

Personal health support



**Brian
Hellman**

As part of your NALC health benefit plan, programs are available to support people with asthma, diabetes, heart failure, chronic obstructive pulmonary disease (COPD) and coronary artery disease (CAD).

We have a partnership with Alere—a leading provider of personal health support services—to bring you individualized health care. The free and completely confidential health management programs are part of your existing benefits plan. They are designed to empower you to make smarter decisions about your health and health care, and to connect you with information and resources to maximize your quality of life.

When you enroll in an Alere program, you will develop a caring relationship with a nurse specialist, who over time will help you work on specific health issues, set goals that are manageable and realistic for you and your lifestyle, and help you manage your illness better so you can get the most out of your life, professionally and personally. Additionally, you will have 24-hour access to experienced nurses to answer questions and provide guidance so that you can get help whenever you need it, day or night.

Here is a brief summary of the benefits you'll receive by enrolling in one of these programs:

- Access to Nurse24—immediate expert advice from registered nurses available 24/7
- A manageable care plan to meet your health goals
- Doctor visit preparation to help you get the most out of the appointment
- Expert monitoring of your health condition
- Help navigating the complex health care system
- Access to a personalized site (Alere Health Portal) designed just for you to help you improve and manage your health. Your personalized site:
 - Presents your top recommendations, tools and trackers to help you meet your health goals.
 - Gives you relevant content displayed right on the homepage based on what you like, what you do and what you need. You decide what to see!
 - Provides fun tools and resources that can help you take action to live healthier.

Begin your journey to better health today. You have nothing to lose and everything to gain. Enrolling is quick and easy. Call Alere today at 866-956-6252 or enroll online at

NALCALereHealth.com. For more information about the Alere Health Portal, please see below.

Alere Health Portal

If it's your first time on NALCALereHealth.com, you must first register for the site. Don't worry, it's free and easy! Follow these steps:

- Under "Register," click if you are an employee, spouse or dependent, and then click the blue "Register" button.
- Enter your first name, last name, date of birth, gender and member ID as it appears on your NALC ID card, and then click "Validate."
- Choose an e-mail address and password to log on in the future and fill out the remainder of the information.
- Review the terms of use and accept.

How can one website change your life? Here are a few exciting features:

- Watch videos, complete interactive tutorials and download MP3 files.
- Get questions answered about your or a family member's health with the easy-to-use symptom checker.
- Fun, personalized conversations help you learn by asking you questions about your specific situation and providing information relevant only to you.

Thinking about quitting tobacco use?

Another great area of the Alere Health Portal is the Quit for Life link, where you can find out more about this voluntary tobacco cessation program offered by the Plan, which includes:

- Five professional 30-minute telephone counseling sessions per quit attempt, limited to two attempts per year
- Online tools
- Over-the-counter nicotine replacement therapy
- Toll-free access to tobacco coaches for one year

Quit at your own pace, on your own terms—but get the help you need, when you need it. Direct shipment of nicotine substitutes or medication and access to trained coaches will help you become tobacco-free. For more information, call 866-784-8454 or visit the website at quitnow.net/nalc.

Note: FDA-approved prescription medications and over-the-counter medications (when purchased with a prescription) for tobacco cessation are covered only under the prescription drug benefit.

This is a summary of some of the features of the NALC Health Benefit Plan. Detailed information can be found in the official brochure. All benefits are subject to the definitions, limitations and exclusions set forth in the official brochure.