

THE CLOSEUP

HUMAN RESOURCES INFORMATION FOR RETIREE HEALTH CARE PLAN MEMBERS



- 4 November Is American Diabetes Month
- 5 Shine a Light on Self Care
- 6 In Memoriam
- 7 Service Anniversaries

Get Ready for Annual Enrollment in October

[2026 Annual Enrollment is Oct. 20 Through Oct. 31, 2025](#)

Your opportunity to make changes to your benefit elections, enroll in new benefits, or add or remove dependents from coverage is coming soon!

Over the next few weeks, we'll provide you with more information about Annual Enrollment, including benefit changes taking effect Jan. 1, 2026.

In the meantime, please read the following information to help you get ready for Annual Enrollment.

If You Make a Coverage Change During the End of the Year

If you experience a qualified life event and make a benefits coverage change during the period of September through December 2025, you must contact the *EIX Benefits Connection* to ensure the change is carried forward into the new plan year.

(continued)

Do You Need to Take Action During Annual Enrollment?

During the 2026 Annual Enrollment, take action if you want to:

- ▮ Add or remove a dependent from coverage; or
- ▮ Change current coverage for yourself and/or your covered dependents.



Adding a Dependent to Coverage?

Any time you add a dependent to your coverage, you must provide documentation that verifies your relationship. Within two to three weeks of enrolling a dependent, you'll receive information from *EIX Benefits Connection* about how to complete this process online or by mail. For more information now, go to eixbenefits.com at **Library > Plan Information > About Your Benefits > Health & Welfare > Dependent Eligibility Guidelines**.

(continued)

Why Should You Explore Annual Enrollment?

Learn about our 2026 plan changes, including how monthly benefit costs and other out-of-pocket expenses compare among different plans.

Even if you typically don't take action during Annual Enrollment, it's a good idea to review all of your options for 2026 to determine if you want or need to make changes.

For a summary of our medical, prescription drug, dental, and vision plans, refer to the online 2026 Health Plans Comparison which will be available beginning in mid-October on eixbenefits.com at **Library > Plan Information > About Your Benefits > Health & Welfare > 2026 Health Plans Comparison**.

Make sure your current coverage continues meeting your needs next year. For example, are you considering moving out of your provider's service area? Do you have a dependent who will live in a different geographic area than you?

To help you decide, refer to the following resources which will be available on eixbenefits.com beginning in mid-October.

- 2026 Benefits Enrollment Guide (**Library > Plan Information > About Your Benefits**)
- 2026 Health Plans Comparison (**Library > Plan Information > About Your Benefits**)
- Summary of Benefits and Coverage (**Library > Plan Information > Plan Details**)

Review your covered dependents to make sure they are still eligible for coverage and confirm they aren't enrolled in coverage for which they are no longer eligible. See our Dependent Eligibility Guidelines on eixbenefits.com at **Library > Plan Information > About Your Benefits > Dependent Eligibility Guidelines** for more information. You should also take a moment to review your dependents' Social Security numbers on file. If needed, update this information on eixbenefits.com.

Review your current beneficiaries for life insurance*, pension** and 401(k) benefits to ensure they are up to date.

* Retiree life no longer available after 2016 for former IBEW and UWUA employees, and 2017 for former non-represented employees.

** Not applicable to retirees who are already receiving a pension benefit.

Prepare Now for Annual Enrollment

- Confirm that you can log in to the *EIX Benefits Connection* website with your user ID and passcode.** If you haven't accessed the site since last year, you may need to re-register credentials for the site. Visit eixbenefits.com and select the option to register as a first-time user. Review your mailing and home addresses on file since your benefit coverage option costs are based on your home address. Go to the *EIX Benefits Connection* website, click on your name in the upper right-hand corner of the home page to view your Profile. Review the information on the Personal Info tab. Your address(es) in the system as of Sept. 22 will be used for Annual Enrollment purposes.
- Review your email address(es) on file.** Go to eixbenefits.com at **Profile > Personal Info > Email**. Select the "Change" button and add or edit your personal email address.
- Set your email communication preferences** at eixbenefits.com.



November Is American Diabetes Month

From monitoring your blood sugar to making lifestyle changes, living with diabetes can sometimes be overwhelming. If you are one of the millions of people living with diabetes, living with diabetes can be overwhelming at times.

Living with diabetes requires constant attention to your health — from tracking blood sugar levels to making informed choices about food, activity, and medication. Participating in a diabetes management program can provide you with support and resources to help you effectively manage your condition.

Edison retirees and their dependents currently enrolled in pre-Medicare medical coverage can access a diabetes care program at no cost. Read on for more information about the respective programs available to you.

