

Your journey to a healthier lifestyle



**Brian
Hellman**

Worried about those extra holiday pounds that are lingering? The Plan is here to help. Create a new and healthier you in the new year with the following programs.

Alere's Weight Talk® program (High Option Plan)—This is a free weight-loss program that can help members achieve a healthier lifestyle. This specialized coaching program is designed to help members achieve measurable, sustainable weight loss. The Weight Talk program is delivered through regular phone-based coaching sessions with a dedicated coach, supported by specialized calls with registered dietitians.

The experience is highly personalized and supportive and has been proven effective. Participants set realistic weight-loss goals and then learn through small, tailored changes how to achieve and maintain a healthy weight for the rest of their lives.

Weight Talk incorporates the following components:

- Up to 11 planned phone-based coaching sessions
- Specialized protocols for those who are severely obese, those diagnosed with type 2 diabetes and those who are post-bariatric surgery
- Unlimited access to coaches for ongoing support for up to one year
- Weight management program guide and food journal
- Unlimited access to Alere Wellbeing's interactive web and mobile support tools
- Fitbit®Zip™ wireless activity tracker that tracks and uploads steps, calories burned, distance and activity duration to the Weight Talk program portal

Members can enroll in Weight Talk online at weighttalk.net/nalc or by calling the toll-free number at 855-WGT-TALK (855-948-8255). A personal dedicated coach is available Sunday through Saturday, 8 a.m. through midnight (Eastern Time).

Weight Management Program (CDHP and Value Option Plans)—The Cigna Healthy Steps to Weight Loss is a weight management program that guides persons in creating their own tailored healthy living plan to help them eat right, participate in regular physical activity, and adopt habits that will lead to a healthy weight for life. The program is a non-diet approach to weight loss with an emphasis on changing habits. Each person seeking assistance with behavior change responds to treatment options in his or her own unique way.

The program format is tailored to each individual's learning style and level of readiness to make a behavior change.

Participants, with the guidance of a wellness coach who is a trained professional, may select the online or telephone coaching model. The wellness coach assesses participants for their BMI, health status, motivation, self-efficacy, food choices, sleep patterns, stress level and other relevant risk factors and co-morbidities, as well as readiness to change. A tool kit is sent to each coaching program participant to assist him or her in achieving plan goals.

Individuals may register online at mycigna.com or by calling the toll-free number at 855-511-1893. A wellness coach is available Monday through Friday, 8 a.m. to 8 p.m., and Saturday 8 a.m. to 5 p.m.

Healthy Rewards® (High Option, CDHP and Value Option Plan)—Another great program that will help on your journey to a healthier lifestyle is the Healthy Rewards member discount program. You can save up to 60 percent on health and wellness products and services. Some examples are:

- Vision and hearing care discounts
- Discounts or best available rate on fitness memberships at clubs around the country
- Jenny Craig® discounts, which can be either a free 30-day trial membership or up to 30 percent off all-access membership
- Magazine subscriptions
- Healthy lifestyle products

There are no claim forms or referrals, so the program is easy for members to use. You have access to a nationwide network of more than 50,000 providers and fitness clubs. You can access the Healthy Rewards program by calling 800-558-9443 or by visiting the Plan's website at nalcbbp.org under Quicklinks. You can also look under the "Plans and Benefits" tab and click on "Special Features."

Note: Some Healthy Rewards programs are not available in all states. A discount program is *not* insurance, and the member must pay the entire discounted charge.

32nd NALC HBP seminar

Thank you to everyone who was able to make it out to the Plan's 2015 Health Benefit Plan seminar in Las Vegas. Many topics were covered during this week, starting with the health fair on Sunday; the general session on Monday, where we were honored to have President Rolando address the attendees; and finishing in each classroom with 2016 benefit changes.

In addition, a special thanks and note of recognition goes to Glenn Norton and Branch 2502 for their dedication and help each year with the seminar's on-site USPS mailing center. The hard work and effort put into this does not go unnoticed, and we appreciate it very much.