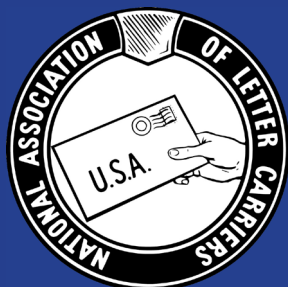


The NALC Health Benefit Plan



HBR Report
Jul/Aug 2025
Vol. 25-3

75

*Years of the
NALC Health
Benefit Plan*

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



Dear Health Benefit and Branch Representatives:

Don't forget to secure your spot at the upcoming Health Benefit Representative (HBR) Seminar.

We are excited to host another valuable event where you can participate in workshops, connect with Plan partnerships, and identify how your job as a branch representative aligns with our mission and growth.

For 50 years or since 1975, we have brought Health Benefit Representatives from all over the United States together giving them the opportunity to gain important insights, and I fully believe that this year will take second to none.

But wait there is more. Not only is it a 50-year milestone for the HBR seminar, but we are also excited to celebrate 75-years of service as an independent health benefit plan, serving letter carriers across the nation.

Please review the included information to learn more and make your plans. I welcome you and look forward to seeing you there.



Important - Due to Open Season dates opening soon after the seminar, all Health Benefit Plan toolkit information will be provided in-person at the event. Please note, this will take the place of a future toolkit mailing.

Sunscreen

Sunscreen is extremely important for skin protection and health. Here are some key reasons:



Prevents Sunburn: Regular use of sunscreen helps prevent sunburn, which can be painful and damaging to the skin.

Reduces Skin Cancer Risk: It significantly decreases the risk of skin cancers and precancers.

Prevents Premature Aging: Sunscreen helps protect against premature aging, including wrinkles and discoloration.

Daily Use Recommended: Everyone over 6 months of age should apply sunscreen daily, regardless of the weather.

Protection from UV Rays: It shields the skin from harmful ultra violet radiation, which can lead to serious skin issues.

Incorporating sunscreen into your daily routine is a simple yet effective way to maintain skin health. For more information go to: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/sunscreen-and-your-morning-routine>

NALC Health Benefit Plan Seminar - HBR Award Certificate

If you are planning to attend this year's seminar 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 for that year on service, 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 10, 2025** in order to receive an award at the Seminar.

HBR Award Recognition Form (Please complete and mail to the Plan)

I have been an HBR for 10, 20, 30, 40, 50, or 60 years and **I will be at the 37th National Health Benefit Seminar in Orlando, FL.**

Name: _____

Branch: _____

Street: _____

City/State/Zip: _____

Contact number: _____ Email address: _____

I have been the Branch HBR for 10, 20, 30, 40, 50 or 60 years. (Please circle one)

NALC Health Benefit Plan Seminar 2025

SAVE THE DATE: November 2 - November 5, 2025

The 37th National Health Benefit Seminar will be held at the **Disney Coronado Springs Resort** in Orlando, FL.

Reservations

The NALC HBP Seminar will be held at the Disney Coronado Springs Resort. The room rate is \$249 plus tax, per room, per night for the Standard / Preferred Run of the House Room, Single/Double occupancy. An additional person (18 or older) is \$25 per person per night.

Reservations can be made through the Disney Group Reservations Phone Team by calling (407) 939-4686 and mentioning the NALC Health Benefit Plan Seminar 2025 or by using the group's online booking website: <https://mydisneygroup.com/nalc2025/>

Please be aware that the rate guarantee cutoff for room reservations is **September 28, 2025**.



Airport Transportation

Walt Disney World ended the Magical Express airport shuttle service; therefore, there is no complimentary transportation between the resort and the airport. There is a paid bus service available. Go to: www.mearsconnect.com for more information. An additional transportation option would be Uber or Lyft.

Transportation to Parks

Disney provides guests regularly scheduled complimentary transportation between the Hotel and various Walt Disney World® Resort theme parks and other selected locations. This includes Disney Springs, with over 150 shopping, dining and entertainment venues, featuring some of the world's most iconic brands and restaurants.