Aetna Members

Pre-Medicare retirees and their covered dependents have the opportunity to join the Livongo Diabetes Management Program, which provides members with a connected meter, strips, and coaching. Offered by Edison, the program combines Livongo's advanced technology with tools and support and is available at no cost.

Join now to access these benefits:

- | **Livongo meter:** Connected meter provides real-time tips and automatically uploads members' blood glucose readings, eliminating the need for logbooks.
- | **Lancets and test strips:** Members get the strips and lancets they need at no extra cost. When supplies are low, Livongo ships more strips and lancets right to your door.
- | **Coaching anytime and anywhere:** Livongo coaches are Certified Diabetes Educators who are available anytime by phone, text, and mobile app to provide guidance on nutrition and lifestyle questions.
- | **Digital support:** Food logging, health nudges, challenges, and action plans help members get and stay on track to manage their condition.

To learn more about or join Livongo's program, visit join.livongo.com/EDISON or call Livongo Member Support at (800) 945-4355 and mention registration code **EDISON**.

Kaiser Permanente Members

Kaiser Permanente provides a comprehensive approach to diabetes management, including support with lifestyle changes, medication management, glucose monitoring and screening tests to avoid complications. To monitor blood glucose, members receive a glucometer, lancets, and test strips at no cost. Members work with physician-led care teams that may include a primary care doctor, nurse educator, registered dietitian, certified diabetes educator, endocrinologist, eye doctor, social worker, podiatrist, and exercise physiologist. Members and care teams work together to determine the most appropriate clinical, social, and educational interventions to meet their health goals.

Members can access a variety of educational resources and self-management tools, including:

- | Living Well with Diabetes virtual workshops
- | Wellness Coaching by Phone
- | Online lifestyle programs

Kaiser Permanente also offers a complete suite of programs to prevent diabetes, including:

- | Healthy Balance diabetes prevention weight management program
- | Wellness Coaching by Phone
- | Online lifestyle programs

To learn more, visit kp.org or call (833) KP4CARE ((833) 574-2273) (TTY 711).

Shine a Light on Self Care

Self care plays a vital role in your well-being, regardless of your age. Research¹ shows that self care can enhance your physical, emotional, and mental health — strengthening your immune system, resilience, and ability to manage stress. Here are some easy steps to bring self care into your life:

- Schedule regular medical check-ups:** Regular medical check-ups — annual physicals, preventive care exams, screenings, and recommended vaccinations — can help you detect and manage health issues early on, before they become serious.
- Stay physically active:** Exercise benefits your strength, flexibility and balance. Whether it's a daily walk, a bike ride, or a low-impact fitness class, committing to an exercise routine will help boost your health.
- Eat a balanced diet:** Healthy eating and proper nutrition are important to your immune system and overall health. If needed, work with your doctor to learn more about foods that prioritize vitamins, minerals, fiber, and healthy fats and minimize sugar, salt and processed items.
- Get a good night's sleep:** Sleep patterns can change as you get older.² Take steps to ensure you get quality rest to protect your physical health and also support your memory and cognitive functioning. If you find you're having trouble sleeping, consult your doctor.
- Stay hydrated:** Adequate hydration is critical to your circulation, energy level, ability to regulate temperature, and cognitive functions. According to the U.S. National Academies of Sciences, Engineering, and Medicine, recommended daily fluid intake (from water, other beverages and food) is:
 - About 15.5 cups (3.7 liters) of fluids a day for men
 - About 11.5 cups (2.7 liters) of fluids a day for women

- Maintain social connections:** Spending time with family, friends, neighbors — and connecting with your community — are all healthy ways to elevate your emotional and mental well-being.

- Stimulate your mind:** Doing something you enjoy, whether it's gardening, arts and crafts, games, volunteering, or joining a club, will help keep your mind sharp, alert and engaged.

- Take time to relax:** Relaxation techniques, such as yoga, meditation, tai chi and deep breathing exercises, can improve your general well-being, promote a sense of calm, and strengthen your ability to focus and concentrate.

- Keep your home safe:** A safe home environment can help you prevent accidents like slipping, tripping and falling. Simple changes, like lighting entryways, hallways and staircases, securing area rugs, and installing handrails, nonslip mats, and grab bars in the bathroom, are basic ways to have a safer home.

- Protect your mental health:** Mental health is just as important as physical health. Work with your health care provider to learn about common symptoms of stress, anxiety, and depression and resources for help.

To learn more about the mental health coverage offered by your Edison medical plan, visit www.edisonretireebenefits.com > **Medical & Pharmacy** and select your plan from the list of pre-Medicare or Medicare plans. Refer to the Mental Health and Substance Use Benefits Overview for your plan.

