

Come Join Us!

Good health is like a bank account loaded with the riches of vitality. Build your fitness portfolio by joining your fellow ACERA retirees for ACERA's annual Retiree Health Fair.

We encourage you, your spouse/domestic partner, and your caregivers to attend this social, informative event. Representatives from all of our medical, dental, and vision plans will be there to answer all of your wellness questions. For speedy entrance to the fair, bring the completed Health Fair Release Form with you, available at www.acera.org/forms.

Attend a seminar where an expert will guide you in making the best health and wealth decisions. Take home some of the numerous free publications and other freebies.

October 31, 2014

Friday, 9:00 am — 2:00 pm

Oakland Airport Hilton
1 Hegenberger Road
Oakland, CA 94621
(510) 635-5000

-Free Validated Parking

The Hilton's free hotel shuttle will pick you up at the Coliseum Bart Station once per hour at the top of the hour (9 am, 10 am, 11 am, 12 pm, 1 pm). Call 510-635-5000 at least 15 minutes prior to arriving to ensure shuttle ride.

-Halloween costumes optional

Your Alameda County Retirement staff invites you to join us for our annual health fair. Fair warning, we all smile, and it's contagious. It's science—our smiles will make you smile, stress levels will lower, immune system will become stronger, and blood pressure lowers—all with a beautiful smile.



Giveaways, Snacks, and Expert Knowledge

This year we have more exhibitors than ever, and a number of new exhibitors. These include Eatwell Farm (eatwell.com), a local farm you can subscribe to and receive weekly or biweekly fresh fruits and vegetables, and Road Scholar (roadscholar.org), which creates group educational adventures for seniors. Take home some of the numerous free publications and other freebies.



Exhibitors

-  1st United Services Credit Union
-  ACRE Local 1021 SEIU
-  Social Security Administration
-  Alameda County Health Services Agency
-  Costco
-  **NEW!** Eatwell Farm
-  Delta Dental
-  Wells Fargo Advisors/Deferred Comp
-  **NEW!** KeenanDirect
-  **NEW!** American Cancer Society
-  OneExchange (formerly ExtendHealth, Inc)
-  **NEW!** Road Scholar
-  Kaiser Permanente and UnitedHealthcare
-  **NEW!** Connect Hearing
-  Energy Resource Center (PG&E)
-  REAC
-  Vision Service Plan (VSP)
-  Whole Foods
-  CTAP- CA Telephone Access Program

2014 Retiree Health Fair



More Health Fair Seminars!

Join your fellow retirees and reap the benefits from the many seminars ACERA has lined up for you. This year we've added more seminars than ever, and they're only 30 minutes long!

9:30 **Morning Stretching; Come Join Us!**

Presented by: Barbara Messey, Yoga Instructor

10:30 **Eating For Ultimate Enjoyment & Health**

Presented by: HealthWorks

11:30 **Private Exchanges and Other Health Care Choices in California**

Presented by: Sam Cole, KeenanDirect

12:30 **Dental Strategies for Total Health**

Presented by: Dr. Sheu, Dentist

1:30 **Smart Grocery Shopping**

Presented by: Whole Foods Market

Reunited & It Feels So Good

Every year, over 500 ACERA retirees attend our annual health fair. See colleagues you haven't seen in a long time, while enjoying a complimentary continental breakfast.



Get Your Health Screened For Free!

Everyone who drops by the Wellness Center at the Health Fair will receive a free health screening. All screenings are provided and paid for by Kaiser Permanente.

Tests include:

Blood Pressure & Pulse

Total Cholesterol

Body Mass Index (BMI)

HDL Numbers

Bring Your Old Glasses



Donate your old glasses to VSP's Eyes of Hope campaign. VSP will refurbish them for people in need.

ACERA's Steps to Wellness

Making the move towards better health doesn't have to mean a total lifestyle change. Small steps can make a big difference! You may be more successful in reaching wellness goals by changing just one or two things at a time. Look in this year's ACERA Enrollment Guide to find tips about some simple "steps" you can take to head in a healthy direction.



Talk To Your Healthcare Providers in Person

Open Enrollment Packets to be mailed mid-October.

Nov. 1 – 30: Open Enrollment for Kaiser Permanente, UnitedHealthcare, Delta Dental, and VSP. Changes are effective 2/1/2015.

Oct. 15 – Dec. 7: Open Enrollment for OneExchange. Changes are effective 1/1/2015.

Speak Directly to ACERA Staff

Each year by attending the Health Fair, you have an opportunity to ask all of your questions directly to ACERA Retirement Specialists. Specialists will have access to our database with your healthcare information and will be able to answer detailed questions. To verify we are speaking to "you" our member, bring your picture ID.

Yoga and Chi Gung Make You Feel Great!

Enjoy trying Yoga and/or Chi Gung throughout the Health Fair from 9 am to 2 pm.

