



Exhibitors

Your Healthcare Plans

Kaiser Permanente
UnitedHealthcare
OneExchange
Delta Dental
Vision Service Plan (VSP)

Your Financial Wellness

1st United Services
Credit Union
County Deferred
Compensation Plan
Social Security
Administration
Wells Fargo Advisors

Programs, Opportunities, & Fun

AC Transit
Alameda County D.A.
Elder Protection Unit
Alameda Co. Retired
Employees (ACRE)
Local 1021 SEIU
Alameda Health System
Blick Art Supplies
(Art Programs)
California Telephone
Access Program
Chi Gung (Qigong)
Court-Appointed
Special Advocates
Program (CASA)
East Bay Municipal
Utility District
Food and Drug
Administration (FDA)
Health Insurance
Counseling &
Advocacy Program
(HICAP)
Keenan Direct
(Insurance Advisors)
Medicare & Medicaid
PG&E Energy
Resource Center
Retired Employees
of Alameda County
(REAC)
Yoga



Save
the
Date!

Reunited & It Feels So Good

Every year, over 400 ACERA retirees attend our annual health fair. See colleagues you haven't seen in a long time, while enjoying a complimentary continental breakfast.

Come Join Us!

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.

October 27, 2017

Friday, 9:00 am – 2:00 pm

Redwood Canyon Golf Course
17007 Redwood Road | Castro Valley, CA 94546
p. 510-537-8001

Lots of Free Parking

Directions From 580:

1. Head toward Castro Valley on I-580
2. Take exit 36A for Redwood Road toward Castro Valley and turn north on Redwood Rd.
3. Golf course is 2.4 miles north on the left

Giveaways, Snacks, & Expert Knowledge

This year we have a brand new mix of exhibitors. Take home some of the numerous free publications and other freebies.

2017

Retiree Health Fair



ALAMEDA COUNTY EMPLOYEES'
RETIREMENT ASSOCIATION

Health Fair Seminars!

Join your fellow retirees and reap the benefits from the informative seminars ACERA has lined up for you.

9:30 **How to Utilize Your ACERA Online Account**

PRESENTED BY: **ACERA**

Learn how to find your pay stubs, change your tax withholding, review your beneficiaries.

10:30 **Medicare 101 and Beyond!**

PRESENTED BY: **Medicare**

Learn about Medicare Parts A, B, C, & D, eligibility, costs, subsidies, drugs, your options, and much more.

12:00 **Social Security: What You Need to Know**

PRESENTED BY: **Social Security**

Learn about new changes, utilizing your SS online account, navigating SS website, plus a Q&A session.

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.

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 (even if you're not a Kaiser enrollee).

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.

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.

Talk to Your Healthcare Providers in Person

Open Enrollment Packets will be mailed in mid-October. Representatives of all of ACERA's healthcare plans will be present to answer your in-depth questions.

Yoga & Chi Gung Make You Feel Great!

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

