

The NALC Health Benefit Plan



Vol. 15-4



HBR Report



May 2015

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



Board of Trustees



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Randall L. Keller

Director's Report



NALC Food Drive

On behalf of the National Association of Letter Carriers Health Benefit Plan I would like to send a sincere thank you to the employees here at the plan for the generous support!!! The Plan can always count on their commitment to helping those in need.

Every year the employee's of the NALC Health Benefit Plan make it a top priority of making the Letter Carriers' Food Drive a huge success. This year the Plan set an all time new record of _____.

Seminar Information

IMPORTANT CHANGE! NEW RESERVATION PHONE NUMBER.

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=welcome_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 and encountered trying to make your reservation for the Seminar.

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

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.



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 \$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: 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/	7:30 – 9:00 am 12:00 – 1:00 pm 4:30 – 5:30 pm <i>Monticristo 1</i>
General Session	9:00 – 11:15 am <i>Trinidad 2 & 3</i>
Morning Break	10:15 – 10:30 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	3:00 – 3:15 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 – 9:00 am 12:00 – 1:00 pm 4:30 – 5:15 pm <i>Monticristo 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>
Lunch Break	Noon – 1:00 pm <i>(On your own)</i>
Training Classes	1:00 – 2:30 pm <i>(See Seminar Badges for Rooms)</i>
Afternoon Break	2:30 – 2:45 pm <i>(Outside Classrooms)</i>
Training Classes	2:45 – 4:30 pm <i>(See Seminar Badges for Rooms)</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 – 11:00 am <i>Monticristo 1</i>
Speakers	9:00 – 10:50 am <i>Trinidad 2 & 3</i>
Morning Break	10:50 – 11:05 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.

Article & HBR Awards

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.

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 years or longer 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 years or longer 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.



You're not alone in your journey to quit tobacco. Celebrate World No Tobacco Day this May 31 by taking the first step and enrolling in our **free** Quit For Life Program. Our trained Quit Coach staff will help you create a plan tailored to you. When you enroll, you can connect with others through our interactive website and social media channels to get even more support. You may even qualify for **free** nicotine replacement therapy, such as patches or gum. Call today, so we can support you in making every day a no tobacco day.

1.866.QUIT.4.LIFE | www.quitnow.net/nalc
(1.866.784.8454)



The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 40 years of combined experience in tobacco cessation coaching and have helped more than 2 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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NALC Health Benefit Plan
20547 Waverly Court
Ashburn, VA 20149

Upcoming Seminar

Don't forget to register for the 32nd National Health Benefit Seminar at the Tropicana in Las Vegas, NV.



NALC Health Benefit Plan
Recorded Benefit Information
Prescription Drug Program
Caremark SPS
OAP Network Providers
Precertification
Fraud Hot Line
Mental Health / Substance Abuse

1-888-636-NALC
1-888-636-NALC
1-800-933-NALC
1-800-237-2767
1-877-220-NALC
1-877-220-NALC
1-888-636-NALC
1-877-468-1016