

# Happy new year!



**Brian  
Hellman**

**H**ere we are again at the start of another brand new year. For some, it's a new beginning, a time to start fresh and be a healthier and better person, and for others, it's just a list of hopeful resolutions that will be thrown into the trash by Jan. 31 without any effort or success. If you fall into the second category and your list includes weight, smoking or preventive care, let us help. Don't throw that list out yet, but grab your pencil and let us help you mark those resolutions off.

## **Resolution 1: Lose weight**

### **Healthy Steps to Weight Loss—**

Losing weight and keeping it off is hard, especially if you are trying to do it alone—but now you don't have to. The NALC Health Benefit Plan has partnered with CIGNA to offer the Healthy Steps to Weight Loss weight management program, which provides you with a personal coach to help you lose that unwanted weight—for good. This voluntary program provides an online and telephone support system for participants struggling with losing weight. By telephone or online, CIGNA will work with you to create a plan that's customized to your life and will be there every step of the way—on your time and on your terms until you see the results you want.

The Healthy Steps to Weight Loss program is designed to support you in achieving and maintaining your long-term weight goals, including:

- A structured approach and a motivational support system to help you more effectively manage your weight.
- Focusing on long-term lifestyle changes and helping you take control in your life.
- CIGNA uses a non-diet approach to help increase your physical activity and make healthier food choices that meet your preferences and lifestyle.

To enroll in the Healthy Steps to Weight Loss program, please call 877-220-NALC (6252) or go online to enroll at [nalc.org/depart/hbp](http://nalc.org/depart/hbp).

## **Resolution 2: Quit smoking**

**Quit For Life Program**—Break your tie to tobacco. The single most important step you can take to immediately improve your health is to quit smoking. If you are ready

to check this item off your list forever, we offer a complete smoking cessation program to help.

At no additional costs, our comprehensive program components are offered for Plan members/eligible dependents and include:

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

For more information, call 866-784-8454 or visit [quitnow.net/nalc](http://quitnow.net/nalc).

However, if you choose not to participate in the Quit For Life Program, over-the-counter medications for tobacco cessation are cost-free under our prescription drug benefit. You will need to get a prescription for the over-the-counter medication, and the Plan will pay 100 percent when purchased at a NALC CareSelect/NALC Preferred retail pharmacy or our mail order program.

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## **Resolution 3: Routine checkups**

**Preventive care is important to overall health, and the key** to long-term good health. It is always good to check your calendar and determine when you had your last annual routine physical. Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems, such as high blood pressure, high blood sugar or cholesterol. These conditions don't often produce any symptoms in their initial stages, but a preventive exam may detect future problems.

In 2013, the NALC Health Benefit Plan package provides nationwide comprehensive medical coverage that safeguards your health with 100-percent coverage of certain preventive care services. Covered adult preventive services include, but are not limited to, an annual routine physical exam, certain adult routine immunizations endorsed by the CDC, mammogram screening, an annual EKG, chest X-ray and urinalysis. Keep in mind that these are only highlights and do not include all routine preventive services that are covered at 100 percent. To find a complete listing of all adult and childhood preventive covered services, please see Section 5(a) of our 2013 Plan brochure.