

# The NALC Health Benefit Plan



Vol. 22-4



## HBR Report



Jul/Aug 2022

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# July is Sarcoma Awareness Month

[www.curesarcoma.org](http://www.curesarcoma.org)

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## Director's Report



# NALC Convention

It's hard to believe that the NALC Convention is right around the corner, and soon we will be meeting in Chicago, Illinois.

As always, the Health Benefit Plan staff is excited to take part in this event, and we look forward to seeing many of you in-person for the first time in several years.

Understandably, after the time apart, I know everyone will be packing the maximum amount of classroom time into their schedule over the five days together. With that said, we hope you will reserve some time, and we would like to invite you to join us on Thursday for the Health Benefit Plan session, covering "Innovations in Healthcare".

It is our hope to illustrate new programs and innovations that have come about since we last met in 2018 and leave you with a substantial amount of information to take back to each branch or apply personally to you and your families' health journey.

You will hear from special speakers such as: Health Benefit Plan Digital Services Supervisor, Greg Rudolph, CVS Health, Optum, and "new" for 2022, Hinge Health. I am confident that you won't want to miss this opportunity.

At the end of the session, we will have a time set aside for a panel question and answer.

Please note that the class does not require pre-registration and will be open on a first come basis.

We hope to see you there.

*Note: Please make sure to review the supply request included with this report.*





# NALC Health Benefit Plan

## Open Season Material Request

Please let us know what materials you would like to have sent to your branch for Open Season. Indicate quantities below:

- \_\_\_\_\_ High Option Color Summary Booklet
- \_\_\_\_\_ CDHP/VO Color Summary Booklet
- \_\_\_\_\_ Brochures\*
- \_\_\_\_\_ Open Season packets (kits)\*\*  
(Includes the Color Summary Booklets & the Brochure)
- \_\_\_\_\_ Trinkets/Giveaway Promotional items
- \_\_\_\_\_ 2023 Pocket Calendar



MAIL TO:

Branch # \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\*The Office of Personnel Management (OPM) has issued a “Going Green” mandate to all Federal Employees Health Benefit Plans instructing them to reduce their use of paper brochures. Please keep this in mind when ordering Open Season material. We will make every effort to send as many Brochures/Open Season packets (kits) as possible but be aware that we may need to reduce the size of your order.

\*\*We do not receive Open Season packets (kits) from the printer until the second week in November.

(Mail to Beth Morris at NALC Health Benefit Plan, 20547 Waverly Ct., Ashburn, VA 20149)

## Summer Safety



Summer is here and the American Red Cross offers tips for having fun and staying safe as you enjoy the great outdoors.

What's your plan for this summer? Enjoying the water? Going camping? Firing up the grill? Whatever you prefer, we have safety steps to follow. And don't forget your furry friends. There are steps you can take to help keep them safe too.

### WATER SAFETY

Every day, an average of 11 people die in the U.S. from unintentional drowning — and one in five of those are children 14 or younger according to the Centers for Disease Control and Prevention (CDC). The Red Cross wants everyone to know critical safety knowledge and skills that could save your life in and around the water. We encourage families to build confidence in the water by learning to be safe, making good choices, learning to swim and how to handle emergencies.

- Preventing unsupervised access to water, providing constant, active adult supervision and knowing how to swim are critical layers of protection to help prevent drowning.
- Classes to learn how to swim are available for both children and adults. Check the map for Learn-to-Swim providers in your community. Everyone should learn first aid and CPR too, so they know what to do in an emergency.
- Download the Red Cross Swim app, sponsored by The ZAC Foundation, for safety tips, kid-friendly videos and activities, and take the free Water Safety for Parents and Caregivers online course in English or in Spanish.
- It's best to swim in a lifeguarded area. Always designate a "water watcher" whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.
- Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. Reach or throw, don't go! In the event of an emergency, reach or throw an object to the person in trouble. Don't go in! You could become a victim yourself.

### CAMPING SAFETY

If a camping trip is in your plans, know the level of ability of the people in your group and the environment around you. Plan accordingly.

- Pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries that could happen to someone in your group. Take a Red Cross First Aid and CPR course and download the First Aid app so that you will know what to do in case help is delayed. You'll learn how to treat severe wounds, broken bones, bites and stings and more.
- Sprains and falls are some of the most common misfortunes travelers may face. Falls are the biggest threat, many due to poor decision-making, lack of skill or not being properly prepared. Dehydration is also a danger. Plan ahead for these dangers.
- Share your travel plans and locations with a family member, neighbor or friend.
- Bring nutritious food items and water, light-weight clothing to layer and supplies for any pets.



## GRILLING SAFETY

More than three-quarters of U.S. adults have used a grill — yet, grilling sparks more than 10,000 home fires on average each year. To avoid this, the Red Cross offers these grilling safety tips:

- Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.
- Never grill indoors — not in the house, camper, tent or any enclosed area.
- Make sure everyone, including pets, stays away from the grill.
- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.

