

The NALC Health Benefit Plan



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HBR Report



January 2020

Fredric V. Rolando, President ■ Stephanie M. Stewart, Director
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NALC Health Benefit Plan 2019 Seminar



*Upgrade Your Health To
A Union That Delivers*



Michael J. Gill



Lawrence D. Brown, Jr., Chairman



Mack I. Julion

Board of Trustees

Director's Report



Seminar Highlights

I would like to thank everyone who attended the 2019 NALC Health Benefit Plan Seminar in Las Vegas. I am excited to announce that our final registration count was over 350 attendees.

It is my hope that our new training format was helpful, and covered many of the questions or topics each of you may encounter as you work with members. The goal, as always, is to give you the tools you need when assisting our members. I realize that we pack a lot of information into approximately two to three days, so keeping that in mind, I will share that we are considering a full day of training on the last day of the 2021 HBP seminar instead of stopping at noon. At this time, this is only in the consideration stage.

Upon review of the training evaluation forms, we noticed that topics of interest included: Medicare and Coordination of Benefits, Changes to the Plan, the Transformation Diabetes Care Program, Prescription Information, and How to Read an EOB. We also received a lot of positive comments in regards to our guest speakers from CVS Health, Cigna, and Optum. However, with the positive, there will be some negative, and I am aware that an area of complaint included holding questions until the end of the training sessions. We are taking this into deliberation and hope to find a better solution, which will decrease the classroom interruptions.

Although change is sometimes uncomfortable, I appreciate your patience as we strive to improve the Health Benefit Plan Seminar. I do recognize that some revisions were highly effective, and some will not be successful in the future. Our team at the Plan, continues to review the feedback we received, and we will take into consideration everyone's comments for future planning.

A Special Thank You to the following:

- Fredric Rolando, NALC President, for attending and speaking at the Seminar.
- Larry Brown, Mike Gill and Mack Julion, Trustees, for attending the Seminar.
- Chet Drain, Br. 343, for the Opening Prayer.
- Howie Komine, Br. 860, for leading the Pledge of Allegiance.
- Glenn Norton, Br. 2502 for arranging the onsite Post Office.
- Our vendors Cigna, CVS Health and Optum for the incredible Health Fair, fabulous guest speakers and assistance in making the event a success.

We appreciate everyone's help and support with the Seminar.

Seminar Highlights



President Rolando



Stephanie Stewart, NALC HBP Director



Chet Drain, Br. 343 & President Rolando



Lori Henson-Cox-Assistant to the Director, Bernard Perlmutter-Adminstrator, Stephanie Stewart-Director, Fredric Rolando-President, Larry Brown-Trustee Chairman, Mike Gill-Trustee and Mack Julion-Trustee.

2019 Seminar Health Fair

The theme of the 2019 Seminar was Mental Health Awareness. Mental Health is just as important as our physical health, together they contribute to our overall health and well-being. In keeping with that theme, our health fair provided several ways to relieve stress and tension, which promote good mental well-being. They included relaxation pods, therapy dogs, and a chance to have a massage by a licensed massage therapist. Of course, we could not ignore the need to be physically healthy, so we also offered flu shots at no cost and a chance to have a derma-scan which may detect possible skin damage and cancer.



Meditation Pods



Massages



Flu Shots



Dermascans



Therapy
Dogs



2019 HBR Service Awards

The dedication and hard work of our Health Benefit Representatives is something we greatly appreciate and do not take for granted. While we thank all of you for the work you do, we like to give special recognition to those who have served 10, 20, 30 and even 40 years in their positions. We also like to thank the branches who were instrumental in enrolling the most new members in the Plan for 2017 and 2018 Open Seasons.



40 Years of Service

***Del Ridenour, Br. 1753
Bradenton, FL***

***David Donovan, Br. 4941
Santa Fe Springs, CA***

***Robert Murphy, Br. 40
Cleveland, OH***

30 Years of Service

***Roger Furuiye, Br. 4405
Arvada, CO***

***David LaCaze, Br. 932
Alexandria, LA***

***Hector Dominguez, Br. 3994
Alamogordo, NM***



20 Years of Service

***John Moran, Br. 4016
Frankfort, IL***

***Robert Gresham, Br. 609
Newport News, VA***

***James Powell, Br. 2184
Taylor, MI***



10 Years of Service

Jeffrey Chester, Br. 133
Sacramento, CA

Larry Dolabson, Br. 2462
Van Nuys, CA

Donna French, Br. 191
Wilmington, DE

Timothy Greene, Br. 2560
Asheboro, NC

Kimberly Marshall, Br. 1902
Mesa, AZ

Richard Mitchem, Br. 763
Columbia, MO

Dianna Williams, Br. 1037
Amarillo, TX

Robert Curtis, Br. 284
Erie, PA

John Ciszczon, Br. 155
Belleville, IL

Andy Mandell, Br. 46
Springfield, MA

William Coberly, Br. 450
Bellingham, WA



**Special Recognition for the
2017 Open Season
(for the 2018 Benefit Year)
for the Most New Members**



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2018 Open Season
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2019 Seminar Classes



2019 Seminar Trainers & Guest Speakers



Marco Vitiello, M.D., Cigna



Brandeis Seymore, CVS Health



Eric Singleton,
Optum



Karen Rosevear, Optum



Karen Cofer, Optum



2019 Closing Reception - the closing reception allows attendees the opportunity to relax after several days of training and a chance to mingle with fellow Letter Carriers and the NALC HBP Staff.





Thank you to all who contributed to the success of the 2019 Seminar.

Mental Health Awareness

Mental Health Problems Affect Everyone

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.



Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide.

For more information go to: www.mentalhealth.gov/basics/mental-health-myths-facts

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