

a good start

MyCareAllies provides you with information and tools to help you improve and maintain a healthy lifestyle. You will have access to health and medical topics in addition to interactive tools to obtain immediate feedback on your health status. You can also review questions to ask your physician and nurses to better manage your health.



be well

Effective 1/1/16, NALC is introducing a new disease management program called the Personal Health Team at Your Health First. This program allows you to work 1 on 1 with a health advocate on a wide range of conditions to help improve your health. For more information, call 1.877.220.NALC (6252).

member links

- [Discounts on health and wellness products](#)
- [Health Information Knowledgebase](#)
- [WebMD Personal Health Manager](#)
- [Take your health assessment now](#)

provider network

- [OAP Network Provider Directory](#)