

# 2009 Plan Year Health Benefits Wellness Fair

August 21, 2008 ❖ 10:00 am – 12:00 pm ❖ 1:30 pm – 3:30 pm

Berkeley Adult School, Multipurpose Room  
1701 San Pablo Avenue, Berkeley, CA



You will have the opportunity to:

- ☑ *Meet & ask your health carrier questions*
- ☑ *Submit open enrollment forms to Benefits Staff*

And receive:

- ☑ *Health Information*
- ☑ *Free Health Screenings*
- ☑ *Fitness and Nutrition Information*
- ☑ *Raffle Prizes (must be registered as an attendee of the fair to win)*
- ☑ *Giveaways*
- ☑ *Carrier Workshops (Please see other side of flyer for more information)*
- ☑ *Healthy Snacks*

We look forward to seeing you there!

**Berkeley Unified School District**  
Office of Risk Management & Employee Health Benefits



## BUSD Retiree Wellness Fair Workshop Information and Schedule

August 21, 2008  
Segments 1 & 2

Workshop Title	Presenter		Time	Description
	Carrier/Provider	Representative Name		
<b>Segment 1: 10 am. to 12 p.m.</b>				
Health Net New Plan Design Changes	Health Net	Jessica Strelch	10:15 a.m. to 10:30 a.m.	Health Net will present on the new benefit plans and the specific changes within each plan. We will also compare benefits for all plans offered to educate Retirees on the differences between the plans and reasons for selecting one plan vs. another. The talk will also highlight our Wellness and Disease Management programs.
Healthy Eating and Healthy Living/How to Manage Your Kaiser Health Care	Kaiser	Dr. Slovis	11 a.m. to 11:30 a.m.	Presenter will be conducting talks on health and wellness- nutrition, activity, comprehensive prevention. Kaiser will discuss the most effective ways members can utilize their Kaiser plan coverage.
How to Manage your Dental Care the Delta Dental Plans	Delta Dental	Mike Thelen	11:45 a.m. to 12:00 p.m.	Delta Dental will present on the PPO and Delta Care plans outlining plan designs and differences between each plan. The Delta Dental representative will also discuss tips on dental health and awareness
Tips on Maintaining Motivation for Health Weight and Fitness	Horizon Health	Jean Taylor	11:30 a.m. to 11:45 a.m.	The impact of environmental cues and stressors on supporting overeating and under-exercising is discussed. Participants will be encouraged to make conscious decisions about their environment and daily life that counterbalance these cues, so that healthy weight and fitness are more easily maintained.
<b>Segment 2: 1:30 p.m. to 3:30 p.m.</b>				
Health Net New Plan Design Changes	Health Net	Jessica Strelch	1:45 p.m. to 2:00 p.m.	Health Net will present on the new benefit plans and the specific changes within each plan. We will also compare benefits for all plans offered to educate Retirees on the differences between the plans and reasons for selecting one plan vs. another. The talk will also highlight our Wellness and Disease Management programs.
Healthy Eating and Healthy Living/How to Manage Your Kaiser Health Care	Kaiser	Dr. Slovis	2 p.m. to 2:30 p.m.	Presenter will be conducting talks on health and wellness- nutrition, activity, comprehensive prevention. Kaiser will discuss the most effective ways members can utilize their Kaiser plan coverage.
How to Manage your Dental Care the Delta Dental Plans	Delta Dental	Mike Thelen	2:55 p.m. to 3:10 p.m.	Delta Dental will present on the PPO and Delta Care plans outlining plan designs and differences between each plan. The Delta Dental representative will also discuss tips on dental health and awareness.
Tips on Maintaining Motivation for Health Weight and Fitness	Horizon Health	Jean Taylor	2:35 p.m. to 2:50 p.m.	The impact of environmental cues and stressors on supporting overeating and under-exercising is discussed. Participants will be encouraged to make conscious decisions about their environment and daily life that counterbalance these cues, so that healthy weight and fitness are more easily maintained.