



new dimensions



Retiree Health Benefits Working Group formed to study options for benefits stability

Following an extensive nomination process, the Retiree Health Benefits Working Group has been formed to explore options that will ensure the long-term financial viability of the retiree health benefits program and the quality of the benefits offered. The work pertains only to retiree health benefits; it does not affect UC Retirement Plan (UCRP) pension benefits.

After a kickoff meeting in January, the group of 16 faculty, current staff and retirees, who have been approved by the President, is scheduled to meet about every three weeks and present its analysis to UC leadership by June 2018. The results of the working group's deliberations and/or any proposed changes to the retiree health benefits program will be shared with the UC community.

Key stakeholders, including both represented and non-represented employees, the Academic Senate, Council of UC Retiree Associations (CUCRA), Council of UC Emeriti Associations (CUCEA) and Council of UC Staff Associations (CUCSA), were invited to nominate interested and qualified individuals to represent them as part of the working group. In addition to preparing for and attending meetings, working group members will actively engage those they represent, share their constituents' insights and feedback, and keep them apprised of the working group's progress.

continued on page 4

continued on back page

UC celebrates 150 years of pioneering a better future

The University of California began 150 years ago on a simple, but revolutionary idea: That college should be available to everyone.

That bold, forward-looking spirit has stayed with the University of California ever since. Just two years after it was created in 1868, the UC Board of Regents decreed that women would be admitted equally with men.

For a perspective on just how advanced that was, consider that women didn't earn the right to vote for another 50 years, and it was longer still before women

were admitted to many of the Ivy League schools.

Much of UC history, in fact, has been about pushing boundaries, pioneering new ways of doing things and expanding educational and economic opportunities — not bad for an institution that started out in temporary buildings, with just 40 students and 10 faculty members.

"Californians should feel tremendously proud of their public research university and all that it has accomplished over the last 150 years," said UC President

Janet Napolitano. "Since the very beginning, UC has done more than just help California prepare for the future — we've helped create it. And we have no intention of slowing down now."

Today, UC enrolls 273,000 students across its 10 campuses, conducts one-tenth of all academic research in the nation, and oversees five top-ranked medical centers that provide care to more than 4.5 million people a year.

UC faculty and staff have been an integral part of the University's growth and history. Today, about

Inside

- 2 News about your benefits
- 3 Research of interest
- 4 Travel opportunities
- 5 Share your stories

Quoteworthy

"Brain thickness, a more sensitive measure than volume, can track subtle changes in the brain earlier than volume and can independently predict cognition."

Prabha Siddarth, UCLA biostatistician
Page 3

Spotlight

Protecting your personal information online
Page 6

2018 retirement benefit payment schedule

PAYMENT MONTH	DIRECT DEPOSIT DATE
January	2/1/2018
February	3/1/2018
March	3/30/2018
April	5/1/2018
May	6/1/2018
June	6/29/2018
July	8/1/2018
August	8/31/2018
September	10/1/2018
October	11/1/2018
November	11/30/2018
December	1/2/2019

Use direct deposit for UCRP benefit check

The fastest, safest and most efficient way to receive your monthly UC retirement benefit is to have it deposited directly to your bank account.

Simply sign in to your personal account on At Your Service Online (atyourserviceonline.ucop.edu), select “Benefits Income” from the menu and then “Manage Direct Deposit.” Follow the steps to enter your bank account information.

Transition for prescription drug plan with Anthem

Anthem Blue Cross became the new pharmacy benefits administrator for all UC PPO plans, effective Jan. 1, 2018. This includes the Medicare PPO, High Option Supplement to Medicare, UC Care, Health Savings Plan, and Core.

Retirees enrolled in one of these PPO plans may have received one of several communications regarding the transition of the prescription drug plan from OptumRx to Anthem Blue Cross. In an effort to minimize any disruption, members were sent communication to their homes when they were identified as being impacted by changes in the formulary for their prescription drugs or by using pharmacies that would no longer be in-network.