You can also take advantage of the counseling and mental health resources available through Optum EAP. Visit www.liveandworkwell.com (access code: Edison) or call (800) 443-4474 to speak to a representative 24 hours a day, 7 days a week.

¹ *Practices of Self-Care in Healthy Old Age: A Field Study*, National Library of Medicine (<https://pubmed.ncbi.nlm.nih.gov/articles/PMC10204451/#sec1-geriatrics-08-00054>)

² *Sleep and Older Adults* (<https://www.nia.nih.gov/health/sleep/sleep-and-older-adults#:~:text=Older%20adults%20need%20about%20the%20same%20amount%20of,alert.%20However%2C%20many%20older%20people%20don%E2%80%99t%20sleep%20well>)

In Memoriam

September 2014 – August 2025 (dates by name reflect time of service)

SEPTEMBER 2014

Manuel Osuna (10/12/1982 – 8/9/1985)

DECEMBER 2017

David M. Himmel (6/7/1982 – 7/5/1995)

AUGUST 2019

Danny L. Rowe (9/5/1978 – 3/9/1995)

SEPTEMBER 2019

Daniel R. Pullen III (6/17/2002 – 6/26/2003)

JANUARY 2021

Renard K. Polee (1/29/1973 – 10/19/1980)

MARCH 2024

G. William Courtright (2/29/1988 – 10/3/1994)

MAY 2024

Della J. Myers (4/2/1984 – 10/27/1994)
Paul A. Stabile (5/9/1972 – 1/3/1979)
Edward Steudtner (8/3/1970 – 2/1/1995)

JUNE 2024

John Joseph Gomes (1/1/1971 – 2/9/1978)
Gary M. Johnson (1/5/1972 – 1/25/1983)
Curtis P. Maitzen (4/2/1979 – 5/1/2003)
Roberta C. Stroud (7/24/1980 – 9/13/1991)
Ricardo E. Villegas (5/26/1981 – 7/1/1996)

JULY 2024

Robert G. Brown (11/27/1956 – 12/9/1997)
John A. Parker (5/4/1989 – 8/5/2019)

AUGUST 2024

George M. Becker (6/10/1963 – 8/1/2006)
Phyllis N. Bennett (12/21/1970 – 7/1/1996)
Nathan L. Bolen (1/1/1971 – 7/25/1980)
Donald D. Conyer (10/3/1994 – 11/1/1999)
John Garcia (10/26/1976 – 11/1/1991)
James C. Gibson, Jr. (4/6/1970 – 10/14/1996)
Rosalie Gnam (5/1/1962 – 6/1/1994)
Johnnie L. Knox (7/30/1979 – 7/1/1996)
R. Douglas Myers (3/26/1973 – 6/1/1997)
Cynthia Rosenfeld (10/2/1989 – 4/1/2009)
Mitsukuni Shinohara (10/12/2010 – 5/13/2013)
Barbara A. Yates (4/19/1976 – 10/1/1996)

SEPTEMBER 2024

Leonard K. Hunter (5/16/1984 – 1/27/1994)
Marie Ward (6/2/1986 – 4/23/1992)
Joyce D. White (3/19/1968 – 12/30/1977)

OCTOBER 2024

Sadie V. Jaramillo (1/4/1988 – 10/13/1995)

NOVEMBER 2024

Glen G. Archer (5/12/1981 – 6/21/1994)
John M. Basford (10/20/1969 – 9/1/2002)
Lillian Montgomery (11/23/1970 – 12/6/1993)

DECEMBER 2024

James D. Hesskamp (1/20/1970 – 4/1/1998)
Christopher R. Siegrist (9/10/1986 – 6/8/1992)

JANUARY 2025

Tommy E. Fulton (8/11/1971 – 1/16/1987)
Barbara Christine Meek (1/5/2009 – 11/8/2016)
Ralph M. Torres (10/5/1970 – 11/8/1995)

FEBRUARY 2025

Sandra C. Bickley (12/14/1983 – 6/1/1995)
Ramon A. Estrada (5/28/1991 – 2/1/1996)
Robert G. Hill (3/4/1974 – 6/1/1979)
Anthony M. Mena (9/30/1974 – 6/13/1986)

MARCH 2025

R. D. Fairchild (4/28/1969 – 12/1/1989)

APRIL 2025

Crystal J. Aldrich (8/21/1978 – 3/28/2003)
Douglas Alan Avery (6/12/2006 – 3/1/2013)
Lisa Lavonne Phillian (7/2/2007 – 5/25/2013)
Lewis E. Taylor (5/29/1990 – 10/10/2003)

