

The NALC Health Benefit Plan



Vol. 19-3



HBR Report



June 2019

Fredric V. Rolando, President ■ Stephanie M. Stewart, Director
20547 Waverly Court Ashburn, VA 20149 - 703.729.4677



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Director's Report

NALC Constitution



The NALC Health Benefit Plan is in the process of updating our records. Early this year we included a copy of the Who is Your HBR? form in the newsletter. Thank you for taking the time to complete the form and send it back to us. Through this process it was brought to our attention that some branches are not following the laws of the NALC Constitution. We will be sending out letters in the coming weeks to correct the issues and clean up all records.

The first oversight concerns the number of members in your branch. If the branch has more than 10 active members, the Branch President may not hold another office. 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.

The second concern is the HBR has to be a member of the NALC Health Benefit Plan. Per the Constitution of The National Association of Letter Carriers Health Benefit Plan (page 132) Article 4. Sec. 3. No one shall hold any office in the National Health Benefit Plan of the National Association of Letter Carriers at any level, National, State Association, Regional, District, or Branch level, who is not a participating member of the National Association of Letter Carriers Health Benefit Plan.

We appreciate your assistance in correcting these errors so that we are all compliant with the NALC Constitution. We recently updated the Who is Your HBR? form and included it for your convenience. If you recently sent us an updated form there is no need to fill it out again but please use this version going forward for any updates.

Who is Your HBR? Shirt Raffle Winner

In the February 2019 HBR Report we included a raffle ticket to be entered to win an NALC Health Benefit Plan shirt if you completed the Who is Your HBR? form.

The winner of the raffle is **Michael Miller from Branch 182.**

Thank you to everyone that sent in updated forms.





NATIONAL ASSOCIATION OF LETTER CARRIERS

HEALTH BENEFIT PLAN

20547 Waverly Court, Ashburn, Virginia 20149 • (703)729-4677 or 888-636-NALC (6252)
Fredric V. Rolando, President • Stephanie M. Stewart, Director



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 (If no information has changed, no form is needed):

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 #: _____ (* The member ID # is required to verify coverage in the NALC Health Benefit Plan. See the Constitution of the NALC Health Benefit Plan (page 132) 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

34th National Health Benefit Plan Seminar Las Vegas Tropicana October 20-23, 2019

DRAFT SCHEDULE

(Subject to change)

Sunday, October 20th

Registration	Noon – 6:00 pm <i>Registration Desk</i>
Office/Claims Inquiries	Noon – 4:30 pm <i>Partgas 3</i>
Health Fair	Noon – 4:30 pm <i>Cohiba 3-5</i>
Meet & Greet	4:30 – 6:00 pm <i>Havana</i>

Monday, October 21st

Registration	8:00 – 9:00 am <i>Registration Desk</i>
Breakfast	8:00 – 9:00 am <i>Cohiba 1-4</i>
Claims Inquiries/ Vendors	7:30 – 8:45 am 12:00 – 1:00 pm 4:30 – 5:15 pm <i>Partgas 2 & 3</i>
General Session	9:00 – 11:00 am <i>Cohiba 6-9</i>
Morning Break	11:00 – 11:15 am <i>Cohiba 1-4</i>
General Session/ Training Classes	11:15 am – Noon <i>Cohiba 6-9</i>
Luncheon	Noon – 1:00 pm <i>Cohiba 1-4</i>
Training Classes	1:00 – 5:00 pm <i>(See Badge Color for Classroom)</i>
Afternoon Break	2:30 – 2:45 pm <i>Cohiba 1-4</i>

Tuesday, October 22nd

Breakfast ¹	8:00 – 9:00 am <i>Cohiba 1-4</i>
Claims Inquiries/ Vendors	7:30 – 8:45 am 12:00 – 1:00 pm 4:30 – 5:00 pm <i>Partgas 2 & 3</i>
Training Classes	9:00 am – Noon <i>(See Badge Color for Classroom)</i>
Morning Break	10:45 – 11:05 am <i>Cohiba 1-4</i>
Lunch Break	Noon – 1:00 pm <i>(On your own)</i>
Training Classes	1:00 – 4:00 pm <i>(See Badge Color for Classroom)</i>
Afternoon Break	1:50 – 2:05 pm <i>Cohiba 1-4</i>
Special MBA Training	4:00 – 5:30 pm <i>Cohiba 6-9</i>
CLOSING RECEPTION	7:00 – 10:30 pm <i>Havana</i>

Wednesday, October 23rd

Breakfast	8:00 – 9:00 am <i>Cohiba 1-4</i>
Claims Inquiries	8:00 – 10:45 am <i>Partgas 3</i>
Training Classes ²	9:00 am – Noon <i>(See Badge Color for Classroom)</i>
Morning Break	10:45 – 11:05 am <i>Cohiba 1-4</i>

1 - Awards will be presented during the Tuesday Morning Breakfast with pictures afterwards. If you have a guest that would like to see you receive an award and they did not purchase a Breakfast ticket they are invited to sit in the back of the room. We will still provide Breakfast for Seminar registrants.

