

# The NALC Health Benefit Plan



Vol. 17-4



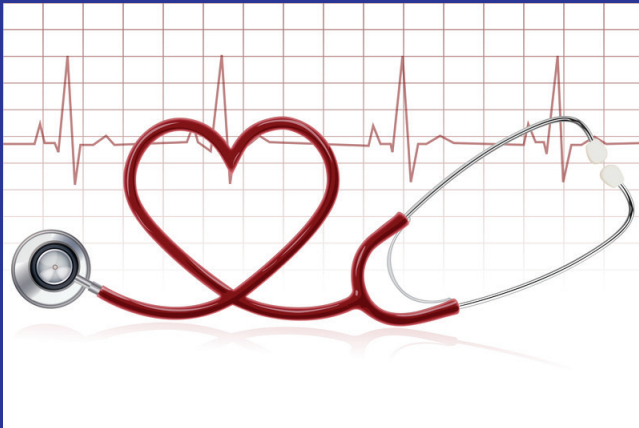
## HBR Report



July 2017

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## HEART DISEASE



## AWARENESS

**\*\* Please note the change to the Seminar schedule on page 6. We will have speakers in our Training Classes throughout the week and will have Training on Wednesday morning. Please plan your travel accordingly.**

### Board of Trustees



Michael J. Gill



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## Director's Report



## Heart Disease

At the seminar in October we will be highlighting Heart Disease Awareness. Below are some key facts from the CDC ([www.cdc.gov](http://www.cdc.gov)):

- About 610,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths.
- Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.
- Coronary heart disease (CHD) is the most common type of heart disease, killing over 370,000 people annually.
- Every year about 735,000 Americans have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had a heart attack.

### What is Cardiovascular Disease?

Heart and blood vessel disease — also called heart disease — includes numerous problems, many of which are related to a process called atherosclerosis. Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

A heart attack occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die. Most people survive their first heart attack and return to their normal lives to enjoy many more years of productive activity. But having a heart attack does mean you have to make some changes. The doctor will advise you of medications and lifestyle changes according to how badly the heart was damaged and what degree of heart disease caused the heart attack.

An ischemic stroke (the most common type) happens when a blood vessel that feeds the brain gets blocked, usually from a blood clot. When the blood supply to a part of the brain is shut off, brain cells will die. The result will be the inability to carry out some of the previous functions as before like walking or talking. A hemorrhagic stroke occurs when a blood vessel within the brain bursts. The most likely cause is uncontrolled hypertension (blood pressure).

Some effects of stroke are permanent if too many brain cells die after a stroke due to lack of blood and oxygen to the brain. These cells are never replaced. The good news is that some brain cells don't die — they're only temporarily out of order. Injured cells can repair themselves. Over time, as the repair takes place, some body functioning improves. Also, other brain cells may take control of those areas that were injured. In this way, strength may improve, speech may get better and memory may improve. This recovery process is what rehabilitation is all about.



For more information go to: [www.heart.org](http://www.heart.org)

## Quit Smoking



Quit For Life® Program



**JOIN THE MOVEMENT**



Since 1985, the Quit For Life® Program has helped millions of people, and it can help you too. Enroll today, and our trained Quit Coach® staff will help you create a personalized plan that gives you all the resources and support you need – including access to Web Coach®, an online community where you can connect with other people who are trying to quit, track your progress and more.

Quitting tobacco is a movement whose time has come. Join the movement by joining the millions of people kick-starting their quit as part of World No Tobacco Day. Enroll in the Quit For Life Program today – there's no cost to you. Even the cost of nicotine patches and gum is fully covered.

**JOIN TODAY**

**1-866-QUIT-4-LIFE**

**Learn more at [www.quitnow.net/nalc](http://www.quitnow.net/nalc)**

*The Quit For Life Program is brought to you by American Cancer Society and Optum, a leading health services company. The Quit For Life Program provides information regarding tobacco-cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.*

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## Seminar Reservation Information

### **Seminar 2017 - Room Reservations**

The 33rd National Health Benefit Seminar will be held at the **Disney Coronado Springs Resort** in Orlando, FL. The dates for the seminar are October 15, 2017 through October 18, 2017. The NALC HBP room rate is \$135 plus tax, per room, per night for the Run of the House room. Reservations can be made through the Disney Group Reservations Phone Team by calling (407) 939-4686 and mentioning the NALC Health Benefit Plan Seminar 2017 or by using the group's online booking website: <https://aws.passkey.com/go/NALCHealth2017>.



Please be aware that the rate guarantee cutoff for room reservations is **September 16, 2017**.

### **My Disney Experience & Online Check-In Service**

I want to inform you about the My Disney Experience tab on the [Disneyworld.com](http://Disneyworld.com) website. Once you register online, there are a multitude of tools available that will really enhance your trip. You can also download the mobile app "My Disney Experience" to access your plans and park information on the go. You may also use the My Disney Experience site to participate in the Online Check-In Service. Your guests may shorten their check in process by logging into the following link: <https://disneyworld.disney.go.com/plan/> within 60 days of their arrival date. When they arrive at their hotel, they will simply need to show a photo ID at the designated online check-in area.

### **Disney's Magical Express - Deadline 10 Days Prior to Arrival**

Disney's Magical Express (DME) is a complimentary airport service between guests staying at a Walt Disney World Owned and Operated Resort Hotels and the Orlando International Airport.

DME also includes complimentary luggage delivery service to the guest room for flights that arrive between 5:00 AM and 10:00 PM. Guests arriving after 10:00 PM on either a scheduled or delayed flight will need to claim their luggage and bring it with them on the motorcoach.

