

The NALC Health Benefit Plan



Vol. 16-1



HBR Report



January 2016

Fredric V. Rolando, President ■ Brian Hellman, Director
20547 Waverly Court Ashburn, VA 20149 - 703.729.4677



Board of Trustees



Michael J. Gill



Lawrence D. Brown, Jr., Chairman



Randall L. Keller

Director's Report



NALC HBP Seminar

I would like to thank everyone who attended the 2015 NALC Health Benefit Plan Seminar in Las Vegas. The seminar was packed with information that was presented in a short amount of time. I appreciate you taking the time to come to the seminar and your dedication to helping the members at your individual branches.

A Special Thank You to the following:

- Fredric Rolando, NALC President, for attending and speaking at the Seminar.
- Larry Brown and Mike Gill, Trustees, for attending the Seminar.
- Wayne White, Past Region 9 NBA, for the Opening Prayer.
- Glenn Norton, President of Branch 2502, for all the help with the onsite Post Office.
- Our vendors Cigna, CVS/caremark and Optum for the incredible Health Fair, fabulous guest speakers and assistance in making the event a success.



We appreciate everyone's help and support in making the Seminar a success.

Pharmacy News

Great News!

Our Maintenance Choice Program now includes Target Pharmacies along with CVS pharmacies. What does this mean? The NALC Health Benefit Plan members now have the option to fill their 90-day (84-day minimum) supply of their maintenance prescriptions at Target Pharmacies and pay the applicable mail order copay. This gives members an additional 1,672 retail pharmacies across the U.S. where they can fill 90-day supplies of long-term medicines.

Our Members can simply stop by the pharmacy counter at any Target, and speak to the pharmacist about picking up their 90-day supplies at that location. If members want to find the closest Target pharmacy, or CVS/pharmacy locations, they can simply log in at www.caremark.com and use the Pharmacy Locator tool or call 1-800-933-NALC(6252). In the next few months, members will start to see the CVS/pharmacy name at all Target pharmacy locations.

Seminar Highlights



Health Fair - receiving Flu shots.



Health Fair - the UNLV nurse volunteers (Thank you!).



Newsletter Article Winner - Terry Ewing.



President Rolando speaking at the General Session.



The General Session Opening Prayer by Wayne White.



General Session attendees.



10 Year HBR Award Recipients.



20 Year HBR Award Recipients.



30 & 40 Year HBR Award Recipients.

Health Tools

Health Risk Assessment

When you fill out our free Health Risk Assessment (HRA) at www.nalchbp.org, you are taking a positive step toward better physical and mental health. The HRA is an online program that analyzes your health related responses and gives you a personalized plan to achieve specific health goals. Your HRA profile may be used to spark discussion with your physician, or simply provide tips you may follow. You can find the link to the HRA on the home page under Quick Links.

As a bonus for being proactive, we offer a choice of valuable incentives. When you complete the HRA, you may choose one of the following:

- to be enrolled in the CignaPlus Savingssm discount dental program and we will pay the CignaPlus Savings discount dental premium for the remainder of the calendar year in which you completed the HRA provided you remain enrolled in our Plan.
- to receive a \$40 CVS gift card.*
- to receive a wearable activity tracking device.*

For example, if one covered member completes the HRA, you may choose the Self only CignaPlus Savings discount dental program, a \$40 CVS gift card, or a wearable activity tracking device. If two or more covered family members (including the member) complete the HRA, you may choose either the Family CignaPlus Savings discount dental program, a \$40 CVS gift card per person or a wearable activity tracking device.

**limit two (2) gift cards or two (2) devices per enrollment.*

Personal Health Record

The NALC Health Benefit Plan understands the importance of having an organized accounting of your health related information. Our online Personal Health Record at <https://members.nalchbp.org/> is a helpful tool our members can utilize to create and keep up-to-date records of medications, immunization, allergies, medical conditions, physicians, and emergency contacts. Your personal health information is stored in a single safe, password-protected place accessible by only you or your designated personal representative.

Simply go to our home page at <https://members.nalchbp.org/> and refer to the top right corner where you can register and sign in to your account. The Personal Health Record is easy to navigate, so you can update information at your convenience. The Blue Button feature on the Personal Health Record home page allows you to access and download your Personal Health Record Information into a simple text file that can be read, printed or stored on any computer.

Electronic Health Record

If you are a High Option Plan member, once you register on our secure website, you may view your claim history, get real-time deductible, out-of-pocket amounts, and print copies of your Explanation of Benefits safely and conveniently from the comfort of your home.

