

The NALC Health Benefit Plan



Vol. 15-6



HBR Report



August 2015

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Breast Cancer Awareness

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Director's Report



Information

2016 Self Plus One Enrollment

The Bipartisan Budget Act of 2013 establishes a Self Plus One enrollment type in the Federal Employees Health Benefits (FEHB) Program. Coverage under a Self Plus One enrollment will be available beginning in January 2016. The first opportunity to enroll in Self Plus One will be during the annual Federal Benefits Open Season beginning in November 2015.

You can find more information at:

www.opm.gov/healthcare-insurance/special-initiatives/self-plus-one/

Seminar Changes and Updates

Please note that the cost of the Continental Breakfast has dropped to \$20 per day.

In addition to lunch on Monday, we will be providing lunch on Tuesday.

At the 2015 Seminar Health Fair, we will be highlighting Breast Cancer Awareness. Look for important information regarding screenings and plan benefits.

NALC Health Benefit Plan Seminar 2015 - Room Reservations

The NALC HBP room rate is \$115 plus tax, per room, per night for the Club Deluxe room.

Reservations for the Tropicana can be made through the following website link:

https://resweb.passkey.com/Resweb.do?mode=welcoming_ei_new&eventID=12446014.

There has been a problem with the previous phone number that we advertised for room reservations. If you would like call for a reservation, please call **702-739-2645 or 800-634-4000** and press "0" or wait for the operator to answer the line, then ask for **reservations**. Please be sure to tell reservations that you are with the NALC Health Benefit Plan Seminar 2015. We are sorry for any issues that you may have encountered trying to make your reservation for the Seminar.

Please be aware that the rate guarantee cutoff for room reservations is **September 21, 2015**.

Best Branch Newsletter Article Award - Deadline September 1, 2015

Send us your original newsletter articles! The Plan will be presenting an award at the Seminar for the best Branch original newsletter article. The article can be on Plan benefits, human interest stories about how the HBP helped branch members, or any other health related articles that you feel are of interest to the membership. Please forward a copy of your June or July 2015 newsletter article to: NALC Health Benefit Plan, Attention Beth Morris, 20547 Waverly Ct., Ashburn, VA 20149. The deadline to receive your article is September 1, 2015.

Breast Cancer



Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk (including blood), and a new lump in the breast or underarm. If you have any signs that worry you, be sure to see your doctor right away.

How Can I Lower My Risk?

The main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to help lower your breast cancer risk. *The Know: BRCA tool* (www.cdc.gov/cancer/breast/young_women/knowbrca.htm) can help you assess your risk of having changes in your BRCA genes.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Each year in the United States, about 2,000 men get breast cancer and about 400 men die from the disease.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.
- Studies show that women with disabilities are less likely than women without disabilities to have received a mammogram during the past two years.
- Black women have the highest breast cancer death rates of all racial and ethnic groups, and are 40% more likely to die of breast cancer than white women.

For additional information please visit:

www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/



NALC Health Benefit Plan
32nd National Health Benefit Seminar
October 18-21, 2015
Tropicana Las Vegas

REGISTRATION FEE: \$100.00

Please complete a SEPARATE form for each Registrant

Name: _____ Title: _____

Branch #: _____ Branch City: _____

Branch Address: _____

Number of Years HBR: _____ Number of Seminars Attended: _____

(Please do not leave the above information blank. Please give an estimate but please do not write ALL.)

Mailing Address for Confirming Your Registration:

Street: _____

City: _____ State: _____ Zip: _____

Contact Phone #: _____ E-Mail Address: _____

Arrival Date: _____ Departure Date: _____

Guest Tickets

Guest tickets must be purchased and payment included with this form (please indicate the # of tickets needed below):

_____ Meet & Greet (Sun.) \$45 _____ Cont. Breakfast **\$20** (per day) _____ Lunch (per day) \$45 _____ Reception (Tues.) \$75

Registration Fee Includes:

- All Seminar Materials
- Health Fair (During Registration)
- Continental Breakfast (Mon, Tues, Wed)
- Sunday Meet and Greet
- Monday & Tuesday Lunch
- Tuesday Closing Reception

Please make the Registration Fee (\$100.00) payable to the NALC Health Benefit Plan. The Registration Fee must accompany this form. *(We are sorry but the NALC HBP cannot accept Credit Card payments.)*

Mail registration form with your check to: **NALC Health Benefit Plan**
ATTN: 2015 Seminar
20547 Waverly Court
Ashburn, Virginia 20149

A buffet is provided for meals please call for Special Dietary Needs.

QUESTIONS??? – Please Call (703) 729-8103

For NALC Health Benefit Plan Use ONLY:

Branch Chk OR Personal Chk

Check #: _____

Check amount: _____

32nd National Health Benefit Plan Seminar Tropicana Las Vegas October 18-21, 2015

DRAFT SCHEDULE

(Subject to change)

Sunday, October 18

Registration	Noon – 6:00 pm <i>Conference Center Desk</i>
Office/Claims Inquiries	Noon – 4:30 pm <i>Monticristo 1</i>
Health Fair	Noon – 4:30 pm <i>Cohiba 6 & 7</i>
Meet & Greet	4:30 – 6:00 pm <i>Havana</i>

