



# ADDITIONAL COUNTY BENEFITS

## WELLNESS RESOURCES

### TAKE PART IN WELLNESS ACTIVITIES

To help you achieve a healthy lifestyle, the County encourages employees to engage in sustainable habits by introducing experiences, activities, and education to achieve total well-being:

- Wellness events and challenges
- Health and financial wellness webinars
- Healthy connection seminars

[employee.hr.lacounty.gov](http://employee.hr.lacounty.gov)

County-sponsored medical plans offer preventive-care programs, nutrition classes, incentives, and wellness programs. Contact your medical plan to learn more.

### FREE COUNSELING FOR YOU AND YOUR DEPENDENTS

**Life Assistance Program (LAP)** – The LAP can help you and family members in your household create balance between work and life, at no cost to you. It offers:

- Three confidential counseling sessions per person, per issue, per year
- 24/7 crisis intervention
- Monthly educational webinars

**800-344-9752**



## RETIREMENT AND SAVINGS

### GROW YOUR RETIREMENT SAVINGS WITH HORIZONS



When you contribute to the 457(b) Horizons Plan, the County provides a matching contribution of up to 4% of your compensation during each pay period.

With the Automatic Deferral Increase feature, you can automatically increase your contributions each year until you reach your pre-set maximum contribution percentage. Your contributions are deducted from your pay pre-tax.

[countyla.com](http://countyla.com)  
**800-947-0845**

### MANAGE YOUR RETIREMENT ACCOUNT

Access Los Angeles County Employees Retirement Association (LACERA) to view your retirement information.

Visit [lacera.com](http://lacera.com) and sign into My LACERA to:

- Review your retirement data
- Get a personalized Retirement Benefit Estimate
- See information about your retirement plan
- Register for a pre-retirement workshop
- Much more

**800-786-6464**

7:00 a.m. to 5:30 p.m., Monday – Friday



## COMMUTER BENEFIT PLAN (CBP)

### SAVE MONEY ON TRANSIT AND PARKING

The CBP allows you to pay eligible transit and parking expenses with pre-tax dollars, which are conveniently deducted from your paycheck.

You can save money on bus/rail passes, transit vouchers, Metrolink passes, Transit Access Pass (TAP) cards, vanpool fees, parking, and other eligible commuting expenses.

To get started and learn more, visit [mylacountybenefits.com](http://mylacountybenefits.com) and click the link in the Commuter Benefits tile on the homepage.

**866-225-0067**

7 a.m. to 7 p.m., Monday – Friday