

The NALC Health Benefit Plan



Vol. 21-2



HBR Report



May 2021

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Skin Safety

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Director's Report



NALC HBP Seminar

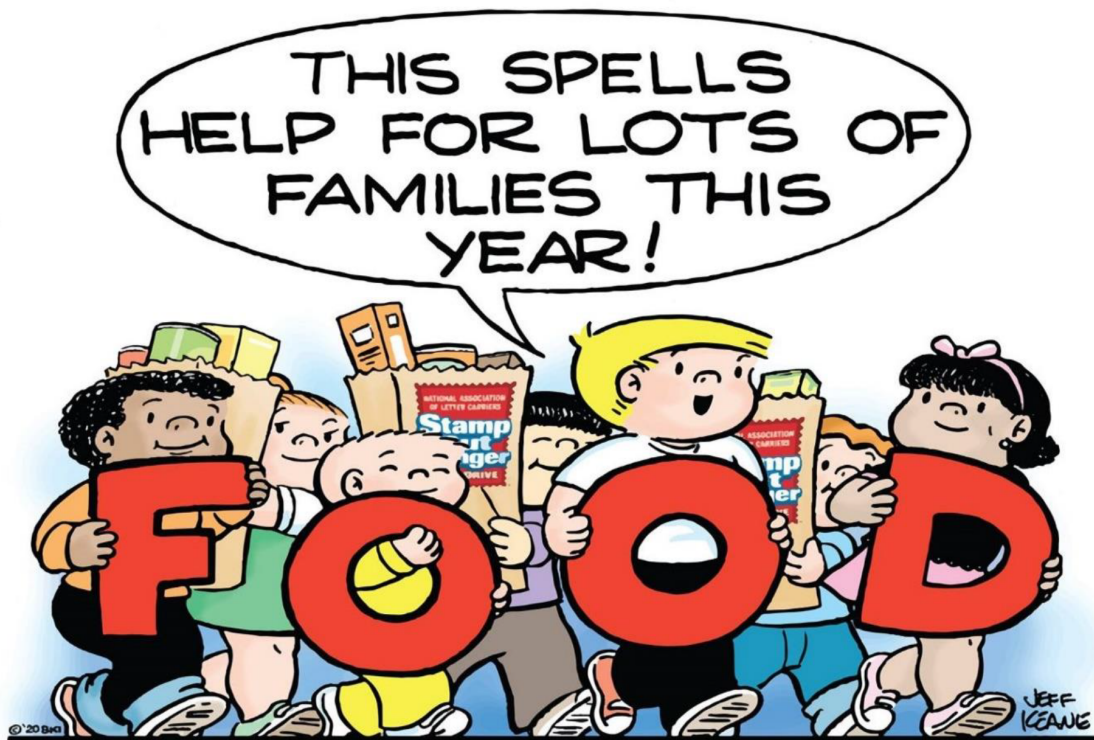
After much consideration, the NALC Health Benefit Plan, with approval from President Rolando, has decided to reschedule the upcoming October Health Benefit Plan seminar.

We are currently working with the hotel to find alternative dates in the Spring of 2022; however, the dates and contract have not been finalized. The Plan is also deliberating innovative revisions to the schedule of events and overall program. Although our primary goal is to keep our members safe and healthy, we also want to ensure our Health Benefit Representatives, and other branch leaders, have the best experience possible at the seminar and come away with the necessary tools and information to assist their branch members.

Even as we are still in the planning stages, we are excited at the prospect of being back amongst our membership with an opportunity to make improvements and present a new and improved Health Benefits Seminar. As a result, the historical duration, travel days and overall event experience could change. We will continue to keep you posted as everything unfolds.

Although the Seminar will not be held during the month of October, it remains our priority to make the 2022 Open Season a success. Over the coming months, the Plan will be assessing the most effective way to promote new benefits and how we can provide support and materials to branches before the official Open Season dates.





LETTER CARRIERS' DONOR DRIVE

National Partners



Please donate what you can to a food bank in your community.

1. Go to nalc.org/food
2. Select your state
3. Choose a food bank in your area
4. Make a contribution

It's that easy. All collections stay in the local community.

[#NALC](#) [#stampouthunger](#) [#donordrive](#) [#lettercarriers](#) [#heroesdelivering](#)

COVID Vaccines

COVID-19 Vaccinations will Help Keep you from Getting COVID-19

- All COVID-19 vaccines currently available in the United States have been shown to be safe and effective at preventing COVID-19.
- All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you will get COVID-19.
- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine also helps keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.
- Experts continue to conduct studies to learn more about how the COVID-19 vaccination may reduce the spread of the virus that causes COVID-19.

COVID-19 Vaccinations will be an Important Tool to Help Stop the Pandemic

- Wearing masks and staying 6 feet apart from others help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- A growing body of evidence suggests that fully vaccinated people are less likely to be infected without showing symptoms (called an asymptomatic infection) and potentially less likely to spread the virus that causes COVID-19 to others. However, further investigation is ongoing.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccinations may help reduce spread of the virus that causes COVID-19, the CDC will continue to update its recommendations to protect communities using the latest science.

COVID-19 Vaccines are Safe and Effective

We understand that some people may be concerned about getting vaccinated now that COVID-19 vaccines are available in the United States. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

For additional information go to: www.cdc.gov/coronavirus/2019-ncov/vaccines



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quit date.

Using tobacco or vaping? Keeping your lungs healthy is more important than ever, and Quit For Life® is here to help. Connect online, via the app or via phone for help fighting cravings and staying on course. With proven support on your side, you're stronger than your obstacles.



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Provided at no additional cost as part of your benefits plan.