Monday, October 19

Registration	8:00 – 9:00 am <i>Conference Center Desk</i>
Continental Breakfast	8:00 – 9:00 am <i>Cohiba 6 - 9</i>
Claims Inquiries/ Vendors	7:30 – 8:45 am 12:00 – 1:00 pm 4:30 – 5:30 pm <i>Monticristo 1 & 2</i>
General Session	9:00 – 11:15 am <i>Trinidad 2 & 3</i>
Morning Break	10:30 – 10:45 am <i>Trinidad Foyer</i>
Awards Presentation*	11:15 am – Noon <i>Trinidad 2 & 3</i>
Luncheon	Noon – 1:00 pm <i>Cohiba 6 - 9</i>
Training Classes	1:00 – 4:30 pm <i>(See Seminar Badges for Rooms)</i>
Afternoon Break	2:30 – 2:45 pm <i>(Outside Classrooms)</i>

Tuesday, October 20

Continental Breakfast	8:00 – 9:00 am <i>Cohiba 6 - 9</i>
Claims Inquiries/ Vendors	7:30 – 8:45 am 12:00 – 1:00 pm 4:30 – 5:15 pm <i>Monticristo 1 & 2</i>
Training Classes	9:00 am – Noon <i>(See Seminar Badges for Rooms)</i>
Morning Break	10:30 – 10:45 am <i>(Outside Classrooms)</i>
Luncheon	Noon – 1:00 pm <i>Cohiba 6 - 9</i>
Training Classes	1:00 – 4:30 pm <i>(See Seminar Badges for Rooms)</i>
Afternoon Break	2:30 – 2:45 pm <i>(Outside Classrooms)</i>
CLOSING RECEPTION	6:30 – 9:30 pm <i>Beach Club</i>

Wednesday, October 21

Continental Breakfast	8:00 – 9:00 am <i>Cohiba 6 - 9</i>
Claims Inquiries	8:00 – 10:45 am <i>Monticristo 1</i>
Speakers	9:00 – 11:00 am <i>Trinidad 2 & 3</i>
Morning Break	10:10 – 10:25 am <i>Trinidad Foyer</i>
Training Classes	11:05 am – Noon <i>(See Seminar Badges for Rooms)</i>

*Awards will be presented during the General Session with pictures afterwards. If you have a guest that would like to see you receive an award they are invited to sit in the back of the room. We will still provide lunch on Monday for Seminar registrants.

HBR Awards

HBR Award Certificate - Deadline September 1, 2015

If you are planning to attend this year's seminar in Las Vegas and have been the Branch Health Benefit Representative for 10, 20, 30, 40, 50, or 60 years and have not received a recognition award at any of our previous HBP Seminars, please fill out the form below and mail it to the NALC Health Benefit Plan Attention: HBP Seminar, 20547 Waverly Ct., Ashburn, VA 20149 by September 1, 2015 in order to receive an award at the Seminar.

HBR Award Recognition Form

I have been an HBR for 10, 20, 30, 40, 50, or 60 years and I will be at the 32nd National Health Benefit Seminar in Las Vegas. I have not received a recognition award from the NALC Health Benefit Plan for the years of service indicated below.

Name: _____

Branch: _____

Street: _____

City/State/Zip: _____

Contact number: _____

I have been the Branch HBR for _____ years.

HBR and Branch Awards Procedure Change

Included in the HBR report is information regarding the Best Newsletter Award and the HBR Years of Service Awards. Please note that if you will be receiving an Award at the Seminar including Branch Awards there will be a reserved section of seating (near the front of the room) at the General Session on Monday, October 19, 2015, for anyone receiving an Award. This will allow the Plan to more efficiently hand out awards in a timely manner. Thank you for your cooperation and if you have any questions feel free to ask an HBP Staff member.

Immunization Awareness Month

A Healthy Start: Reasons to Vaccinate Your Child

National Immunization Awareness Month is a reminder that we all need vaccines right from the start and throughout our lives.

Immunization gives parents the safe, proven power to protect their children from 14 serious and potentially deadly diseases before they turn 2 years old.

To celebrate the importance of immunizations for a healthy start and throughout our lives – and to make sure children are protected with all the vaccines they need. The theme is “A Healthy Start” and will focus specifically on protecting babies from birth through age 2 through immunization.

Children who don't receive recommended vaccines are at risk of getting the disease or illness, and of having a severe case. Every dose of every vaccine is important to protect your child and others in the community from infectious diseases. Talk to your doctor or other health care professional to make sure your child is up to date on all the vaccines he or she needs.

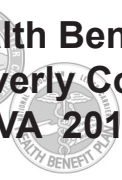
Today's childhood vaccines protect against serious and potentially life-threatening diseases, including polio, measles, whooping cough and chickenpox. There are many important reasons to make sure your child is vaccinated:

- Immunizations can protect your child from 14 serious diseases before they turn 2 years old.
- Vaccination is very safe and effective.
- Immunizations can protect others you care about.
- Immunization can save your family time and money.
- Immunization protects future generations by reducing the prevalence of serious diseases.

When children are not vaccinated, they are at increased risk and can spread diseases to others in their family and community – including babies who are too young to be fully vaccinated, and people with weakened immune systems due to cancer and other health conditions.

Parents can find out more about the recommended immunization schedule at www.cdc.gov/vaccines/parents.





Breast Cancer facts in the U.S.

- One in eight women will be diagnosed with breast cancer in their lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of death among women.
- Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.

NALC Health Benefit Plan	1-888-636-NALC
Recorded Benefit Information	1-888-636-NALC
Prescription Drug Program	1-800-933-NALC
Caremark SPS	1-800-237-2767
OAP Network Providers	1-877-220-NALC
Precertification	1-877-220-NALC
Fraud Hot Line	1-888-636-NALC
Mental Health / Substance Abuse	1-877-468-1016