Start Your Healthy Journey

• Where do you Stand in Your Health?
• Visit the NALC Health Benefit Plan (HBP) to Take the Health Assessment (HA)
• You will Need to Register and Verify Eligibility in the NALC HBP
• Choose a Traditional or Interactive Approach
What Does the Health Assessment Evaluate?

- Health Assessment Consist of 5 Topics:
  - Medical History
  - Personal Information
  - Health Screenings
  - Lifestyle
  - Life and Work

- Takes About 15 Minutes
- Answer Questions to the Best of Your Ability
- For an Interactive Approach, Select Your Game Piece and Play!
- In 2018, 2,467 Members and Dependents Completed the HA
Medical History

List Current and Past Medical Conditions:
- Headaches
- Allergies
- Chronic Pain
- Asthma

If you are Unsure, Check with Your Doctor

Your Past and Present Health Decisions are Important for Your Future Health
Personal Information

• This Section Has Questions Like:
  ✓ Height
  ✓ Weight
  ✓ Lifestyle
  ✓ Blood Pressure
  ✓ Cholesterol
  ✓ Exercise Status
  ✓ Relationship Status

• You Can Always Update Your Numbers Later
Health Screening

• Annual Physicals and Screenings can Help to Catch Potential Health Concerns

• Take Advantage of the Preventive Services Available to You

• Screenings You Need Will Depend on Your Age, Gender, Family History, or Your Current Risk Factors
Life and Work

- Your Life and Job Both Have Affects on Your Overall Health
- This Section will Address:
  - Job Performance
  - Stress Levels
  - Job Attendance
  - Sleep Patterns
Lifestyle

• Many of Your Daily Habits Contribute to Your Overall Health
• Your Lifestyle Tells Us a Lot About Your Health Choices
• This Section will Address:
  ✓ How you Eat
  ✓ Alcohol Consumption
  ✓ Smoking
  ✓ Medications
  ✓ Exercise Patterns
Get Rewarded For Completion!

- After Completion, Select Your Reward!
- You Will Get an Overall Wellness Score
- There Will be Tips on Areas You Need to Work on to Continue Your Healthy Journey.
Healthy Choices, Deserve Healthy Discounts

A Program that Promotes Wellness, Good Health, and Healthy Behaviors

A Program Available to All Members that Provides Discounts on Services Not Usually Covered by the Plan.
Healthy Rewards

You can Save Up to 40% on Products and Services such as:

- Weight and Nutrition
- Fitness & Mind/Body
- Vision & Hearing
- Alternative Medicine
- Wellness & Healthy Products
Healthy Rewards

There are No Claims Forms or Referrals, so the Program is Easy to Use.

You Have Access to a Nationwide Network of More Than 50,000 Providers and Over 9,000 Fitness Clubs.

For High Option Members, you can access the Healthy Rewards Program® by calling 800-558-9443 or visiting the Plan's website at www.nalchbp.org. When enrolled in the CDHP or Value Option Plan, you can call 855-511-1893 or visit www.mycigna.com.
Keeping you Healthy on Your Journey with Preventive Care

Preventive Healthcare can Improve Your Health and Create a More Balanced Lifestyle While Reducing Medical Costs.
Preventive Care - The Value

100% Coverage for Certain Immunizations and Screenings when Rendered by a PPO Provider.

- Important to Overall Health
- The Key to Long Term Health
- Could Alert Patient to Future Risks
Preventive Care - Adult

- Routine Physical Exam - One Annually, Age 22 or Older
- Biometric Screening - One Annually
- Colonoscopy Screening - One Every 10 Years for Adults Age 50-75
- Diabetes Screening
- General Health Panel Blood Test - One Annually
- Cervical Cancer Screening - One Annually for Adults Age 21-65
- Routine Mammogram
  - Age 35-39 one during this five-year period
  - Age 40 and older, one every calendar year
Preventive Care - Adult

- Smoking Cessation Program
- Seasonal Flu Vaccines
- High Blood Pressure Screening - as Recommended by the USPSTF
- Depression Screening - Age 18 and Older
- Prostate Specific Antigen (PSA) Test - One Annually
Preventive Care - Children

Well-child visits, examinations, and immunizations as described in the Bright Futures Guidelines provided by the American Academy of Pediatrics.

- Initial Examination of a Newborn Child Covered Under a Family Enrollment
- Routine Physical Exam - One Annually Age 3-21
- Newborn Hearing Test - One in a Lifetime
- Examinations Done on the Day of Covered Immunizations, Age 3-21

For a complete list of childhood immunizations covered through age 21, please see the American Academy of Pediatrics Bright Futures Guidelines.
Gaps In Care Program

- What are Gaps in Care?
- What are the Causes of These Gaps?
Disease Management – Gaps In Care Program

• What is the Gaps In Care Program?
• How Does it Work?
Gaps In Care Program Goals

- Improve Health
- Improve Member’s Knowledge of Their Health
- Ensure Treatment Plans are Followed
- Encourage Member Involvement
- Create Healthier Lives
Continuing to Manage Your Chronic Conditions
Disease Management – Your Health First Program

- Telephonic Coaching
- Online Coaching
- 24/7 Online Support

Put your health first!
Your Health First Program – What It Can Accomplish

• Recognize worsening symptoms and know when to see a doctor
• Establish questions to discuss with doctor
• Understand the importance of following doctors’ orders
• Develop healthy habits related to nutrition, sleep, exercise, weight, tobacco, and stress
• Prepare for hospital admission or recover after a hospital stay
• Make educated decision about treatment options
Your Health First Program – Outreach

Outreach is triggered by the following conditions:

- Asthma
- COPD (emphysema and chronic bronchitis)
- Low back pain
- Metabolic syndrome
- Osteoarthritis
- Peripheral arterial disease
- Behavioral:
  - Anxiety
  - Bipolar disorder
  - Depression
- Diabetes mellitus:
  - Type 1
  - Type 2
- Cardiac concerns:
  - Acute myocardial Infarction
  - Angina
  - Congestive heart failure
  - Coronary artery disease
  - Heart disease
Transform Diabetes Care™

- Free to Eligible Members and Dependents
- Offered by Livongo through CVS Caremark
- Eligible Participants Receive:
  - Connected Meter
  - Actionable Messaging
  - 2 Diabetes Health Evaluations Annually at MinuteClinic
  - Unlimited Test Strips and Lancets

ALL AT NO COST!
TIME TO GET HEALTHY!