



Open Season dates officially announced: Nov. 14-Dec. 12

Another Open Season is quickly approaching, and I wanted to take this opportunity to talk to you about the NALC Health Benefit Plan. From Nov. 14 to Dec. 12, every postal employee will have the opportunity to choose his or her health coverage for the 2012 benefit year.

Once again, we will provide letter carriers with an opportunity to check out the excellent benefits offered by the NALC Health Benefit Plan—your union-owned, union-operated plan. Aimed at keeping you and your family healthy, we suggest that you take the time to compare benefits and services as Open Season approaches. In this time of ever-increasing health care costs, you may face no greater decision than to choose the right medical coverage for your family.

More than 60 years ago, the NALC recognized that letter carriers should have some form of health coverage. Clearly, the NALC Health Benefit Plan would not exist if it were not for the foresight of those members who saw the need for such a plan. In 1950, this vision became a reality in a small room in Washington, DC, with two clerks on loan from NALC Headquarters.

Although many years have slipped away since that day and many things have changed, our goal and vision here at the Plan are the same. We still believe in a health plan for the letter carriers that offers the highest benefits possible at a competitive premium.


Increasing the participation of active letter carriers further strengthens the Health Benefit Plan and ensures its continued existence. Remember, the longevity of the Plan is not by accident but results from hard work and dedication.


On behalf of the Plan, I would like to urge everyone not presently a member of the NALC Health Benefit Plan to take a look at us this year. We offer excellent benefits, affordable premiums and prompt and courteous claims service. When quality counts, you can count on the NALC Health Benefit Plan. So, do your homework, list your priorities and make an educated decision.

Keep in mind that we are in the process of preparing our Open Season materials, and we are awaiting the government's determination as to the final premium rates for each of the plans. Stay tuned, as more information about this year's 2012 benefits will be coming your way shortly.

Reminder: As you have been reading in the last few *HBR Reports* and *Postal Record* articles, we are swiftly approaching the NALC's 30th seminar. I would like to reiterate that if you are planning to attend, please fill out your registration form and submit it as soon as possible. (See below for an example of the form.)

This year, the seminar is scheduled for Oct. 16-19 at the Flamingo Hotel and Casino in Las Vegas. On Sunday, Oct. 16, we will kick off with registration, a health fair and an opening meet-and-greet reception. During the following days, the schedule is packed to include educational classes, special speakers, an awards luncheon and a fun-filled closing reception. What a great opportunity to meet other brother and sisters and learn about the Plan.

Fill out that registration form today and support the United States Postal Service by dropping it in the mail. We look forward to seeing you there. 

NALC Health Benefit Plan
30th National Health Benefit Seminar
October 16 – 19, 2011
The Flamingo Las Vegas

REGISTRATION FEE: \$100.00
 Please complete a SEPARATE form for each Registrant

Name: _____ Title: _____
 Branch: _____ Branch City: _____
 Number of Years HBR: _____ Number of Seminars Attended: _____

Mailing Address for Confirming Your Registration:
 Street: _____
 City: _____ State: _____ Zip: _____
 Daytime Phone: _____ Home Phone: _____
 E-Mail Address: _____
 Arrival Date: _____ Departure Date: _____
 Guest (Name): _____

Guest tickets (Payment must accompany registration for advance purchase):
 Meet & Greet (Sun.) \$40 Cont. Breakfast \$30 (per day) Awards Lunch (Mon.) \$45 Reception (Tues.) \$65
 Special Dietary Needs (Luncheon): _____

Will you be attending the MBA Seminar? Yes ___ No ___ (Separate registration required.)
 Will you be attending the National Rap Session? Yes ___ No ___

*President Rolando will not be speaking at the Health Benefit Plan Seminar. You are welcome to attend the Rap Session on Sunday, October 16th from 8am-12pm at Planet Hollywood to hear his presentation.

Registration Fee Includes:

- ▶ All Seminar Materials
- ▶ Health Fair (During Registration)
- ▶ Continental Breakfast Each Day
- ▶ Sunday Meet and Greet
- ▶ Monday Awards Lunch
- ▶ Tuesday Closing Reception

Please make the Registration Fee (\$100.00) 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 for the Registration Fees.)

Mail registration form with your check to: NALC Health Benefit Plan
 ATTN: 2011 Seminar
 20547 Waverly Court
 Ashburn, Virginia 20149

QUESTIONS??? – Please Call (703) 729-8104