See below for important information on filling your prescriptions and saving money in 2018.

Filling Prescriptions

- **At a retail or UC Medical Center Pharmacy.** You can fill up to a 30-day supply through Anthem’s national network of over 69,000 retail pharmacies (including Costco, CVS, Vons/Safeway, Walgreens and many more) or at a UC Medical Center pharmacy. Many of these pharmacies will also dispense a 90-day supply at one time for the cost of three monthly copays.
- **Mail-service prescriptions: Pay less and get up to a 90-day supply without leaving home.** Use the Anthem mail service (Express Scripts) for maintenance medications,

such as those taken on an ongoing basis to treat chronic conditions like asthma, diabetes, high blood pressure or high cholesterol. Home delivery makes it quick and convenient to fill, online or by phone. And you pay only the equivalent of two monthly copays for a 90-day supply.

- **Specialty medications.** For prescription drugs used to treat complex conditions, Anthem offers members access to a specialty pharmacy called Accredo, featuring 24-hour support from pharmacists and nurses, home delivery and refill reminders so you never miss a dose.

Saving all year

- **Select generic drugs.** Ask your doctor or pharmacist to prescribe generic drugs used to treat some of the most commonly prescribed conditions, including diabetes, hypertension and high cholesterol — in some cases, generics have zero out-of-pocket expenses to you at in-network retail or mail-order pharmacy.
- **Extra Covered Drugs.** UC’s Medicare plans provide extra coverage for some drugs that are often excluded from Part D coverage but are covered by your UC pharmacy benefit. Coverage includes prescription medications for cough and cold, vitamins and minerals and lifestyle drugs, including those used to treat erectile dysfunction (ED).

continued on back page

OneExchange: Submit reimbursement requests for eligible out-of-pocket expenses

The following information is for retirees who live outside California and who receive their Medicare-coordinated plan through OneExchange.

You can submit reimbursement requests for out-of-pocket expenses as you incur charges, or you can submit them later. The deadline to submit reimbursement requests for a plan year is Dec. 31 of the following year. For example, claims for charges incurred in 2017 should be submitted to OneExchange by Dec. 31, 2018.

You may submit the reimbursement request for eligible expenses online, by fax, or through the mail. Whichever option you choose, you will need to provide documentation supporting your eligible expenses. Acceptable documents include itemized receipts, an explanation of benefits from your health insurance company (commonly referred to as an EOB) and itemized invoices.

OneExchange must verify: Who received the service, who provided the service, what service was provided, when the service was provided, and proof you have paid or must pay the expense.

If you have any questions or need assistance with submitting your reimbursement requests, call OneExchange at 855-359-7381, Mon.-Fri., 5 a.m. to 6 p.m. (PT).

New Medicare ID cards coming; make sure your address is up to date

Between April 2018 and April 2019, Medicare will mail a new ID card to everyone enrolled in Medicare.

Your new card will have a new Medicare number that’s unique to you, instead of your Social Security number. This will help to protect your identity.

Medicare uses the name and address you have on file with Social Security. This address must match the one you have with UC for payment of your medical claims. To check this,

compare the address shown on your Social Security check with UC’s Benefit Income Statement. Are they the same?

To update your name and/or address, you will need to complete the following two actions as soon as possible:

- Go online to your “my Social Security” account at www.ssa.gov, “Change of Address”
- Submit a Change of Address form (UBEN131)

to UC (available at ucnet.universityofcalifornia.edu)

UC will notify your medical plan of your address change unless you are enrolled through OneExchange. If you are enrolled through OneExchange, contact your plan directly.

For more information, visit Medicare.gov at www.cms.gov/Medicare/New-Medicare-Card.

More information about the new Medicare cards will appear in future issues of *New Dimensions*.



Just 4,000 steps a day can lead to better brain health

Walking more than 4,000 steps a day can improve attention and mental skills in adults 60 and older, according to UCLA research.

