

Programs to enhance your well-being



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As we move toward the half-way mark of 2025, I want to take some time to talk about programs offered by the NALC Health Benefit Plan that may enhance well-being and promote a healthy lifestyle.

While many of our programs are frequently spoken about at Health Benefit Plan events, branch meetings, in *Postal Record* articles, and at other union gatherings, we still find members who are unaware of Plan resources specific to their needs. In this article, it is my goal to bring awareness to the benefits. I want our members to understand the value of each program and to

consider using them should the need arise.

Perhaps you or your dependents have a complex or chronic condition? If so, we want to help by highlighting cost-free options that are available to all NALC Health Benefit Plan members.

As Nelson Mandela once said, “Education is the most powerful weapon which you can use to change the world.” We believe that education can change your health journey.

First, let’s talk about disease management, starting with one of our programs, which is called Your Health First. Understandably, if you have a chronic health condition, there may be times you face fear of the unknown or need extra support. This program is a coaching telephonic or online program that is available, and I must reiterate that participation is at no extra cost to you.

As part of this program, you will connect with dedicated health advocates who are trained nurses, coaches, nutritionists or clinicians, who use a one-on-one approach to help individuals. They can help with recognizing worsening symptoms and when its time to see a doctor, establishing questions for your doctor and understanding the importance of following their orders. Health advocates can assist by developing health habits related to nutrition, sleep, exercise, weight, tobacco and stress. Additionally, they can aid in preparing for hospital admission or for recovery after a hospital stay.

For chronic health conditions such as asthma, chronic obstructive pulmonary disease (COPD), depression, diabetes, heart disease and more, the program connects you with a health advocate for confidential assistance.

Lastly, not only is this a great program for members,

once you achieve your fitness, diet or health goals with the help of a trained health coach or advocate, High Option members can earn \$50 in health savings rewards, and Consumer Driven Health Plan members can earn \$30. In summary, you have no cost, and we put money back into your pocket just for taking care of your health.

Another great program added for our members in 2020 is AccordantCare. This is a specialized program that gives members the support they need to manage certain complex condition such as ALS (Lou Gehrig’s disease), Crohn’s disease, cystic fibrosis, human immunodeficiency virus, multiple sclerosis, Parkinson’s disease, rheumatoid arthritis, epilepsy and more.

The program is completely voluntary and allows members to participate based on their level of need or comfort, and to opt out at any time.

Members can expect to receive 24/7 access to a registered nurse who specializes in the member’s condition and provides support in addition to routine health risk assessments, including personalized education and monitoring based on individual needs; monthly newsletters; online resources; case management; physician notification of program enrollment and ongoing collaboration on the member’s plan of care; and periodic wellness outreach to the member.

One more program that I would like to highlight before closing this article is Transform Diabetes Care[®], which helps deliver better overall care and lower costs for members affected with Type 1 or Type 2 diabetes and who are insulin dependent.

Upon enrollment, each member will receive a connected glucometer, unlimited test strips and lancets, medication therapy counseling from a pharmacist, two annual diabetes screenings at a CVS Minute Clinic[®], and a suite of digital resources through the CVS mobile app.

Unfortunately, I believe we can all agree that diabetes is a worldwide issue, with challenges causing many complications and/or health issues.

Please keep in mind that the programs offered are not meant to take the place of your primary care physician’s decisions or care; however, our commitment to you is making sure that you have the tools you need to make informed decisions, and offering extra assistance.

To find more about these programs, you can visit our website at nalchbp.org or contact: Your Health First—High Option members, 877-220-NALC (6252) or CDHP members 855-511-1893; Accordant Health Management—High Option or CDHP members, 844-923-0805; or Transform Diabetes Care[®]—High Option or CDHP members, 855-238-3622.