

# How well do you know your health?



**Brian Hellman**

**H**ow well do you know your health? Although we talked about this program in the December issue, I would like to again encourage you to complete your Health Risk Assessment (HRA).

When you fill out our free HRA at [nalchbp.org](http://nalchbp.org), you are taking a positive step toward better physical and mental health. The HRA is an online program that analyzes your health-related responses and gives you a personalized plan to achieve specific health goals. Your HRA profile may be used to spark discussion with your physician, or it may simply provide tips you may follow. In summary, this questionnaire is used to provide individuals with an evaluation of their

health risks and quality of life.

As a bonus for being proactive, you may either choose to be enrolled in the CignaPlus Savings<sup>SM</sup> discount dental program, and we will pay the premium for the remainder of the calendar year in which you completed the HRA, provided you remain enrolled in our Plan; you may choose to receive a CVS gift card; or you may choose a wearable activity tracking device. See your options below.

If one covered member completes the HRA, you may choose one of the following:

- Self Only CignaPlus Savings<sup>SM</sup> discount dental program *for remaining calendar year*, or
- a \$40 CVS gift card, or
- a wearable activity tracking device.

If two or more covered family members (including the member) complete the HRA, you may choose one of the following:

- Family CignaPlus Savings<sup>SM</sup> discount dental program, for remaining calendar year, or
- a \$40 CVS gift card per person (limit two cards per enrollment), or
- a wearable activity tracking device (limit two devices per enrollment).

You can find the link to the HRA on the Plan's homepage under "Quick Links." To enroll:

- Enter your information as required: first name, last name, date of birth and address. Select "Next."
- Select "Option 1: Enter the NALC Member ID" radio button and enter the member identification number as shown on the member's card. (Spouse or dependents should enter the member's ZIP code in the box

provided.) Select "Next."

- Create a user ID and password. Providing an e-mail address is optional. Select and answer the two security questions. Select "Next."
- If the information shown is correct, select "Submit." You will be redirected back to the login page.
- Enter your user ID and password and select "Sign in." Under "Quick Links," select the "Take your health assessment" link.
- The account name should display as "NALC - National Association of Letter Carriers Health Benefit Plan." Select the "Yes" radio button and select "Continue."
- Since you have already registered, answer "Yes" and select "Continue."
- You will be directed to the CareAllies "My Health and Wellness Center" page. This page may be bookmarked for future access. Re-enter your user ID and password. Select "Go."

Please read and follow the instructions as prompted. The process will take approximately 15 minutes to complete.

**Note:** Please keep in mind that you must complete the HRA *annually* to receive the incentive offered/chosen in that calendar year.

**Note:** You must be 18 years or older to be eligible to complete the HRA. Individuals age 13 and older can access other services offered by CareAllies/Cigna.

**Note:** CignaPlus Savings<sup>SM</sup> is a discount dental program that provides members access to discounted fees with participating dental providers. For more information on this program, call 877-521-0244 or visit [cignaplussavings.com](http://cignaplussavings.com).

## Personal Health Record

**The Plan understands the importance of having an organized accounting of your health-related information.** On our online Personal Health Record at [members.nalchbp.org](http://members.nalchbp.org), we have a helpful 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 by only you or your designated personal representative. The "Blue Button" feature on the Personal Health Record home page allows you to access and download your information into a simple text file that can be read, printed or stored on any computer.

Simply go to our website home page and refer to the top right corner, where you can register and sign into your account. The Personal Health Record is easy to navigate, so you can update information at your convenience.