Various studies have found that physical activity is important in preventing cognitive decline and dementia in older adults.

Brain volume and brain thickness — both measured by neuroimaging methods — are different ways of quantifying the health of the brain. Previous research shows physical activity correlates with higher volume in the hippocampus, a small, memory-critical region deep within the brain.

“Few studies have looked at how physical activity affects the thickness of brain structures,” said Prabha Siddarth, a biostatistician at the Semel Institute for Neuroscience and Human Behavior at UCLA. “Brain thickness, a more sensitive measure than volume, can track subtle changes in the brain earlier than volume and can independently predict cognition, so this is an important question.”

During the two-year study, researchers recruited 29 people 60 and older with memory complaints. Researchers tracked their physical activity for seven

days using accelerometers, and determined their average number of steps per day.

Study participants were divided into one of two groups: those who walked more than 4,000 steps a day and those who walked fewer steps. The participants underwent a battery of neuropsychological tests and MRI scanning.

People who walked more than 4,000 steps each day had a thicker hippocampus and thicker surrounding regions than those who walked less than 4,000 steps. Thickness in these regions correlates with better cognitive

function. The more active group also had superior performance in attention and information-processing speed as well as executive functioning, a set of mental skills that allow people to make plans and achieve goals.

Lower physical activity correlated with thinner brain structures and lower cognitive functioning.

Read more: newsroom.ucla.edu/releases/just-4000-steps-a-day-better-brain-health

News about your benefits continued from page 2

Check, update personal info for retirement savings accounts and UCRP

It is a good idea to periodically check to make sure your personal information for your Retirement Savings Program plans (DC, 403(b) and 457(b) Plans) is correct.

For your Retirement Savings Program 403(b), 457(b) and/or DC Plan accounts:

- Log onto your account at myuc retirement.com, under "UC Retirement Savings Program Transactions," select "NETBENEFITS."
- Click on "Profile." On that page, you can review and edit personal and contact information,

manage information about your beneficiaries and choose how you would like to receive important information.

If you have questions about your 403(b), 457(b) and/or DC Plan accounts, contact Fidelity Retirement Services at 866-682-7787.

UC Retirement Plan beneficiaries

It's also important to periodically check to make certain you have correctly designated the beneficiaries of your UC Retirement Plan (UCRP). Changes in marital status,

the death of your spouse/partner or a child or grandchild could likely trigger a change in beneficiaries.

To confirm or change your current designations for UCRP:

- Sign in to your account on At Your Service Online (atyourserviceonline.ucop.edu).
- Select "My Beneficiaries" under "About [your name]."
- Follow the instructions in the left column.
- Be sure to include current contact information for your beneficiaries.

Get more UC news for you.

Visit UCnet at: ucnet.universityofcalifornia.edu



Explore Spain, consider Oberammergau in 2020

The Council of UC Retiree Associations (CUCRA) offers travel opportunities in partnership with Collette Vacations. The CUCRA travel program benefits the work of the council.

Here is an adventure for this spring:

Spain's classics
April 7- 17, 2018
Booking No. 809065
Cost: \$4,199 (Save \$200 if booked early)

This tour focuses on the southern-most region of Spain, Andalusia. It begins further north with an exploration of Madrid, a visit to dramatic UNESCO site, Toledo, and the royal palace. Next, to Cordoba, and then to nearby Seville, best

experienced by walking through the quaint old Santa Cruz Quarter. Experts will lead an exploration of the immense hilltop palace, the Alhambra.

Coastal Valencia is a treasure trove of Roman and Arabic architecture, surrounded by citrus groves. Tour the Lladró City of Porcelain to learn about the history and creative process of handmade Lladró figurines. Visit the area where paella cuisine originated.

The last stop is Barcelona. Your guide will take you to Columbus Monument and the Parc de Montjuïc, plus Antoni Gaudí's UNESCO World Heritage sites, including La Sagrada Família, Parc Güell, Batlló House and the unconventional Casa Milà building.