MAY 2025

William F. Alexander III (9/8/1986 – 11/1/1996)
Joe H. Boswell (7/11/1957 – 2/1/1992)
John E. Bryson (2/1/1984 – 8/1/2008)
Vladimir Budilo (1/21/1957 – 12/18/1987)
Rolf Burmeister (4/1/1975 – 7/1/1996)
Russell A. Bustamante (3/15/1982 – 1/13/1997)
Roland A. Chagnon, Jr. (11/7/1977 – 12/1/1990)
Ruth A. Dobler (12/14/1977 – 7/1/1996)
Mary A. Duffey (6/27/1983 – 12/1/1999)
Leroy J. Dunn (3/22/1965 – 9/30/2017)
Donald D. Finch (6/16/1969 – 9/1/1995)
Philip G. Janosko (8/7/1978 – 11/14/1988)
Dale E. Keyston (12/20/1990 – 1/28/1996)
Allison M. Marchant (10/14/1980 – 7/1/2002)

Luis A. Molinar (7/25/1983 – 9/1/2018)

Noel P. Morton (7/7/1986 – 1/1/2013)

Steven Christian Oda (6/21/2011 – 10/20/2018)

Lee E. Ohrberg (10/9/1963 – 6/1/1995)

Christine F. Overturf (1/1/1968 – 7/1/1996)

Carl E. Ramsey (3/30/1955 – 7/1/1988)

Robert E. Seater (3/26/1984 – 11/1/1997)

Donna D. Spinning (2/13/1984 – 5/1/1997)

Luis R. Yepez (7/25/1977 – 7/1/1996)

JUNE 2025

Robert F. Ashe-Everest (12/28/1984 – 11/1/2011)

David Astorga (12/29/1980 – 11/1/2013)

Donald F. Baumann (5/31/1956 – 5/2/1991)

Jimmy D. Chase (9/9/1964 – 7/1/1996)

Roger A. Crabb (1/19/1970 – 8/28/2004)

Billy E. Cronin (3/19/1965 – 2/9/1990)

Dore Helen De La Rosa (8/17/2009 – 4/10/2023)

Carl S. Denton (1/1/1971 – 6/7/1979)

Franklin P. Eller, Jr. (6/3/1982 – 3/7/1991)

Chinh Q. Ha (4/19/1982 – 10/14/1996)

Bill F. Holton (5/2/1961 – 10/14/1996)

Patricia E. Hughes (8/3/1998 – 1/1/2012)

Howard J. Lawson (5/4/1964 – 3/4/1999)

Les D. Lesciotto (12/15/1999 – 10/1/2012)

Jackie Maloy (4/30/1973 – 2/20/1979)

Robert H. Matthews (1/30/1967 – 7/1/1996)

Michael K. McLendon (10/14/1969 – 7/1/1996)

Denise R. Medford (9/30/1991 – 9/7/1996)

Barrie Monks (10/4/1982 – 7/26/1997)

George G. Newsome (3/31/1980 – 1/1/2012)

Malcolm L. Osmer (9/9/1968 – 12/1/1988)

Earl D. Roberts (7/12/1973 – 10/10/1978)

Alan D. Schroeder (12/15/1999 – 12/1/2004)

Douglas W. Scott (3/19/1990 – 6/6/2025)

Murali Subamanyam Seetharaman (2/11/2008 – 2/16/2013)

Roland W. Seymour (9/23/2002 – 6/1/2012)

Daryl R. Shanahan (10/22/1979 – 10/14/1996)

Larry L. Smith (6/21/1971 – 9/5/2016)

Patricia L. Sowers (8/29/1984 – 4/1/2006)

Jesse Starr (4/7/1980 – 6/1/1990)

Jorge S. Valdivia (4/4/1973 – 12/1/2006)

(continued)

The In Memoriam list includes deaths reported to *EIX Benefits Connection* since the publication of the previous issue.

