



Health plan news

As the numbers for Open Season draw to a close, we have 6,431 new members in the Plan. Great work, everyone! Many thanks to the HBRs, state association officers, branch officers and shop stewards, along with the many people here at the Plan who developed the strategy for attracting new members. Out of 289,147 NALC members, we now have 70,706 in the Plan.

As everyone is aware, we have been striving for an all-letter carrier health benefit plan and the membership has been responding to that call. In the last three years, the net total of new members joining in the Plan is an astounding 37,946.

Enhanced eldercare services

Caring for an aging parent, elderly spouse or disabled dependent can sometimes present a difficult challenge. When you are not quite sure of your next step, this program may give you the guidance you need. Expert care advocate registered nurses are trained and qualified to assist in developing a unique plan of care for your elderly or disabled loved one, from evaluating the patient's needs and coordinating the care to following up and changing the plan of care based on the patient's needs.

There are six hours per calendar year available for you to receive assistance from a care advocate. If the need arises, there is an option to purchase additional services.

Calling the toll-free number, 877-468-1016, will enable you to utilize the enhanced eldercare services. You can call 24 hours a day, seven days a week to get the assistance needed in arranging eldercare services. All calls and services are kept confidential. When your elderly family member needs help, these services are there to offer excellent solutions for challenging situations.

QuitPower Program

Need extra help to quit smoking? Kicking the habit isn't easy. You want to be healthy for yourself and your family. How do you finally quit for good? The QuitPower Program is designed to get you through this stressful time.

This is a voluntary program that provides you with access to a wellness coach, a trained professional who can motivate and encourage you. When you sign up for the program, you can qualify to receive an eight-week supply of over-the-counter nicotine replacement therapy or gum

at no cost. The best part of the program is that it works with your schedule. You can choose to complete it online, over the phone or by mail.

To join, simply call 877-QUIT-PWR (877-784-8797) or go to our website, nalc.org/depart/hbp. Coverage is also available for prescription medications for smoking cessation under our prescription drug benefits.

Weight management program

Excess weight significantly impacts your health. It is a contributing factor to health issues such as high blood pressure, diabetes and heart disease. Deciding to lose the weight is a personal issue and not all approaches work for everyone. Through this free program, you can manage your weight with a plan that works for you, either through a telephone or online program. To enroll, call 877-220-NALC (6252) or go to nalc.org/depart/hbp.


The telephone program features:

- Personal healthy living plan
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Support line available 24 hours a day, seven days a week
- Individual telephone coaching
- Workbook and tool kit
- Healthy Rewards discounts

The online program features:

- Personal health assessment and healthy living plan
- Interactive tools and resources
- Weekly educational e-mails
- A 12-week self-paced program
- Healthy Rewards discounts
- Secure, convenient support

Healthy Rewards program

The Healthy Rewards program* can provide discounts when you have decided it is time for a healthier lifestyle. Receive discounts for weight programs, exercise activities, fitness clubs, oral hygiene products, books and magazines, as well as vision and hearing services. Call 800-870-3470 to receive more information. 

*Some Healthy Rewards programs are not available in all states. A discount program is *not* insurance; the member must pay the entire discounted charge.