To book your tour

For more information and reservations, contact Collette Vacations at 800-581-8942 and mention the booking number. All tour costs are per person, double occupancy and include round trip airfare from LAX. You do not have to be a UC retiree to enjoy these tours; feel free to invite your family and friends. If the start date for a tour is not convenient for you, Collette has other dates for you to consider. Visit the website: www.gocollette.com.

Want to go to Oberammergau?

Preparations are underway for the once-a-decade Passion Play in the tiny Bavarian hamlet of Oberammergau. The show takes place in 2020, but demand for tickets is already high and space on tours is at a premium. Tour coordinator, Collette Vacations is developing new tours that showcase the epic Passion Play.

If UC emeriti and retirees are interested in joining a tour that takes in Oberammergau, along with interesting central European destinations, please email frances.fernandes@ucr.edu. If there is sufficient interest, she will reserve places for UC.

UC celebrates 150 years continued from page 1

44,000 faculty and academic personnel and an estimated 110,000 staff members make up UC's workforce.

UC currently has 69,000 retirees who have contributed to UC's mission.

The last century and a half has seen UC and California grow up together. Today the Golden State has become the world's sixth largest economy and is renowned for the same hallmarks that set UC apart: innovation, cultural creativity and a penchant for dreaming up the future.

UC now enrolls more Californians than at any time in its history, with 38 percent of its undergraduates from low-income families and 42 percent among the first in their families to attend college.

In many ways, it's proof of a promise kept — one that UC leaders are committed to preserving and protecting for the future.

UC's rich history is captured in a new digital timeline, created in honor of UC's 150th anniversary. It shows how far the university has come since its earliest days, and details its role in pivotal moments like World War II, the Free Speech Movement and the birth of the biotech industry. Go to: 150.universityofcalifornia.edu

For the schedule of upcoming celebrations of UC's 150th anniversary, visit the website of your campus or location, or visit UCnet.universityofcalifornia.edu for future stories.



Reducing the rate of recidivism

Paul G. Corrado

Historic Hazard Information Manager
Lawrence Livermore National Laboratory



With a master's degree in planning and a lifetime of experience, I asked myself, what was I going to do in retirement?

I understood that the things most consistent throughout my life were: religion; applying planning principles to work and life; and an ability to make mistakes, and most importantly, to learn from them.

I worked to identify a target population who would significantly benefit from my lifetime of mistakes and learning. I chose the incarcerated, the soon to be released and the just-released. I deal mostly with men, and have since 1994 — some of whom have been “down,” away from society, for decades.

They can find matriculation into modern society a daunting task. For example, in federal prisons, inmates have access to email, but in the state prisons, there is no email and no way, generally, to even learn to keyboard. On the outside, most companies now point you to a website just to fill out a job application.

So now, my new life goal is to reduce the rate of recidivism by one. Toward that end I have taken hundreds of class hours, in order to obtain certifications. “Offender Workforce Development Specialist” is one of the courses that I've taken to help the incarcerated.

The work can be frustrating, infuriating and exceptionally rewarding. I strongly recommend making the volunteering of your talents, skills, and abilities a major part of your new life. When you do good, you feel good.

Life is a marathon

Bill Hirokawa, Pharm. D

Pharmaceutical Services
UCLA Medical Center



As an undergraduate at UCLA and later working in Pharmaceutical Services at Ronald Reagan UCLA Medical Center, I have been associated with UCLA for over 40 years. I retired in 2015. My wife and three children have also been associated with UCLA, either as students or as employees.

Last July in Kenya, I completed one of my life goals, which was to run a full marathon (26.2 miles) on each of the seven continents.

It has been great meeting and sharing the goal with runners from all over the world. When my children were young, I would just do the Los Angeles Marathon. But after it was easier for my wife and I to travel, I've run marathons in New York, Chile (Easter Island), Tokyo, Antarctica, Athens, Sydney, and finally, Kenya, to join the “Seven Continents Club.”