In Memoriam *(continued)***Service Anniversaries****Q4 2025****JULY 2025**

Reo L. Barkle (6/18/1957 – 8/1/1986)
 Autumn Ann Bonugli (2/11/1991 – 9/5/2016)
 Eldon W. Brown (11/5/1979 – 12/1/2006)
 David M. Burns (9/25/1989 – 10/28/1994)
 Christina Valentina Cabral (6/9/2003 – 7/6/2025)
 Legrande C. Campbell (2/6/1961 – 10/1/1991)
 Lawrence T. Castaneda (7/9/1984 – 7/15/2025)
 Robert E. Cook (3/25/1957 – 12/1/1990)
 Donald L. Crosby (1/1/1971 – 10/1/1985)
 T. Dubois (1/29/1973 – 1/1/1994)
 Woodrow W. Hogan (5/13/1972 – 5/22/1979)
 Judith E. Litterly (1/1/1971 – 2/17/1978)
 Fred R. Meyer (10/23/1984 – 1/15/2001)
 Barbara A. Nissar (12/11/1967 – 7/1/1996)
 George M. Person, Jr. (4/5/1971 – 7/1/1996)
 Manuel Prado (2/28/1973 – 8/12/1988)
 Ronald L. Reeder (3/18/1999 – 10/1/2004)
 Abel J. Roman (1/29/1968 – 5/31/1992)
 Claudia Marcela Romero (3/27/2003 – 4/23/2021)
 Jaime Romero (8/21/1984 – 7/1/2015)
 Jacob W. Salva (3/18/1999 – 12/14/2012)
 Rodney A. Sleeter (2/11/1980 – 6/1/2011)
 John D. Stricklin (10/28/1985 – 1/1/2004)
 Jimmy E. Throckmorton (1/17/1972 – 7/1/1996)
 Stephen Valle (6/10/1985 – 4/1/2016)
 Richard D. Warren (3/13/1973 – 7/1/1996)
 Maria L. Webster (2/1/1971 – 12/14/1996)

AUGUST 2025

David M. Mendoza (3/23/1998 – 8/3/2025)

45 YEARS

David A. Bernaudo
 Arleen Ramirez

40 YEARS

Paula J. Amaya
 John M. Ayoub
 Peter J. Chen
 Vincent D. De Marco
 Sergio M. Escamilla
 Marvin Johnson
 Joseph E. Kuskie
 Michael N. Lawson
 Freddy A. Martinez
 Stacia A. Morgan
 Tina M. Musacco
 Juventino Fidinco Reynoso
 David C. Schwend
 Michael F. Somma
 Cyrus Sorooshian-Tafti
 Brian J. Ward

35 YEARS

Sheila C. Advani
 Morre S. Bambridge
 Thomas M. Barr
 Scott A. Bellrose
 Dennis R. Brown
 Joe Escudero
 Pascual A. Garcia
 Dan K. Golden

Gregory P. Irigoyen
 Larry A. Galvan, Jr.
 Thomas P. Kearney
 Brad A. Leclerc
 Bryan H. Pham
 Lance S. Torgerson
 Constance Turner
 Albert M. Valdivia
 Kris T. Walsh

30 YEARS

Kevin Anthony Arellano
 Griselda Bond
 Dana Bullock
 Roger Chien
 Grace N. Manjengwa
 Olga Martinez
 Natasha L. McClain
 Desi G. Morales
 Ramon M. Pierce
 Elizabeth A. Ratkowiak
 George L. Rodriguez
 Jennifer Leigh Ryan
 Steven H. Tilk
 John S. Wilhite
 Valerie Zengler

25 YEARS

Christina L. Albrecht
 Maria E. Arredondo
 Eileen D. Block
 Jorge E. Carazo

Benjamin M. Carlson
 Crystal Carpio
 Jamal B. Cherradi
 Randy E. Delgado
 Rodolfo Diaz
 Anthony D. Escamilla
 Trinidad Dela Flor
 Letron D. Green
 Velva Hall
 Dana LeAnn Hanson
 Devin R. Hart
 Julia Hernandez
 Michael R. Hernandez
 Jared B. Ivy
 Bernard Lee
 Elizabeth Lespron-Vargas
 Andrew Hung Tak Lui
 Ephraim P. Maniago
 Michelle J. McClendon
 William J. McDonald
 David M. Mitchell
 Ryan W. Morales
 Randy W. Radecki
 Shaun W. Rollow
 Ron G. Sagendorf
 Naomi Violet Ann Smith
 Leanne C. Swanson
 David Swatzel
 Brian D. Ward
 William A. White
 Jeffrey W. Wood



P.O. Box 800
Rosemead, CA 91770

Published by Human Resources,
Total Rewards

Sergey Trakhtenberg
Director, Total Rewards

Melissa DeFrancia Lee
Managing Editor

Mari Fukuyama, Barolet & Associates
Editor

The Close Up is intended solely for retirees and survivors who are eligible for retiree health care coverage under the Edison International Welfare Benefit Plan. Other groups may have different benefits than those represented in this newsletter.



Human Resources Information for
Retiree Health Care Plan Members

THE CLOSEUP

In This Issue!

- | Get Ready for Annual Enrollment
- | Benefits and HR Updates and Reminders
- | And more!

