

SAN FRANCISCO HEALTH SERVICE SYSTEM

Affordable, Quality Benefits & Well-Being



Retiring soon? Don't Miss the 30-day Deadline

Contact HSS three months before your retirement date to learn about enrolling in retiree benefits. The transition of health benefits from active to retiree status does not happen automatically. If eligible, you must elect to continue retiree health coverage by submitting the retiree enrollment form and supporting documents to HSS by required deadlines.

New retirees should plan ahead. Be sure to apply for Medicare before your 65th birthday since the Social Security Administration may take up to three months to process Medicare enrollment. If you are Medicare eligible, you must be enrolled in Medicare to enroll in benefits.

You may enroll for Medicare in three ways:

1. On the internet, at: <https://www.ssa.gov/medicare/>
2. In person, by visiting a Social Security Administration office (find locations here: <https://www.ssa.gov/locator>)
3. Over the phone, by calling the Social Security Administration at: 800-772-1213

Do not sign up for a separate Medicare Part D Plan. HSS Medicare Plans already include Part D.

HSS Member Services provides in-person new retiree counseling at our office located at 1145 Market Street, 3rd floor. No appointment is necessary and the process takes about 30 minutes. Arrive early to avoid longer wait times and to ensure your counseling is complete before the close of business. See our service hours at:

http://www.myhss.org/member_services/hours.html

Please bring:

- Proof of Medicare Part A and Part B enrollment if you are Medicare eligible
- The Continuation Form provided by your retirement system
- The Voluntary Retirement Application provided by your retirement system

Eligible new retirees must complete enrollment in retiree health coverage within 30 calendar days of their retirement date. If you do not enroll within 30 days, you can only apply for retiree benefits during the next Open Enrollment.

Contact HSS Member Services at 415-554-1750 if you have questions.

Health Service Board Votes to Support Eliminating Exclusions for Gender-Affirming Medical Treatment in Health Benefits

At its April 13, 2017 board meeting, the Health Service Board adopted a Policy Statement requiring medical necessity review for gender-affirming medical treatment for transgender members that previously had been excluded by insurance plans as being cosmetic. By adopting this Policy Statement, the Health Service Board aligned gender-affirming care benefits across the three SFHSS health plans. The Health Service Board also eliminated the \$75,000 lifetime cap on gender-affirming treatment for Medicare Advantage members enrolled in the New City Plan offered by United Healthcare.

Health Service Board: 2018 Rates and Benefits

The next Health Service Board meeting takes place May 11, 2017, in Room 416 of San Francisco City Hall. This meeting will focus on the plan year 2018 rates and benefits for active employees and retirees not eligible for Medicare. Board meeting agendas are posted 72 hours before the meeting at: myhss.org/health_service_board/index.html

Health Service Board meetings are available for viewing on SFgovTV at:
http://sanfrancisco.granicus.com/ViewPublisher.php?view_id=168

CATHERINE DODD WELLNESS CENTER



Celebrate the Wellness Center's 3rd Anniversary and New Name on Friday, May 19th

To honor former Director Catherine Dodd's leadership of the Health Service System and her vision for well-being for all members, the Wellness Center located at 1145 Market Street, 1st Floor will be officially named the Catherine Dodd Wellness Center on Friday May, 19th. Join us for a celebration from 12:00-2:00 to celebrate the naming and the 3rd anniversary of the Wellness Center.

12:00-1:00 Naming Ceremony

- A mini-movement and meditation class
- Remarks by former Director Dodd
- And more!

12:00-2:00 Well-Being Fair

- Nutrition game
- Relaxation station
- Infused water and fruit
- Play Your Way activities

All attendees will receive a special gift.

Let us know if you will attend: [RSVP today!](#)

Learn more about [former Director Dodd's career](#) and leadership of the Health Service System.

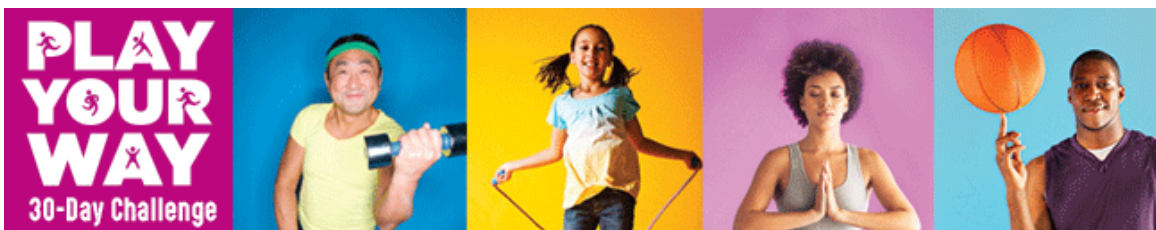
May Wellness Center Calendar

Check out the variety of classes and special events this May at the Wellness Center. Print a copy of the calendar and share it with a colleague.

Find an exercise class: [Group Exercise Calendar](#)

Special events at the Wellness Center include:

- **Feldenkrais: Gentle Movements to Increase Mobility**, Monday 5/15, 12:10-12:55. Feldenkrais is for anyone who wants to make the things they do easier, more efficient and comfortable. This form of exercise focuses on gentle movements that activate your body. Please RSVP: https://sfhss_feldenkrais.eventbrite.com
- **Metabolism Matters**, Tuesday 5/23, 12:10-12:55 Learn about how to fuel your workout. Join us for a seminar to explore the relationship between movement and nutrition so that you can get the most out of your workout.



Play Your Way Starts Monday, 5/1 – Register Today!

Make Play the Best Part of Your Day There are countless ways to get movement into your day so that you can enjoy physical activity and reap in the rewards of movement. Register for the Play Your Way campaign and be intentional about how to get more play into your day!

[Register](#) To Play Your Way with 3 Easy Steps:

1. Choose Your Challenge-will you track minutes or steps?

2. Pick A Goal- will you move more or aim for the healthy recommendation?
3. Do It Your Way-how will you move? Use the [Play Your Way Guide](#) to find what works for you.

The [Play Your Way 30-Day Challenge](#) starts May 1 and ends May 30. Register today to be entered to [WIN](#) some exciting rewards and prizes!

LIVE HEALTHY WOMEN'S HEALTH WEEK



Women's Health

[National Women's Health Week](#) kicks off on Mother's Day, May 14, and is celebrated through May 20, 2017. As women age, their health needs change. Whether you're in your 20s or 90s, learn specific [steps you can take toward a healthier you at every age](#). Decide that today is the day to take at least one step for better health, because you're worth the investment! Take this quick quiz to learn [about your health style](#)!

Say **Yes!** to your health this National Women's Health Week by taking steps toward a healthier you.

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active: [Join the Play Your Way 30-Day Challenge](#)
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.