-7838, option 5 # for more details.

<u>Park Name</u>	<u>PCCD Price</u>	<u>Gate Price</u>
Great America	29.95	46.95
Bonfonte Gardens	22.00	39.99
Six Flags Discovery Kingdom	24.99	47.99
Waterworld	15.99	29.99