When I did the Athens Marathon, it was the 2,500 Year Anniversary of the run of Pheidippides from the battlefield near the city of Marathon to Athens. It was two degrees Fahrenheit when I ran the Antarctica Marathon, but it was cool running by penguins. In Kenya, we ran near zebras, giraffes, and elephants.

We have met a bunch of great people, some of whom we meet up with at other races, locally or around the world. Some are fast, some walk. They are all winners because they are doing their best to stay as healthy as possible.

Share Your Stories

Whether you have a challenging issue related to retirement or a story about the joys of your life, we want to share your story in *New Dimensions*. Reach us by email (NewDimensions-L@ucop.edu) or regular mail (Editor, 1111 Franklin Street, #7305, Oakland, CA 94607).

New Dimensions

February 2018 / Vol. 35 / No. 1

New Dimensions is published by University of California Human Resources to provide news and information to UC retirees.

Vice President, Human Resources:
Dwayne B. Duckett

Director, Internal Communications:
Paul Schwartz

Editor: Andy Evangelista

Design: Jose Pantoja

Comments/Questions

Write New Dimensions at:

University of California
1111 Franklin #7305
Oakland, CA 94607
Email: NewDimensions-L@ucop.edu

For benefits questions:

Retirement Administration

Service Center:
800-888-8267 (8:30 a.m. – 4:30 p.m. PT)

UCnet:

ucnet.universityofcalifornia.edu/retirees

Want to go green?

Consider signing up for the electronic version of *New Dimensions*. Simply sign in to your personal account on At Your Service Online. Under the “Stay Connected” tab, choose “Newsletter.”

Emeriti/Retiree Association Contacts

UC's retiree and emeriti associations and retiree centers primarily use online communications to interact with retirees and emeriti about services and programs. Use the listings below to establish an email communication relationship with an association and/or center. If you have moved away from your home campus, you are welcome to affiliate with the association or center near where you live.

UC Berkeley

Emeriti: John Swartzberg
jes@berkeley.edu
Retirees: Lynn Bailiff
lynnbailiff@comcast.net
510-860-8133

UC Davis

Emeriti: Joanne Boorkman
jaboorkman@ucdavis.edu
Retirees: John Meyer
john.meyer@live.com

UC Irvine

Emeriti: James Danziger
danziger@uci.edu
Retirees: Jill Halvaks
retirees@uci.edu

UCLA

Emeriti: Steve Cederbaum
scederbaum@mednet.ucla.edu
Retirees: Rodney Rose
rodr@charter.net

UC Riverside

Emeriti: Victor Lippit
victor.lippit@ucr.edu
951-684-6355
Retirees: Bob Daly
bobdaly@mac.com
714-496-5564

UC San Diego

Emeriti:ucsd.edu
RetireeLink:ucsd.edu

UC San Francisco

Emeriti: Robert Levin
robert.levin@ucsf.edu
415-476-4723
Retirees: Sandra Norberg
UCSFRetireesAssociation@ucsf.edu
415-476-4723

UC Santa Barbara

Emeriti: W. Douglas Morgan
dmorgan@econ.ucsb.edu
Retirees: Barbara Anderson
barbara62239@gmail.com

UC Santa Cruz

Emeriti: Dominic Massaro
Massaro@ucsc.edu
Retirees: Ilse Lopes
ilse_lopes@yahoo.com