Branch Reimbursement Certificate & Branch Printout Request

Enclosed in this issue of the HBR Report you will find the Branch Reimbursement Certificate and the Branch Printout Request. Please follow the instructions carefully. In order for you to receive your reimbursement, you must complete the Branch Printout Request or call the Plan at 1-888-636-NALC (6252) and ask for the Executive Office to obtain a copy of your Branch membership list. The deadline is April 30, 2016.

NOTE: Please remember to complete the Branch Printout Request below to receive a copy of your branch roster that needs to be included when submitting your Branch Reimbursement Certificate.

NALC Health Benefit Plan
Branch Printout Request

Branch # _____

Name: _____

Title: _____

Address: _____



I request a Branch printout for the Branch Reimbursement Certificate (January 2016).

Fredric V. Rolando, President

Brian Hellman, Director

Board of Trustees
Michael J. Gill Lawrence D. Brown, Jr., Chairman Randall L. Keller

**Branch Reimbursement
CERTIFICATE**

REIMBURSEMENT WILL NOT BE CONSIDERED UNLESS THIS CERTIFICATE IS COMPLETED IN FULL.
EVERY BLANK MUST BE FILLED IN. PLEASE PRINT.

DEADLINE: April 30, 2016

Branch Number _____ Branch Secretary _____

Branch Address _____

City _____ State _____ Zip _____

Branch Phone# _____ Branch E-mail _____

I certify that for the calendar year 2015, the above-referenced Branch incurred expenses for and on behalf of the NALC Health Benefit Plan. I further certify that expenses were incurred for the following reasons: (a) contacting hospital authorities and physicians to familiarize them with our Plan and to distribute claim forms and similar material relating to the Plan; and (b) assisting enrollees in filing claims properly, and distributing necessary forms to them for submission to the Plan.

I further certify that the number of members shown below includes only employees and annuitants enrolled under the Plans on December 31, 2015, and does not include any enrollment terminated before December 31, 2015, any type of converted members, or any annuitant who retired prior to July 1, 1960.

As reimbursement, the Branch is willing to accept (1) seventy-five cents (\$0.75) for each member enrolled in the NALC Health Benefit Plan High Option , CDHP Option or Value Option on December 31, 2015, OR (2) the amount of expenses incurred, whichever amount is less.

PLEASE OBTAIN YOUR BRANCH ROSTER BY CONTACTING THE PLAN AT 1-888-636-NALC (6252) (ASK TO SPEAK TO SOMEONE IN THE EXECUTIVE OFFICE) FOR YOUR BRANCH MEMBERSHIP ENROLLED UNDER THE PLANS ON DECEMBER 31, 2015.

1. Number of members _____ @ \$0.75 =\$ _____

2. Amount of expenses incurred for the calendar year 2015 = \$ _____

Date Submitted Name Title (must be Branch President or Secretary)

Branch Reimbursement

NALC HEALTH BENEFIT PLAN BRANCH REIMBURSEMENT

By approval of the Board of Trustees, the Plan will accept requests for branch reimbursement *BEARING A POSTMARK NO LATER THAN APRIL 30, 2016*. Each request must be accompanied by a branch reimbursement certificate and a roster of branch members enrolled on December 31, 2015. **Copies of branch rosters must be ordered by completing the Branch Printout Request, or by calling the Health Benefit Plan 1-888-636-NALC (6252), ask to speak to someone in the Executive Office.**

Reimbursement will be either the amount of the expenses attested to on the certificate, or the amount computed at seventy-five (75) cents per eligible member, whichever total is lower. **All requests must include (a) the specific amount of expenses incurred; and (b) the number of members for whom reimbursement is requested.**

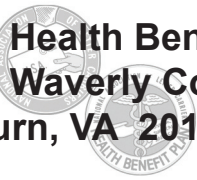
Reimbursement will be made only for the employees and annuitants enrolled on December 31, 2015, under Chapter 89, Title 5, United States Code-Health Insurance, effective July 9, 1960.

The request should NOT include:

- Enrollees terminated in our plan prior to December 31, 2015
- Any type of converted member or dependent nongroup plan, or
- Policyholders under our old program (those who retired before July 1, 1960).

Reimbursement will made payable only to the Branch Secretary of record, and only if the certificate for reimbursement is signed by either the Branch President or Branch Secretary. The signature of the Branch Health Benefit Representative or Treasurer will NOT be acceptable.

NALC Health Benefit Plan
20547 Waverly Court
Ashburn, VA 20149
703-729-4677
1-888-636-NALC (6252)



Seminar Classroom Poster Contest Winners

At the Oct 2015 seminar attendees were broken into groups and each group created an Open Season Slogan. Here are the winners from each classroom.



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