



## Disaster aid available for carriers in 28 states

**A**ssistance grants are available to help active and retired letter carriers and other postal employees in 28 states to rebuild their homes and their lives following a number of natural disasters this year, thanks to the Postal Employees' Relief Fund (PERF).

PERF is an independent charitable agency created in 1990 by the NALC, other postal unions, management associations and the Postal Service. Funded by donations from those groups as well as individuals, PERF does not provide immediate emergency assistance, which is the mission of other agencies. Rather, it helps postal employees pay for out-of-pocket disaster damages not covered by insurance or other aid, such as grants from the Red Cross or the Federal Emergency Management Agency (FEMA). Typically, PERF payments can run anywhere between \$1,000 and \$14,000.

Since January, FEMA has issued major disaster declarations following tornadoes, severe storms, flooding and mudslides in 28 states (*see list at left*). These official disaster declarations initiate the PERF process. The fund also covers losses due to house fires.

PERF application forms and information are available on the website at [postalrelief.com](http://postalrelief.com), by writing Postal Employees' Relief Fund, P.O. Box 34500, Washington, DC 20043-4500, or by calling 202-408-1869. ☒

### States where FEMA has issued disaster declarations in 2007:

Alabama	New Hampshire
California	New Jersey
Connecticut	New Mexico
Florida	New York
Georgia	North Dakota
Illinois	Oklahoma
Iowa	Oregon
Kansas	Pennsylvania
Kentucky	Rhode Island
Louisiana	South Dakota
Maine	Texas
Massachusetts	Vermont
Missouri	Washington
Nebraska	West Virginia



**CIGNA**

## CIGNA will become network provider for Health Benefit Plan in 2008

**T**he NALC Health Benefit Plan has announced that CIGNA HealthCare will be the new network provider for doctors and hospitals for Plan members beginning January 2008.

Members should take a moment to check the NALC Health Benefit Plan website at [nalc.org/depart/hbp](http://nalc.org/depart/hbp) to verify that your doctors are in the new network. For those without access to the Internet, call the HBP at 877-220-NALC (6252) after September 1 to verify your doctor's participation.

If your doctor is part of the new network, you should inform him or her in January that NALC HBP has changed to the CIGNA HealthCare Shared Administration Network, and provide him or her with a copy of the

new membership card that you will receive later in the year.

If your doctor is not part of the network, download a "Nomination Form" from the website or write to the HBP to receive a hard copy. Once the form is returned, the HBP will submit it to CIGNA for possible consideration to the network. However, there is no guarantee that your doctor will become part of the network. In addition, the HBP recommends finding a doctor in your area who is part of the new network in order to have an alternative planned in advance of the new year.

If you have any questions, please call the NALC HBP at 888-636-NALC (6252) after September 1. ☒