



The annual biggest loser weight loss challenge will begin on July 1 with the Los Angeles Police Relief Association. The Board of Directors has teamed up with Lindora's "Lean for Life" to offer 50 percent off any weight loss clinic programs when a club membership is purchased, and the program is paid in *full for sworn, retirees, and civilian employees and their spouses and dependents*. Some restrictions apply. The offer expires June 30, 2017. Verification of employment or same address of eligible employee required. Cannot be combined with other offers.

Additionally, you could win one of five 5.11 backpacks with \$511 worth of 5.11 gear in the backpack. 5.11 proudly provides police gear and supplies to law enforcement agencies across the country. No purchase is necessary. You can enter to win by submitting a "5.11 Gear" form at any participating Lindora clinics in Southern California. Only one entry per person. All entries must be received by July 31, 2017. Winners will be drawn at random on or about August 15, 2017. Odds of winning are dependent upon the number of entries.

Programs are good for one year and do not have to be used at the time of purchase. I highly recommend the program as a great way to lose weight safely, while at the same time improving health conditions such as high blood pressure, high cholesterol and a myriad of other health issues related to being even 10 pounds' overweight. Don't miss this opportunity. If you signed up for the health savings account in 2017, you may qualify for a reimbursement for the cost of the program. If you have any questions, please call me at (213) 792-1089 or email me at CorinaLee@lappl.org. Be safe.

Pension Corner

I am asked frequently by members who are going through a divorce how they can find out how much money their ex-spouse will receive from their pension once they retire. In the latest LAFPP newsletter, this is addressed:

Requests for a contribution letter or divorce calculation letter

LAFPP often receives requests from members for letters detailing their contributions either because they are applying for a loan or they need information for their dissolution of marriage

proceeding. Since this information is confidential, the member must submit a signed, written request containing the following information:

Contribution letter request

Full name of member

Last four (4) digits of Social Security number

Employing department

Daytime telephone number

Current mailing address

Contribution letters will be processed within three to five business days upon receipt of the request.

Divorce calculation letter request

Full name of member

Last four (4) digits of Social Security number

Employing department

Daytime telephone number

Current mailing address

Date of marriage

Date of separation

Divorce calculation letter request will be processed within seven to 10 business days.

Note: A request for a Divorce Calculation letter may be submitted by the member's attorney, provided that it is accompanied by the member's signed consent or acknowledgment. It may also be submitted by the member's spouse or his/her attorney, with identifiable member information; however, LAFPP can only release the community property interest information. LAFPP is also required to honor a subpoena for this information.

For questions concerning these letter requests, please call the Active Member Services Section at (213) 279-3140.

For U.S. mail correspondence:

Los Angeles Fire and Police Pensions

Attn: Active Member Services

701 E. 3rd Street, Suite 200

Los Angeles, CA 90013

For email correspondence: pensions@lafpp.com

For fax correspondence: (213) 628-7716.