

The NALC Health Benefit Plan



HBR Report
Jan/Feb 2023
Vol. 23-1



Brian L. Renfroe, President
Stephanie M. Stewart, Director

Board of Trustees:
Lawrence D. Brown, Jr., Chairman
Sandra D. Laemmel
Charles P. Heege

Director's Report

NALC HBP 2023 Seminar



Dear Health Benefit Representative:

Mark your calendar! I am excited to announce that we have secured our dates and location for the 36th NALC Health Benefit Plan Seminar.

I am personally inviting you to join us for another great event starting on Sunday, October 15th and going through Wednesday, October 18, 2023, in Las Vegas.

The seminar format will be very different this year, we have extended the event an additional half day and classroom activities will be focused on the role of the Health Benefit Representative. Please note due to the extended classroom time, the closing reception will be Wednesday evening, so please plan your travel accordingly.

We will also feature special speakers, panel discussions, and have breakout sessions to cover a variety of topics. Although staff will be present to help with benefit questions and changes coming down the pipeline, we feel this format is more appropriate to help our local Health Benefit representatives and branch leaders promote the Plan.

The importance of having advocates equipped to promote the plan and assist letter carriers both during Open Season and throughout the rest of the year, must be a priority, as it is essential to our continued growth. The Plan's appreciation for your dedication and support cannot be emphasized enough. Your success as a HBR and ability to effectively promote the NALC Plan's, plays a key role in helping letter carriers understand why they should pick NALC for their health care. Together, we have the ability to grow our plan to new heights.

We look forward to seeing you in Las Vegas.

February is American Heart Month

The National Heart, Lung and Blood Institute (NHLBI) works to raise awareness about Heart Health. Understanding risk factors for heart disease and how to live a heart-healthy lifestyle are a part of practicing self-care for #OurHearts. Below are resources available to you through NHLBI.

#OurHearts

are healthier with self-care

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart.

Try these simple self-care ideas, such as:

- Taking a moment to de-stress.
- Giving yourself time to move more.
- Preparing healthier meals.
- Getting quality sleep.

These acts can all benefit your heart. Connect with others to make these efforts more successful.

#OurHearts

are healthier together







<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/slides>

New Hello Heart



A tool for remote care of cardiac conditions. Hello Heart enables you to measure your blood pressure using a free FDA-cleared monitor and allows you to send the data privately to your doctor. This program empowers you to improve your lifestyle through coaching on your smartphone or tablet. You will have access to the most advanced hypertension management tools on the market, all at no cost.

NALC Health Benefit Plan members with blood pressure reading of 130/80 mmHg or above, or those taking blood pressure medication are eligible to enroll. Hello Heart is available at no cost to you. For more information, see the official Plan brochure.

Go to www.join.helloheart.com/NALC or text **NALC** to **75706** to register.

2023 NALC Health Benefit Plan Seminar

NALC Health Benefit Plan Seminar – Room Reservations

The Seminar is coming back! The 36th National Health Benefit Seminar will be held at the **Tropicana** in Las Vegas, NV. The dates for the seminar are **October 15, 2023 through October 18, 2023**.

The NALC Health Benefit Plan room rate at the Tropicana is **\$149 plus \$20 resort fee & tax, per room, per night** for the Club Deluxe room (over a double occupancy will incur additional charges). Reservations for the Tropicana can be made by calling 800-634-4000, state that it is for the NALC Health Benefit Plan Seminar 2023. In addition, reservations can be made online at: <https://book.passkey.com/go/NALCHBP>

Please be aware that the Tropicana has an Early Departure Fee. If you check out prior to your reserved checkout date, the hotel will add an Early Departure Fee of \$50.00 (subject to change). In order to avoid this fee you must advise the Tropicana of any changes before you check-in.

Any incidentals charged to your room must be paid in full prior to your departure, please check with the hotel before you leave to ensure incidental charges are paid.

The rate guarantee cutoff for room reservations for the NALC Health Benefit Seminar is **September 15, 2023**.