IMPORTANT CHANGES TO THE SEMINAR SCHEDULE

Please note the following revisions to the schedule that may affect your travel arrangements:

- There will be a Larger Opening Reception on Sunday
- The conference will now conclude on Wednesday after Training (there will not be a Closing Reception)

NALC Health Benefit Plan

37th National Health Benefit Seminar Registration

Coronado Springs Resort in Orlando, FL - Nov 2-5, 2025

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

Seminar Registration Fee: \$200.00

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, Opening Reception, Breakfast & Lunch on Mon, Tues & Wed.

*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 October 1, 2025.

Lunch and Dietary Restrictions (If nothing is marked you will receive the first option each day):

Monday Lunch Choices (Choose 1): Turkey Croissant____ Roast Beef Ciabatta____
Vegetarian Mediterranean Salad____

Tuesday Lunch Choices (Choose 1): Ham & Salami Focaccia____ Chicken Caesar Wrap____
Veggie Wrap____

Dietary Restrictions: Gluten____ Vegetarian____

Guest Tickets:

If you would like a Guest to attend the Opening Reception on Sunday a ticket must be purchased.
Payment must be included with your Registration form. A Guest ticket cost is **\$175.00 per Guest**.

_____ **# of Guest tickets**

Mail Registration form and check to:

**NALC Health Benefit Plan
2025 Seminar Registration
PO Box 6
Ashburn, VA 20146**

Seminar 2025 Schedule

Sunday, Nov. 2

10:00am – 3:30pm	Registration North Registration Counter
11:00am – 3:30pm	Health Fair Coronado L
5:00pm – 8:30pm	Registration TBD
6:00pm – 9:00pm	OPENING RECEPTION TBD

Monday, Nov. 3

8:00am – 8:45am	Registration North Registration Counter
8:00am – 9:00am	Breakfast Coronado K
9:00am – 12:00pm	General Session & Awards Coronado L
12:00pm – 1:00pm	Lunch Coronado K
1:00pm – 2:00pm	Training See badge for room
2:00pm – 2:15pm	Break
2:15pm – 3:15pm	Training See badge for room
3:15pm – 3:30pm	Break
3:30pm – 4:30pm	Training See badge for room

Tuesday, Nov. 4

8:00am – 9:00am	Breakfast Coronado K
9:00am – 12:00pm	General Session & Guest Speakers Coronado L
12:00pm – 1:00pm	Lunch Coronado K

1:00pm – 2:00pm	Training See badge for room
2:00pm – 2:15pm	Break
2:15pm – 3:15pm	Training See badge for room
3:15pm – 3:30pm	Break
3:30pm – 4:30pm	Training See badge for room

Wednesday, Nov. 5

8:00am – 9:00am	Breakfast Coronado K
9:00am – 12:00pm	General Session & Guest Speakers Coronado L
12:00pm – 1:00pm	Lunch Coronado K
1:00pm – 2:00pm	Training See badge for room
2:00pm – 2:15pm	Break
2:15pm – 3:15pm	Training See badge for room
3:15pm – 3:30pm	Break
3:30pm – 4:30pm	Training See badge for room

Schedule of Office Hours

Location: Cancun & Baja

11:00am – 3:30pm	Sun, Nov. 2nd	NALC HBP Office Hours & Claims Inquires
7:45am – 8:45am 12:00pm – 1:00pm 4:00pm – 4:30pm	Mon, Nov. 3rd & Tues, Nov. 4th	NALC HBP & Vendor Office Hours & Claims Inq.
7:45am – 8:45am 12:00pm – 1:00pm	Wed, Nov. 5th	NALC HBP & Vendor Office Hours & Claims Inq.

New Employee Folders

The 2025 New Employee folders are available and ready to ship to HBR's and Branch Officers promoting the Plan. These folders are specially designed for letter carriers who are newly eligible for PSHB coverage (Career New Hire and CCA conversion classes). The folders include Plan information on High Option and CDHP benefits, How to Join, and our Mobile Portal App. Please contact the Plan and ask for the Executive Office to request a supply for your branch.



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