

Be proactive about your health



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When was the last time you were proactive about your health? According to the Centers for Disease Control and Prevention (CDC), regular health exams and tests can help find problems before they start. They can also help find problems early, when your chances for treatment and cure are better. Often our fast-paced lives make it difficult to focus on our well-being; however, we encourage you to consider your health, slow down and take advantage of the Plan's 2017 adult and childhood preventive benefits.

A complete listing of High Option, Consumer Driven, and Value Option Plan Adult Preventive Care benefits can be found in our official 2017

brochure. For High Option, please see Section 5(a) and for CDHP and Value Option, please see Section 5.

Highlights of preventive care benefits offered to all adults at no cost to you when a PPO provider renders the services include, but are not limited to, the below:

Well woman care—In 2017, we continue to cover the following at 100 percent when you use a PPO provider:

- Annual routine pap test for females age 21-65.
- Human papillomavirus testing for women age 30-65—one every three years.
- Annual counseling for sexually transmitted infections.
- Annual counseling and screening for human immunodeficiency virus.
- Contraception counseling for women with reproductive capability as prescribed.
- Annual screening and counseling for interpersonal and domestic violence.

In addition, we continue to cover a routine mammogram for women age 35 and older as follows:

- Age 35-39—one during this five-year period.
- Age 40 and older—one every calendar year.

Routine physical—one annually, age 22 or older.

Prostate specific antigen (PSA)—one annually for men age 40 and older.

Biometric screening—We cover an annual biometric screening for adults that can provide vital information about medical issues that could pose a risk to your health and that may help identify ways to prevent certain illnesses. This includes calculation of body mass index (BMI),

waist circumference measurement, total blood cholesterol, blood pressure check and fasting blood sugar.

Colonoscopy screening (with or without polyp removal)—one every 10 years, age 50 and older.

Diabetes screening—as recommended by the U.S. Preventive Services Task Force (USPSTF).

General health panel blood test—one annually.

Complete blood count (CBC)—one annually.

Routine hepatitis C virus infection screening—covered at 100 percent for adults born between 1945 and 1965 and for adults at high risk.

Lung cancer screening—one annual routine lung cancer screening with low-dose CT scan for adults 55-80 who have a 30 pack per year smoking history and currently smoke or have quit within the past 15 years.

Herpes zoster (shingles) vaccine—adults age 60 and older.

Pneumococcal vaccine (PPSV23 and PCV13)—as recommended by the CDC from participating network retail pharmacies are covered.

***Note:** When the NALC Health Benefit Plan is the primary payor for medical expenses, the herpes zoster vaccine, the seasonal flu vaccine and adult pneumococcal vaccine will be paid in full when administered by a pharmacy that participates in the NALC Flu and Pneumococcal Vaccine Administration Network.*

Preventive medicine counseling by a covered primary care provider as recommended by the USPSTF—limited to alcohol abuse, aspirin use for the prevention of cardiovascular disease, breast cancer chemoprevention, depression, fall prevention—age 65 and older, obesity (includes dietary counseling for adults at higher risk for chronic disease), sexually transmitted infections, skin cancer prevention for adults age 24 and younger, and tobacco use.

***Note:** The information located in this article is only a summary of some of the NALC Health Benefit Plan benefits. Detailed information can be found in the NALC Health Benefit Plan's official 2017 brochure (RI 71-009). All benefits are subject to the definitions, limitations, and exclusions set forth in the official brochure.*

Open Season numbers

The new enrollment figures as of Jan. 22 are 7,517. We will continue to receive additional enrollees through March 31. A final number will be printed in a future issue of *The Postal Record*. Currently, our Open Season enrollment breakdown is:

- Active postal—4,022
- Associate—1,725
- Annuitant—1,770