NALC Health Benefit Plan Seminar – HBR Award Certificate

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, 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: NALC HBP Seminar, PO Box 6, Ashburn, VA 20146 by **September 6, 2023** 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 36th National Health Benefit Seminar in Las Vegas.**

Name: _____

Branch: _____

Street: _____

City/State/Zip: _____

Contact number: _____ Email address: _____

I have been the Branch HBR for _____ years.

NALC Health Benefit Plan

36th National Health Benefit Seminar Registration

Tropicana, Las Vegas, NV, October 15 - 18, 2023

| | |
|---|--------------------------------------|
| Name: | |
| Title: | Branch #: |
| Street Address: | |
| City: | State & Zip: |
| Email*: | Phone #: |
| HBR for _____ Years (Pls give an estimate) | # of Seminars attended: _____ |

Seminar Registration Fee: \$175.00

Payable to the **NALC Health Benefit Plan**

The Registration fee must be included with your Registration form. (We cannot accept credit cards.) The fee includes: Seminar Materials, Breakfast (Mon, Tues & Wed), Meet & Greet with drink tickets on Sunday, Lunch on Monday & Tuesday and the Closing Reception on Wednesday.

*Your Seminar Registration Confirmation will only be emailed.

You must provide an email address if you would like a Registration Confirmation.

Be aware that there will be no refund of your Registration fee if you cancel within 30 days of the Seminar. We must receive your cancellation request by September 15, 2023.

Lunch and Dietary Restrictions:

Monday Lunch Choices (Choose 1): Turkey Sub _____ Ham Sub _____ Greek Salad (Veggie) _____

Tuesday Lunch Choices (Choose 1): Turkey w Bacon Wrap _____ Grilled Vegetable _____
Southwest Chicken Caesar Wrap _____

Dietary Restrictions: Gluten _____ Vegetarian _____

Guest Tickets:

If you would like a Guest to attend the Closing Reception on Wednesday a ticket must be purchased. Payment must be included with your Registration form. A Guest ticket cost is **\$150.00 per Guest**.

_____ # of Guest tickets



Mail Registration form and check to:

NALC Health Benefit Plan
2023 Seminar Registration
PO Box 6
Ashburn, VA 20146





NALC Health Benefit Plan 36th National Health Benefit Draft Seminar Schedule



Sunday, October 15th

| | | |
|------------------|------------------|--------------------|
| 12:00pm – 6:00pm | Registration | Registration Desk |
| 12:00pm – 4:30pm | Claims Inquiries | Monticristo Room 2 |
| 12:00pm – 4:30pm | Health Fair | Cohiba Rooms 3-5 |
| 4:30pm – 6:00pm | Meet&Greet | Havana Room |

Monday, October 16th

| | | |
|------------------|--------------------------|-----------------------|
| 7:30am – 8:45am | Claims Inquiries/Vendors | Monticristo Rooms 2&3 |
| 8:00am – 8:45am | Registration | Registration Desk |
| 8:00am – 9:00am | Breakfast | Cohiba Rooms 1-4 |
| 9:00am – 12:00pm | General Session&Awards | Cohiba Rooms 6-9 |
| 12:00pm – 1:00pm | Lunch | Cohiba Rooms 1-4 |
| 12:00pm – 1:00pm | Claims Inquiries&Vendors | Monticristo Rooms 2&3 |
| 1:00pm – 2:00pm | Training | See Badge for Room |
| 2:00pm – 2:15pm | Break | Cohiba Rooms 1-4 |
| 2:15pm – 3:15pm | Training | See Badge for Room |
| 3:15pm – 3:30pm | Break | Cohiba Rooms 1-4 |
| 3:30pm – 4:30pm | Training | See Badge for Room |
| 4:00pm – 4:30pm | Claims Inquiries&Vendors | Monticristo Rooms 2&3 |

Tuesday, October 17th

| | | |
|------------------|------------------------------------|-----------------------|
| 7:30am – 8:45am | Claims Inquiries&Vendors | Monticristo Rooms 2&3 |
| 8:00am – 9:00am | Breakfast | Cohiba Rooms 1-4 |
| 9:00am – 12:00pm | General Session& Guest Speakers | Cohiba Rooms 6-9 |
| 12:00pm – 1:00pm | Lunch | Cohiba Rooms 1-4 |
| 12:00pm – 1:00pm | Claims Inquiries&Vendors | Monticristo Rooms 2&3 |
| 1:00pm – 2:00pm | Training | See Badge for Room |
| 2:00pm – 2:15pm | Break | Cohiba Rooms 1-4 |
| 2:15pm – 3:15pm | Training | See Badge for Room |
| 3:15pm – 3:30pm | Break | Cohiba Rooms 1-4 |
| 3:30pm – 4:30pm | Training | See Badge for Room |
| 4:00pm – 4:30pm | Claims Inquiries&Vendors | Monticristo Rooms 2&3 |