2 - We will have speakers in our Training Classes throughout the week and will have Training on Wednesday morning. Please plan your travel accordingly.



NALC Health Benefit Plan

34th National Health Benefit Seminar

October 20-23, 2019
Las Vegas Tropicana

**REGISTRATION FEE: \$150.00 for a Registered HBR with the Health Plan
& \$200.00 for Other Branch Representatives**
Please complete a SEPARATE form for each Registrant

Name: _____ Title: _____

Branch #: _____ Branch City: _____

Branch Address: _____

Number of Years HBR: _____ Number of Seminars Attended: _____

(Please do not leave the above information blank. Please give an estimate but please do not write ALL.)

Mailing Address for Confirming Your Registration:

Street: _____

City: _____ State: _____ Zip: _____

Contact Phone #: _____ E-Mail Address: _____

Arrival Date: _____ Departure Date: _____

Guest Tickets

Guest tickets must be purchased & payment included with this form (please indicate the # of tickets needed below):

_____ Award Breakfast \$40 (Tues.) _____ Reception \$125 (Tues.)

Registration Fee Includes:

- All Seminar Materials • Health Fair (During Registration) • Sunday Meet & Greet w/ drink tickets
- Breakfast (Mon, Tues, Wed) • Lunch on Monday • Closing Reception on Tuesday

Lunch Choice (Choose 1): _____ Turkey _____ Italian _____ Vegetarian

Dietary Restrictions (Please check one):

_____ Gluten _____ Vegetarian *(Please call for Other Dietary Restrictions, we will make accomodations if we are able.)*

Please make the Registration Fee payable to the NALC Health Benefit Plan. The Registration Fee must accompany this form. *(We are sorry but the NALC HBP cannot accept Credit Card payments.)*

Mail registration form with your check to: **NALC Health Benefit Plan**
ATTN: 2019 Seminar
20547 Waverly Court
Ashburn, Virginia 20149

Please 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 request by September 20, 2019.

**For NALC Health Benefit Plan
Use ONLY:**

Branch Chk OR Personal Chk

Check #: _____

Check amount: _____

Seminar Information



NALC Health Benefit Plan Seminar 2019 - Room Reservations

The 34th National Health Benefit Seminar will be held at the **Tropicana** in Las Vegas, NV. The dates for the seminar are October 20, 2019 through October 23, 2019. The NALC Health Benefit Plan room rate at the Tropicana is \$129 plus tax, per room, per night for the Club Deluxe room. Reservations for the Tropicana can be made by calling 800-634-4000 and mention the NALC Health Benefit Plan Seminar 2019.

Please be aware that the rate guarantee cutoff for room reservations is **September 24, 2019**.

Best Branch Newsletter Article Award - Deadline September 24, 2019

Send us your original newsletter articles! The Plan will be presenting an award at the Seminar for the best Branch original newsletter article. The article can be on Plan benefits, human interest stories about how the HBP helped branch members, or any other health related articles that you feel are of interest to the membership.

Please forward a copy of your 2019 newsletter article to: NALC Health Benefit Plan, Attention Beth Morris, 20547 Waverly Ct., Ashburn, VA 20149.

NALC HBP 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: HBP Seminar, 20547 Waverly Ct., Ashburn, VA 20149 by **September 24, 2019** 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 34th National Health Benefit Seminar in Las Vegas.

Name: _____

Branch: _____

Street: _____

City/State/Zip: _____

Contact number: _____

I have been the Branch HBR for _____ years.

Mental Health Awareness



What is Stigma? Why is it a Problem?

Stigma is when someone, or even you yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad.

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support and living well. Learning how to avoid and address stigma are important for all of us, especially when you realize stigma's effects:

- People experiencing mental health conditions often face rejection, bullying and discrimination. This can make their journey to recovery longer and more difficult.
- Mental health conditions are the leading cause of disability across the United States.
- Even though most people can be successfully treated, less than half of the adults in the U.S. who need services and treatment get the help they need.
- The average delay between the onset of symptoms and intervention is 8-10 years.
- Suicide is the second leading cause of death of youth ages 15-24 and the tenth leading cause of death for all Americans.

Stigma is toxic to mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment.

The National Alliance on Mental Illness (NAMI's) Three Steps for Being StigmaFree:

1. **Educate yourself and others** - Everyone knows a little about mental health issues but knowing the facts can help you educate others and reject stigmatizing stereotypes.
2. **See the person, not the condition** - 1 in 5 Americans live with a mental health condition and each of them has their own story, path and journey that says more about them than their diagnosis does.
3. **Take Action** - We can take action now as we push for better legislation and policies to improve lives for everyone. By lending your support, you can show that this cause is important to you.

**THE PERCEPTION OF MENTAL ILLNESS WON'T CHANGE
UNLESS WE ACT TO CHANGE IT.**

Seminar News - Special MBA Presentation

You may have noticed on the schedule for the 2019 Seminar in Las Vegas, a Special MBA Training on Tuesday afternoon. MBA will be joining the Health Benefit Plan to highlight the many programs that MBA has to offer.

We thought it would be helpful for many of you that have dual roles, and for those that want to bring the information back to other branch representatives.

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