

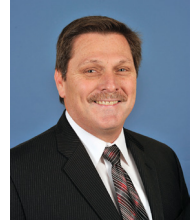
# The NALC Health Benefit Plan



Vol. 17-6



## HBR Report



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September 2017

# HEART DISEASE AWARENESS



Please note the following Seminar schedule changes:

1. We have cancelled the Seminar Fun Walk for the morning of October 17th and 18th due to lack of enrollment.
2. Training sessions on Monday and Tuesday afternoon have been extended a half an hour to 5:00pm.

### Board of Trustees



Michael J. Gill



Lawrence D. Brown, Jr., Chairman



Randall L. Keller

## Director's Report



## CCA Information

A new agreement has been reached between NALC and USPS; therefore, in 2018 City Carrier Assistants will no longer be eligible to receive the \$125 contribution toward their NALC Health Benefit Plan Self Plus One and Self and Family premiums.

A special enrollment period will be offered to City Carrier Assistants from September 4 to October 19, 2017. During this time, City Carrier Assistants will be eligible to enroll in or change their enrollment in the United States Postal Service Health Benefit Plan.

Keep in mind, there is a deadline to make this decision. If the change or enrollment is completed during the special enrollment period, the coverage will be effective on October 28, 2017. The next opportunity to make a change or enroll is during Open Season, which is November 13, 2017 – December 11, 2017. Elections made during Open Season will take effect January 6, 2018.

During the Special Enrollment Period, you may use PostalEASE employee self-service to enroll in the USPS Health Benefit Plan or change your enrollment. If you are unable to use PostalEASE, you may complete the PostalEASE Worksheet (available on LiteBlue) and mail it to the HR Shared Service Center at:

HRSSC  
Compensation/Benefits  
PO Box 970400  
Greensboro, NC 27497-0400

Plan information for the USPS Health Benefits Plan is available on LiteBlue at <http://liteblue.usps.gov/USPSHBP>, or you can contact the HRSSC at 1-877-477-3273, option 5, TTY 1-866-260-7507.

## Immunizations

### *How Vaccines Prevent Disease*

The diseases that vaccines prevent can be dangerous, or even deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease.

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body is left with a supply of cells that help recognize and fight that disease in the future.

Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, cause the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.

As children get older, they require additional doses of some vaccines for best protection. Older kids also need to be protected against additional diseases they may encounter.

### *Vaccines and Your Child's Immune System*

As a parent, you may get upset or concerned when you watch your baby get 3 or 4 shots during a doctor's visit. But, all of those shots add up to your baby being protected against 14 infectious diseases. Young babies can get very ill from vaccine-preventable diseases. The vaccination schedule is designed to protect young children before they are likely to be exposed to potentially serious diseases and when they are most vulnerable to serious infections.

Although children continue to get several vaccines up to their second birthday, these vaccines do not overload the immune system. Every day, your healthy baby's immune system successfully fights off thousands of antigens—the parts of germs that cause the body's immune system to respond. The antigens in vaccines come from weakened or killed germs so they cannot cause serious illness. Vaccines contain only a tiny amount of the antigens that your baby encounters every day, even if your child receives several vaccines in one day.

Combination vaccines take two or more vaccines that could be given individually and put them into one shot. Children get the same protection as they do from individual vaccines given separately—but with fewer shots.

For additional information go to: <http://www.cdc.gov/vaccines/parents/vaccine-decision/index.html>

## 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

### DRAFT SCHEDULE

*(Subject to change)*

#### Sunday, October 15<sup>th</sup>

Registration	Noon – 6:00 pm <i>North Regis. Ctr</i>
Office/Claims Inquiries	Noon – 4:30 pm <i>Cancun</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<sup>th</sup>

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 – 5:15 pm <i>Cancun &amp; Baja</i>
General Session	9:00 – 11:00 am <i>Coronado L</i>
Morning Break	11:00 – 11:15 am <i>Outside Coronado L</i>
Awards Presentation	11:15 am – Noon <i>Coronado L</i>
Luncheon <sup>1</sup>	Noon – 1:00 pm <i>Coronado K</i>
Training Classes <sup>3</sup>	1:00 – 5:00 pm <i>(See Badge Color for Classroom)</i>
Afternoon Break	2:30 – 2:45 pm <i>(Outside Classrooms)</i>

#### Tuesday, October 17<sup>th</sup>

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>Cancun &amp; Baja</i>
Training Classes	9:00 am – Noon <i>(See Badge Color for Classroom)</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 <sup>3</sup>	1:00 – 5:00 pm <i>(See Badge Color for Classroom)</i>
Afternoon Break	2:30 – 2:45 pm <i>(Outside Classrooms)</i>
CLOSING RECEPTION	7:30 – 10:30 pm <i>TBD</i>

#### Wednesday, October 18<sup>th</sup>

Continental Breakfast	8:00 – 9:00 am <i>Coronado K</i>
Claims Inquiries	8:00 – 10:45 am <i>Cancun</i>
Training Classes <sup>2</sup>	9:00 am – Noon <i>(See Badge Color for Classroom)</i>
Morning Break	10:30 – 10:45 am <i>(Outside Classrooms)</i>

1 - 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.

2 - We will have speakers in our Training Classes throughout the week and will have Training on Wednesday morning. Please plan your travel accordingly.

3 - Classes have been extended a half an hour.

## Seminar Events

### ***Best Branch Newsletter Article Award - Deadline Oct. 1, 2017***

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 2017 newsletter article to: NALC Health Benefit Plan, Attention Beth Morris, 20547 Waverly Ct., Ashburn, VA 20149. The deadline to receive your article is October 1, 2017.

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### ***Seminar Fun Walk***

The Seminar Fun Walk scheduled for October 17th and 18th has been **cancelled** due to lack of enrollment. The schedule has been updated to reflect this change.

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### ***Changes to the Schedule***

Training Sessions on Monday and Tuesday have been extended to 5pm.



## 2017 Seminar

We look forward to seeing you soon at the 2017 NALC Health Benefit Seminar in Orlando, FL.



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