

Health information technology



**Brian
Hellman**

The NALC Health Benefit Plan supports you in your efforts to get healthy and stay healthy. As a result, we offer programs and tools to assist you in this fast-paced and technology-driven world.

Personal Health Record

Our online Personal Health Record on the Plan's website, nalchbp.org, is a valuable tool our members can use to create and keep up-to-date records of medications, immunizations, allergies, medical conditions, physicians and emergency contacts. Your personal health information is stored in a single safe, password-protected place accessible only by you or your designated

personal representative.

If you are enrolled in the NALC High Option Plan, simply go to our home page and log into your account in the top right-hand corner. The Personal Health Record is easy to navigate so you can update information at your convenience. The Blue Button feature on the Personal Health Record home page allows you to access and download your Personal Health Record information into a simple text file that can be read, printed or saved on any computer.

If you are enrolled in the CDHP or Value Option Plan, start with the mycigna.com website. Once you register and log in, you will have access to a secure site on which you can view your own personal health information such as your Personal Care Account (PCA) and your complete claims history.

Health Risk Assessment

The Health Risk Assessment (HRA) is yet another opportunity to be proactive where your health is concerned. If you are enrolled in the High Option Plan, simply go to the NALC Health Benefit Plan's website and click on the Health Risk Assessment quick link on the homepage. Find out just how healthy you are or what you can do to improve your current state of health. The Health Risk Assessment analyzes your responses to health-related questions and gives you a personalized plan to achieve your specific health goals. The online profile gives you the feedback you need to put you on the path to achieving your optimum physical and mental health.

If you are enrolled in the CDHP or Value Option Plan, go to mycigna.com. As with the High Option Plan, you will be able to determine if you really are as healthy as you think you are, in addition to receiving a personalized and healthier plan.

However, no matter which plan you are enrolled in,

keep reading for another great reason to complete the Health Risk Assessment. When you complete the Health Risk Assessment, you are automatically enrolled in the CignaPlusSM Savings discount dental program **at no cost to you**. CignaPlus Savings is a discount dental program that provides members access to discounted fees with participating dental providers. If you have Self Only coverage with our Plan, when you complete the HRA, we will enroll you in the CignaPlus Savings discount dental program and pay the Self Only CignaPlus Savings discount dental premium for the remainder of the calendar year in which you completed the HRA, provided you remain enrolled in our Plan. If you have Self and Family coverage with our Plan, when at least two family members complete the HRA, we will enroll you and your covered family members in the CignaPlus Savings discount dental program and pay the Self and Family CignaPlus Savings discount dental premium for the remainder of the calendar year in which both HRAs were completed, provided you remain enrolled in our Plan.

“The Health Risk Assessment analyzes your responses to health-related questions and gives you a personalized plan to achieve your specific health goals.”

The CignaPlus Savings program is a dental discount program that provides NALC Health Benefit Plan members and their dependents discounted fees on dental services and gives you access to more than 99,459 dental providers with 197,133 access points and a national average savings of 35 percent off average charges. The Self Only enrollment monthly premium is \$3.75, and \$5.50 monthly for a Self and Family enrollment. There are no deductibles, age limits or waiting periods, making access to the discounts hassle-free. There are no claim forms to complete, since you pay the participating provider at the time services are rendered. To find out more about the program or to enroll, call 877-521-0244. This program is not part of the Plan's FEHB benefits and is not insurance.

myCVS™ On the Go

Enjoy the convenience of accessing a CVS pharmacy or locate a MinuteClinic on your smartphone or mobile device. Go to the iTunes store on your Apple device or Google Play on your Android operating system to download the app. You can also visit the CVS/caremark mobile sites at cvs.com to “open” your CVS pharmacy anytime, anywhere.