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Sleep Disorders

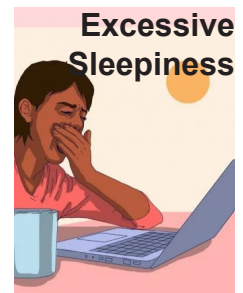
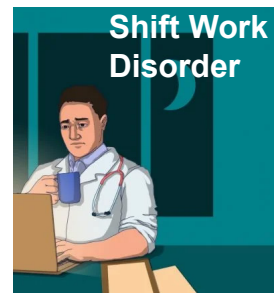
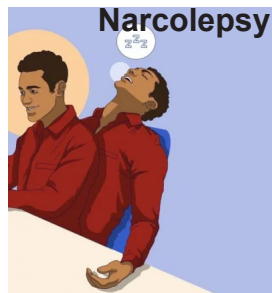
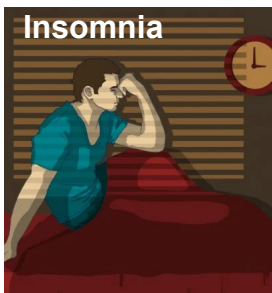
The collective term sleep disorder refers to conditions that affect sleep quality, timing, or duration and impact a person's ability to properly function while they are awake. These disorders can contribute to other medical problems, and some may also be symptoms for underlying mental health issues.

In 1979, the American Sleep Disorders Association published the first classification system dedicated to sleep disorders. Our knowledge and understanding of sleep health has evolved over the past four decades. More than 100 specific sleep disorders have been identified and today's classifications use complex methodologies to categorize these disorders based on causes, symptoms, physiological and psychological effects, and other criteria. However, most sleep disorders can be characterized by one or more of the following four signs:

- You have trouble falling or remaining asleep
- You find it difficult to stay awake during the day
- There are imbalances in your circadian rhythm that interfere with a healthy sleep schedule
- You are prone to unusual behaviors that disrupt your sleep

Any of these signs could indicate a sleep disorder. We encourage people who experience any of these issues to consult with their doctor.

Common Sleep Disorders Include:



Insomnia is a sleep disorder where you have trouble falling or staying asleep. Insomnia may be short-lived (acute) or long-lasting (chronic).

Sleep Apnea is marked by abnormal breathing at night, sleep apnea is one of the most common sleep disorders, affecting adults and children alike.

Narcolepsy is falling asleep during the day despite eight hours of sleep.

Shift Work Disorder is when you are working a job overnight when you would normally be asleep resulting in poor sleep hygiene.

Excessive Sleepiness people feel sluggish and groggy throughout the day.

Skin SAFETY

the importance of skin cancer screening



MAY IS SKIN CANCER AWARENESS MONTH

A Look At Skin Cancer SCREENING



IT SAVES LIVES

Melanoma is the 6th most common cancer in the U.S.

Melanoma causes 75% of deaths from skin cancer



EARLY DETECTION IS ESSENTIAL

Many skin cancers are 95% curable with early detection and treatment

The longer the cancer grows, the greater the risk of death from the disease



IT'S EASY

90% of melanomas can be spotted without magnification

Examine your own skin between visits to your dermatologist

MELANOMA

CAUSES approximately 8,650 deaths per year

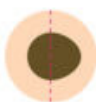
CAN appear anywhere on the body, even parts that are not exposed to the sun

MAY look like a **discolored, misshapen, or uneven mole**

Any changes in existing moles should be reported to your dermatologist

DANGER SIGNS IN PIGMENTED LESIONS ABCDE

A



ASYMMETRY

B



BORDER
IRREGULAR

C



COLOR
VARIED

D



DIAMETER
LARGER
THAN 6 MM

E



EVOLVING
APPEARANCE

Skin Cancer PREVENTION TIPS

Wear sunscreen

Use sunscreen daily with at least spf 15 and both UVA and UVB protection

Stay in the shade

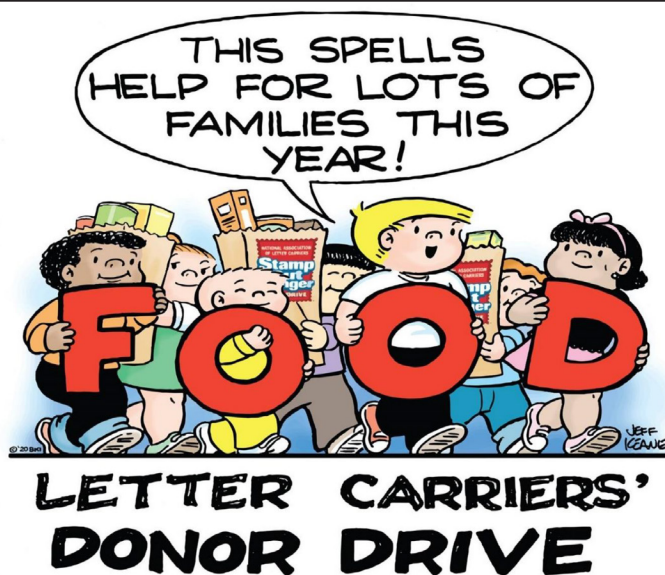
Avoid the sun when it's strongest, usually between 10 am and 4 pm

Get annual exams

Examine yourself for changes and visit your dermatologist regularly for a thorough exam



Dr. Palceski is a board certified dermatologist at Reflections Dermatology & Center for Skin Care.



NALC Health Benefit Plan
Recorded Benefit Information
Prescription Drug Program
CVS Specialty™ Pharmacy
PPO Network Providers
Precertification
Fraud Hot Line
Mental Health / Substance Use Disorder

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