LANL

Dale Thompson
president2017@lalrg.org

LBNI

Lee Schroeder
EX-Ls@berkeley.edu
925-933-6880

LLNL

Abel Garcia
chair@livermorelabretirees.org
livermorelabretirees.org

Office of the President/Regents

Jim Dolgonas
jdolgonas@yahoo.com

Retirement Center Contacts

UC Berkeley Retirement Center

Cary Sweeney, Director
ucbrc@berkeley.edu
retirement.berkeley.edu
510-642-5461

UC Davis Retiree Center

Becky Heard, Director
retireecenter@ucdavis.edu
530-752-5182

UC Irvine Center for Emeriti and Retirees

Jeri I. Frederick, Director
emeriti@uci.edu or retirees@uci.edu
949-824-7769

UCLA Emeriti/Retirees Relations Center

Sue Barnes, Director
sbarnes@errc.ucla.edu
310-825-7456

UCSD Retirement Resource Center

Suzan Cioffi, Director
RetireeLink@ucsd.edu or Emeriti@ucsd.edu
858-534-4724

UC SB Emeriti/Retiree Relations Center

Debra Martin, Director
debra.martin@hr.ucsb.edu
805-893-2168

UC Santa Cruz Retiree/Emeriti Center

Dawn Passaro, Coordinator
rec@ucsc.edu
831-459-4063

Transition for prescription drug plan continued from page 2

Your to-do list

- You should have received both a new medical and Part D pharmacy ID card. Show your new pharmacy ID card at the pharmacy on your first visit this year; otherwise your claims may be delayed or processed incorrectly. If you have not received new cards, you may call 833-619-5708 for questions about Medicare plan prescription coverage or 844-437-0486 for general assistance.
- Register on anthem.com/ca to quickly access cost information and the prescription drug mail order pharmacy. After registering, click on Benefits > Pharmacy. On your first visit,

you'll need to register on the Express Scripts website. After that, you'll be able to access medical and pharmacy information just by logging in to anthem.com/ca.

- If you have moved or are not receiving correspondence from Anthem, chances are your address on file may not be correct or updated. Please update your address on file with the university, through RASC by calling 800-888-8267.

If you have questions about what medications are covered or how much your prescriptions will cost, call Anthem Medicare Prescription Drug Member Services at 833-619-5708.



P.O. Box 24570
Oakland, CA 94623-1570

Are you moving?

To continue receiving *New Dimensions*, be sure to notify UC of your new address online: atyourserviceonline.ucop.edu/ayso or by submitting a *UC Benefits Address Change Notice*, available online at ucnet.universityofcalifornia.edu or from the Retirement Administration Service Center at 800-888-8267.

Protecting your personal information online

UC Systemwide Human Resources has received reports recently from several UC retirees and employees of attempted identity theft and Social Security fraud. There have been several cases where retirees and employees have received letters from the Social Security Administration (SSA) about online applications for retirement benefits that they had not filed.

After a thorough analysis, Systemwide HR and Information Technology Services confirmed that UC's data had not been breached. There have been reports from other universities and other public retirement systems of identity theft and similar scams targeting the Social Security benefits of

people who have reached the early retirement age of 62.

If you have an active "my Social Security" account, make sure to enable two-step authentication. By using your username and password together with a piece of information that only you know, two-step authentication makes it harder for potential intruders to gain access to your personal data or identity. This feature, recently added by the SSA, gives you a valuable extra measure of protection against fraud.

Steps to prevent identity theft and fraud

Although this scam targets Social Security benefits, everyone

should take care to protect their information and identity.

- Think twice before sharing financial or identity information (yours or other people's). Use known contact information to confirm any request for personal information, even if the request looks like it's from someone you know.
- Use different passwords across your accounts, including your email accounts. Check your email accounts and your U.S. mail regularly, as new email or U.S. mail may alert you to unusual activity.
- Consider enrolling in identity theft protection, such as the services included in UC's Legal

Retiree Health continued from page 1

To keep the retiree health program viable, UC must evaluate options to ensure the program's long-term financial health and value to members.

Although retiree health benefits aren't vested or guaranteed, UC has a longstanding commitment to providing high quality health care benefits for its faculty, staff and retirees. UC currently ranks in the top five among comparable universities for its contributions to retiree health care benefits.

Nonprofit Organization
U.S. Postage Paid
University of California



2/18 70.3M