



## Updates from the HBP

**T**he NALC Health Benefit Plan provides members the opportunity to register and create a personal health record through our secure website. Through this tool, you can keep an up-to-date record of current medications, emergency contact information, physician contact information, medical conditions, allergies and immunization records. All information is password-protected and accessible only by you or a family member you designate as a personal representative.

The personal health record is easily accessed and can be updated as often as needed. You can download the PHR to your home computer or print it directly from the website. Keeping all your health information organized and in one location can improve your communications with your provider and save you time. It is available to you 24 hours a day, seven days a week from our website, so you never have to leave home again without it.

### Electronic health record (EHR)

Another useful tool through our website is the electronic health record (EHR). This tool allows members to view their claims history, print copies of their history, and get real-time deductible and catastrophic out-of-pocket amounts for themselves and their families. The claims history is in a similar format to our "Explanation of Benefits" form that is sent to our membership. The EHR includes the following information: patient's name, charged amount, plan allowance, paid amount, copayment, deductible, coinsurance amount, provider's name, date of service, comments and type of service.

### 2012 annual food drive

I am excited to report that we collected 4,283 pounds of food for the 2012 annual Stamp Out Hunger Food Drive.

Let me start by saying "thank you" to all of the employees at the NALC Health Benefit Plan for their hard work and donations during the week of May 7. As you can see,

each single pound/donation that was contributed added up to an amazing final number.

This year, our donations were sent to a local food bank, Loudoun Interfaith Relief, Inc. (LIR). LIR was established in 1991 and has become one of the largest food pantries in the county, with staff and volunteers trained to utilize and provide healthy, balanced meals for those in need. In 2011, LIR served more than 75,000 individuals (more than 19,000 families) and was able to provide enough food to prepare almost 790,000 meals. Wow! With this notable success, we felt confident in our decision to reach out to help make a difference in our neighboring area.

### 2012 biennial convention

By the time you receive this *Postal Record*, we will be just a few weeks away from the 68th biennial convention in Minneapolis. In saying that, let me remind you again that the Plan will be hosting two classes, one for branch officers and health benefit representatives, and another for all delegates.

If you have any questions about the classes, please contact Beth or Carmella at 888-636-NALC (6252). I look forward to seeing you in Minneapolis. ✉



NALC Health Benefit Plan employees show off just a few of the donations they collected for a local food bank during the 20th annual Stamp Out Hunger Food Drive.