**Advanced reservations are required to use Disney's Magical Express.**

**How do you book a DME reservation?** You may go online to <https://disneyworld.disney.go.com> or call (407) 939-4686 to reserve Disney's Magical Express. **NOTE:** room reservations need to be made before a DME reservation can be made.

### **Prior to arrival at Orlando International Airport**

Pre-tagged luggage (United States and Canada). For guests in the United States and Canada, approximately one week prior to departure for Orlando your Disney's Magical Express (DME) booklet with 1 luggage tag per person should arrive at the address provided. The DME luggage tag should be placed on the luggage bag that will be checked at the airport.

**NOTE:** reservations made less than 10 days prior to arrival will not receive a DME booklet. The guests should collect their own luggage and proceed to the Disney Welcome Center located on the B Side on Level 1.



**NALC Health Benefit Plan  
33<sup>rd</sup> National Health Benefit Seminar  
October 15-18, 2017  
Disney Coronado Springs Resort**

**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 \$30 (per day)    \_\_\_\_\_ Lunch (Mon.) \$45    \_\_\_\_\_ Reception (Tues.) \$75

**Registration Fee Includes:**

- All Seminar Materials
- Health Fair (During Registration)
- Continental Breakfast (Mon, Tues, Wed)
- Sunday Meet and Greet
- Monday 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: 2017 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: \_\_\_\_\_

## 33rd National Health Benefit Plan Seminar Disney Coronado Springs Resort October 15-18, 2017

See schedule change below:  
\*\*We will have speakers in our Training Classes throughout the week and will have Training on Wednesday morning. Please plan your travel accordingly.

### DRAFT SCHEDULE *(Subject to change)*

#### Sunday, October 15

Registration	Noon – 6:00 pm <i>North Regis. Ctr</i>
Office/Claims Inquiries	Noon – 4:30 pm <i>El Paso 1</i>
Health Fair	Noon – 4:30 pm <i>Coronado L</i>
Meet & Greet	4:30 – 6:00 pm <i>Coronado K</i>

#### Monday, October 16

Registration	8:00 – 9:00 am <i>North Regis. Ctr</i>
Continental Breakfast	8:00 – 9:00 am <i>Coronado K</i>
Claims Inquiries/ Vendors	7:30 – 8:45 am 12:00 – 1:00 pm 4:30 – 5:30 pm <i>El Paso 1 &amp; 2</i>
General Session	9:00 – 11:15 am <i>Coronado L</i>
Morning Break	10:30 – 10:45 am <i>Outside Coronado L</i>
Awards Presentation	11:15 am – Noon <i>Coronado L</i>
Luncheon*	Noon – 1:00 pm <i>Coronado K</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 17

Fun Walk	7:00 – 7:30 am <i>Casidas Courtyard</i>
Continental Breakfast	8:00 – 9:00 am <i>Coronado K</i>
Claims Inquiries/ Vendors	7:30 – 8:45 am 12:00 – 1:00 pm 4:30 – 5:15 pm <i>El Paso 1 &amp; 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>
Lunch Break	Noon – 1:00 pm <i>(On your own)</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>TBD</i>

#### Wednesday, October 18

Fun Walk	7:00 – 7:30 am <i>Casidas Courtyard</i>
Continental Breakfast	8:00 – 9:00 am <i>Coronado K</i>
Claims Inquiries	8:00 – 9:30 am <i>El Paso 1</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>

\*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.

# Seminar Events

**NALC HBP Seminar - HBR Award Certificate**

If you are planning to attend this year’s seminar in Orlando 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, 2017** 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 33rd National Health Benefit Seminar in Orlando.** 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.

**Join Us for a Fun Walk**

Come out and walk! We will be hosting a Fun Walk at the Seminar on Tuesday, October 17th and Wednesday, October 18th at 7:00am by the Casidas Courtyard. We can all walk together to improve our health and get some fresh air. Don’t forget comfortable walking shoes. Please complete the registration form below and mail back to the Plan.

Please check with your doctor before beginning an exercise routine to make sure it is safe for you. If you are not able to walk, we would love for you to join us in the courtyard to cheer on everyone.

You must complete the information below to participate in the walk. The deadline to register for the walk is **October 1, 2017.**

**NALC Health Benefit Plan Seminar Fun Walk**

Name: \_\_\_\_\_

Branch # \_\_\_\_\_

Waiver and Release:  
*I wish to participate in the NALC Health Benefit Plan Fun Walk. I understand that submission of the registration form is acceptance of this Waiver and Release and is a prerequisite for participation in this Event.*

*I agree to assume all risks and to release and hold harmless the NALC, the NALC Health Benefit Plan and the Disney properties.*

*I acknowledge that I am physically capable of participating in and completing this Event.*



## In This HBR Report

### *Heart Disease and Quit Smoking Information Seminar Information:*

- *Registration Form*
- *Hotel Reservation Information*
- *Draft Schedule*
- *HBR Award Recognition Form*
- *Fun Walk Form*



**NALC Health Benefit Plan**  
**Recorded Benefit Information**  
**Prescription Drug Program**  
**CVS/caremark Specialty Pharmacy**  
**PPO Network Providers**  
**Precertification**  
**Fraud Hot Line**  
**Mental Health / Substance Abuse**

**888-636-NALC**  
**888-636-NALC**  
**800-933-NALC**  
**800-237-2767**  
**877-220-NALC**  
**877-220-NALC**  
**888-636-NALC**  
**877-468-1016**