Wednesday, October 18th

| | | |
|------------------|------------------------------------|-----------------------|
| 7:30am – 8:45am | Claims Inquiries&Vendors | Monticristo Rooms 2&3 |
| 8:00am – 9:00am | Breakfast | Cohiba Rooms 1-4 |
| 9:00am – 12:00pm | General Session& Guest Speakers | Cohiba Rooms 6-9 |
| 12:00pm – 1:00pm | Lunch | Cohiba Rooms 1-4 |
| 12:00pm – 1:00pm | Claims Inquiries&Vendors | Monticristo Rooms 2&3 |
| 1:00pm – 2:00pm | Training | See Badge for Room |
| 2:00pm – 2:15pm | Break | Cohiba Rooms 1-4 |
| 2:15pm – 3:15pm | Training | See Badge for Room |
| 3:15pm – 3:30pm | Break | Cohiba Rooms 1-4 |
| 3:30pm – 4:30pm | Training | See Badge for Room |
| 6:00pm – 9:30pm | CLOSING RECEPTION | Havana Room |

Who Is Your HBR?

NALC Health Benefit Plan

Who is Your HBR?

We would like to update our Health Benefit Representative (HBR) files. Please report any information that has changed for your branch to the:

NALC Health Benefit Plan
20547 Waverly Ct
Ashburn, VA 20149

and

NALC Headquarters
100 Indiana Ave, NW
Washington, DC 20001

Branch # _____

Branch President's Name: _____

Branch Address: _____

City: _____ State: _____ Zip: _____

Branch Phone: _____ Branch Fax: _____

Branch Email: _____

Branch website: _____

NALC Region: _____ Work Status (Active/Retired): _____

HBR's Name: _____

Member ID #: N32 _____ (This begins with N32+6 numbers)

(* The member ID # is required to verify coverage in the NALC Health Benefit Plan. See the Constitution of the NALC Health Benefit Plan Article 4, Section 3.)

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Home E-mail: _____

Date you filled the position of HBR: _____

Are you replacing the current HBR? _____

If yes, provide the name of the former HBR: _____

Would you like information mailed to your branch or your home? _____

Per the NALC Constitution (page 69) Article 4. Sec. 1. The officers of the branch shall include a Health Benefits Representative. Sec. 2. All officers shall be elected for a term of one, two or three years. Sec. 3. With the exception of the office of President, Branches may consolidate the offices of the Branch. However, if there are less than ten (10) active members, the office of the President may be combined with other offices.

Printed Name of the Branch President

Signature of the Branch President

Date

Branch Printout Request

Below is the Branch Printout Request. Please follow the instructions carefully. In order to receive your reimbursement, you must complete the Branch Printout Request or call the Plan at 888-636-NALC (6252) and ask for the Executive Office to obtain a copy of your Branch membership list. The deadline is April 30, 2023.

NOTE: Please remember to complete the Branch Printout Request below to receive a copy of your branch roster that needs to be included when submitting your Branch Reimbursement Certificate.

NALC Health Benefit Plan Branch Printout Request

Branch # _____

Name: _____

Title: _____

Address: _____

I request a Branch printout for the Branch Reimbursement Certificate (January 2023).

