

Are you ready to start your tobacco-free journey?



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According to the American Cancer Society, approximately 42 million Americans smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States.

However, nicotine is not limited to cigarettes, and there are other forms of tobacco that can be addicting. The American Cancer Society also reported that, as of 2013, there were 12.4 million cigar smokers in the U.S. and more than 2.3 million people who smoke tobacco pipes.

Need some extra help? You will find the support you need to stay motivated to quit when you enroll in the NALC Health Benefit Plan's voluntary tobacco cessation program,

Quit For Life®. Our comprehensive program components are offered at no cost to Plan members and eligible dependents. Enroll in the Quit For Life program and you will receive:

- 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

Are you ready to start this journey? The American Cancer Society's Great American Smokeout® date on the third Thursday of November could be your victory date. Every year, smokers just like you are challenged to choose a healthier lifestyle and make it the day they quit.

We encourage you to make the Great American Smokeout your own personal quit date. You will not only receive the support you need through the program to make this time successful, you will also celebrate Nov. 17 as your tobacco-free anniversary for years to come.

For more information about the program or to join, visit quitnow.net/nalc or call the Quit For Life toll-free number at 866-QUIT-4-LIFE.

Solutions for Caregivers

For members or spouses who are caring for an elderly relative or disabled dependent, the Solutions for Caregivers program provides expert assistance from a care advocate, a registered nurse with geriatric, disability and community health experience. Your benefit gives you a bank of six free hours per calendar year, which may be used for any combination of the following services:

- Evaluating the elder's/dependent's living situation

- Identifying medical, social and home needs (present and future)
- Recommending a personalized service plan for support, safety and care
- Finding and arranging all necessary services
- Monitoring care and adjusting the service plan when necessary

Whether it's arranging transportation to doctors' appointments, explaining insurance options, having safety equipment installed, or coordinating care with multiple providers, the care advocate will help ensure that your elderly relative or disabled dependent maintains a safe, healthy lifestyle. You also have the option to purchase continuing services beyond the six hours offered.

To learn more about this program, call 877-468-1016.

Optum™

Optum offers extensive resources to members at liveandworkwell.com. Members have confidential access to information and tools developed by doctors, clinicians, and industry experts. The website portal focuses on mind-body integration for a practical approach to wellness and well-being. The portal provides member access to care and benefit self-management tools, prevention programs, educational materials, videos and more. The website's wealth of resources and information on health and wellness help members manage chronic diseases and find ways to alleviate stress and take charge of their overall health and well-being.

There are three centers that offer valuable information:

- **The LiveWell area** provides guidance and support for challenges in relationships, aging well, chronic conditions, major life changes, special needs, and care giving for chronic conditions and disaster.
- **The BeWell area** addresses healthy living, healthy aging, recovery, addictions, mental health conditions and chronic medical conditions, and includes significant co-dependent behavioral elements. Clinical topics such as depression, stress, attention deficit hyperactivity disorder (ADHD), autism, post-traumatic stress disorder (PTSD), grief and alcoholism are included.
- **The WorkWell area** provides support for work issues, self-improvement, communication skills, help in the workplace, and stress management. Self-help programs can be found on how to manage daily stress and there are webinars addressing difficult behaviors and improving communication skills, and specific resources that address controlling anger and emotional health.

Note: This is only a summary of some of the features of the NALC Health Benefit Plan. Detailed information on the benefits for the NALC HBP can be found in the official 2016 brochure (RI 71-009). All benefits are subject to the definitions, limitations and exclusions set forth in the official brochure.