## SUMMER AND PETS

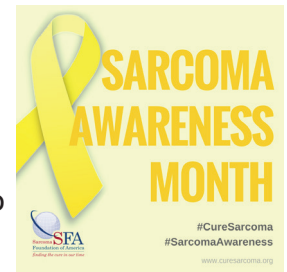
Summer's heat can be dangerous for your family pets. Follow these steps to take to help ensure your pet stays safe this summer.

- Don't leave your pet in a hot vehicle, even for a few minutes. The inside temperature of the car can quickly reach 120 degrees even with the windows cracked open.
- Animals can suffer heat stroke, a common problem for pets in the warmer weather. Dogs with short noses or snouts, like the boxer or bulldog, are especially prone to heat stroke, along with overweight pets, those with extremely thick fur coat or any pet with upper respiratory problems such as laryngeal paralysis or collapsing trachea.
- Some of the signs of heat stroke in your pet are heavy panting, being unable to calm down, even when lying down, brick red gum color, fast pulse rate and being unable to get up.
- If you suspect your pet has heat stroke, take their temperature rectally. If the temperature is above 105 degrees, cool the animal down. The easiest way to do this is by using the water hose. Stop cooling the animal when the temperature reaches 103 degrees
- Bring your pet to the veterinarian as soon as possible as heat stroke can lead to severe organ dysfunction and damage. Download the Red Cross Pet First Aid app for instant access on how to treat heat stroke, other emergencies and general care for cats and dogs and take the Cat and Dog First Aid Online Training course.

### About the American Red Cross:

*The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit [redcross.org](http://redcross.org).*

## Sarcoma Awareness Month



Each July, the sarcoma community comes together for Sarcoma Awareness Month to raise the profile of sarcoma and bring desperately needed attention to this disease – attention that will help in efforts to generate increased research and new treatments.

Sarcoma is the general term for a broad group of cancers that begin in the bones and in the soft (also called connective) tissues (soft tissue sarcoma). Soft tissue sarcoma forms in the tissues that connect, support and surround other body structures. This includes muscle, fat, blood vessels, nerves, tendons and the lining of your joints.

- Sarcoma is a type of cancer that can occur in various locations in your body. There are more than 70 types of sarcoma.
- Sarcoma affects more than 50,000 Americans and the families and friends who are by their side. It can touch lives no matter what age and at any location on the body.

### Signs and symptoms of sarcoma include:

- a lump that can be felt through the skin that may or may not be painful
- bone pain
- a broken bone that happens unexpectedly, such as with a minor injury or no injury at all
- abdominal pain
- weight loss

### It's not clear what causes most sarcomas, but risk factors that can increase the risk of sarcoma include:

- **Inherited syndromes.** Some syndromes that increase the risk of cancer can be passed from parents to children. Examples of syndromes that increase the risk of sarcoma include familial retinoblastoma and neurofibromatosis type 1.
- **Radiation therapy for cancer.** Radiation treatment for cancer increases the risk of developing a sarcoma later.
- **Chronic swelling (lymphedema).** Lymphedema is swelling caused by a backup of lymph fluid that occurs when the lymphatic system is blocked or damaged. It increases the risk of a type of sarcoma called angiosarcoma.
- **Exposure to chemicals.** Certain chemicals, such as some industrial chemicals and herbicides, can increase the risk of sarcoma that affects the liver.
- **Exposure to viruses.** The virus called human herpesvirus 8 can increase the risk of a type of sarcoma called Kaposi's sarcoma in people with weakened immune systems.

## Immunization Awareness Month



# Vaccinate with Confidence

*Protect communities. Empower families. Stop myths.*

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

### A New Approach

Vaccinate with Confidence is CDC's strategic framework to strengthen vaccine confidence and prevent outbreaks of vaccine-preventable diseases in the United States.

Vaccinate with Confidence will strengthen public trust in vaccines by advancing three key priorities:

#### **Protect Communities**

Vaccination rates remain strong nationally, but pockets of under-vaccination persist in some locations, putting communities at risk for outbreaks. CDC will support states, cities, and counties to find these communities and take steps to protect them.

#### **Empower Families**

Trust in vaccines is not built through a top-down approach, but through millions of conversations between parents, doctors, nurses, pharmacists, and community members. CDC will expand resources for health care professionals to support effective vaccine conversations.

#### **Stop Myths**

To stop misinformation from eroding public trust in vaccines, CDC will work with local partners and trusted messengers to improve confidence in vaccines among at-risk groups; establish partnerships to contain the spread of misinformation; and reach critical stakeholders to provide clear information about vaccination and the critical role it plays in protecting the public.



## **Member Portal & Mobile App**

Don't forget to check out the Health Benefit Plan's new member portal and mobile app. Register and access your account anywhere at any time by downloading the app directly to your smart device. View personal health care information such as benefits, out-of-pocket costs, deductibles, and Personal Care Account balances, when applicable. In addition, one single sign on will connect you directly to our partner sites – Cigna, CVS, Optum, and American Well.

It's created with you in mind. Conveniently take charge and manage your health benefit information.

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