Branch Reimbursement

NALC HEALTH BENEFIT PLAN Branch Reimbursement Instructions

By approval of the Board of Trustees, the Plan will accept requests for branch reimbursement *BEARING A POSTMARK NO LATER THAN APRIL 30, 2023*. Each request must be accompanied by a branch reimbursement certificate and a roster of branch members enrolled on December 31, 2022. **Copies of branch rosters must be ordered by completing the Branch Printout Request, or by calling the Health Benefit Plan 888-636-NALC (6252). If calling, ask to speak to someone in the Executive Office.**

Reimbursement will be either the amount of the expenses attested to on the certificate, or the amount computed at seventy-five (75) cents per eligible member, whichever total is lower. **All requests must include (a) the specific amount of expenses incurred; and (b) the number of members for whom reimbursement is requested.**

Reimbursement will be made only for the employees and annuitants enrolled on December 31, 2022, under Chapter 89, Title 5, United States Code-Health Insurance, effective July 9, 1960.

The request should NOT include:

- Enrollees terminated from the Plan prior to December 31, 2022
- Any type of converted member or dependent nongroup plan, or
- Policyholders under our old program (those who retired before July 1, 1960).

Reimbursement will be made payable only to the Branch Secretary of record, and only if the certificate for reimbursement is signed by either the Branch President or Branch Secretary. The signature of the Branch Health Benefit Representative or Treasurer will NOT be acceptable.

Please send to:

**NALC Health Benefit Plan
Attn: Executive Office
20547 Waverly Court
Ashburn, VA 20149
703-729-4677
888-636-NALC (6252)**

NALC Health Benefit Plan
20547 Waverly Court, Ashburn, VA 20149

Brian L. Renfroe, President · Stephanie M. Stewart, Director

Board of Trustees

Sandra D Laemmel

Lawrence D. Brown, Jr., Chairman

Charles P. Heege

Branch Reimbursement Certificate

REIMBURSEMENT WILL NOT BE CONSIDERED UNLESS THIS CERTIFICATE IS COMPLETED IN FULL. EVERY BLANK MUST BE FILLED IN. PLEASE PRINT. MAIL THE COMPLETED FORM TO THE ADDRESS ABOVE.

DEADLINE: April 30, 2023

Branch Number _____ Branch Secretary _____

Branch Address _____

City _____ State _____ Zip _____

Branch Phone # _____ Branch E-mail _____

I certify that for the calendar year 2022, the above-referenced Branch incurred expenses for and on behalf of the NALC Health Benefit Plan. I further certify that expenses were incurred for the following reasons: (a) contacting hospital authorities and physicians to familiarize them with our Plan and to distribute claim forms and similar material relating to the Plan; and (b) assisting enrollees in filing claims properly, and distributing necessary forms to them for submission to the Plan.

I further certify that the number of members shown below includes only employees and annuitants enrolled under the Plans on December 31, 2022, and does not include any enrollment terminated before December 31, 2022, any type of converted members, or any annuitant who retired prior to July 1, 1960.

As reimbursement, the Branch is willing to accept (1) seventy-five cents (\$0.75) for each member enrolled in the NALC Health Benefit Plan High Option, CDHP Option or Value Option on December 31, 2022, OR (2) the amount of expenses incurred, whichever amount is less.

PLEASE OBTAIN YOUR BRANCH ROSTER BY CONTACTING THE PLAN AT 888-636-NALC (6252) (ASK TO SPEAK TO SOMEONE IN THE EXECUTIVE OFFICE) FOR YOUR BRANCH MEMBERSHIP ENROLLED UNDER THE PLANS ON DECEMBER 31, 2022.

1. Number of members _____ @ \$0.75 =\$ _____

2. Amount of expenses incurred for the calendar year 2022 = \$ _____

Date Submitted _____

Name _____

Title (must be Branch President or Secretary) _____

#OurHearts

eat healthier together

Get heart healthy for life by following the Dietary Approaches to Stop Hypertension (DASH) eating plan. It requires no special foods, provides daily and weekly nutritional goals, and can help lower high blood pressure.

Support your loved ones in their effort to stick to DASH by doing the following together:

- Pick out recipes to try.
- Make a grocery list.
- Cook heart-healthy versions of family favorites.
- Enjoy the meals you've prepared.

nhlbi.nih.gov/DASH



NALC Health Benefit Plan
888-636-NALC
PPO Network Providers
877-220-NALC
Mental Health / Substance Use Disorder
877-468-1016
Prescription Drug Program
800-933-NALC
CVS Specialty™ Pharmacy
800-237-2767
Precertification
877-220-NALC
Fraud Hot Line
888-636-NALC

