

Men's health



Stephanie Stewart

With June being National Men's Health Month, I want to take some time to raise awareness and encourage men to take charge of their health. As stated in last month's article, the NALC Health Benefit Plan (the Plan) is here to provide support at every phase of life.

To start, I think it's important to be honest and face the reason surrounding why we may be avoiding health-related issues.

According to a study released by Cleveland Clinic, approximately 72 percent of men surveyed would rather do household chores, such as cleaning the bathroom or mow-

ing the lawn, than go to the doctor. Other key findings reported within the survey about why men avoid going to the doctor include:

- Embarrassment (46 percent)
- Not wanting to hear that lifestyle/diet changes were needed (36 percent)
- Knowing that something was wrong, but not wanting to face the diagnosis or would rather not know (36 percent)
- Were told as children that men don't complain about health issues (41 percent)

Another interesting stat from the survey was that 82 percent want to live longer for friends and family, yet only 50 percent engage in preventive care.

While many of these are understandable reasons, it is very important to prioritize your health. Applying preventive measures or utilizing many of the Plan's valued benefits can set you on the right path. Why wait until you are sick to ensure your well-being?

At the NALC Health Benefit Plan, our benefits and wellness programs are designed to help you take better care of yourself. They include maintaining a healthy diet or nutrition assistance, stress management, quitting nicotine habits, heart health, and coverage that may include incentives for preventive check-ups.

We understand every person is unique, and that's why we offer many options to choose from for help, both physically and mentally.

The Plan has many benefits that are paid at 100 percent when you see a PPO provider. We emphasize prevention by

providing an extensive range of preventive benefits to help members stay well. In 2026, we cover the following:

- ✓ Routine physical exam—one annually, age 22 or older.
- ✓ A1C test—one annually, age 18 and older.
- ✓ Basic and comprehensive metabolic panel—one annually.
- ✓ Biometric screening—one annually.
- ✓ Colorectal cancer screening for adults age 45-85.
- ✓ Complete blood count—one annually.
- ✓ General health panel blood test—one annually.
- ✓ High blood pressure screening.
- ✓ Prostate specific antigen test—one annually for men age 40-69 and older.

Telehealth

Need convenience but don't want to see an in-person doctor due to embarrassment or because you prefer scheduling from the comfort and privacy of your home or office? We've got you covered.

Through the NALC HBP High Option telehealth program, you can find high-quality online care anytime, anywhere, without an appointment. From urgent care, dermatology to nutrition counseling, you can get the care you need in minutes.

If you are a member of our Consumer Driven Health Plan (CDHP), you can still receive high-quality, affordable care for minor acute conditions wherever you are. Telehealth visits are available through MDLIVE, where you can connect with a board-certified doctor via video chat or phone.

Hello Heart

"You can't always feel high blood pressure, but you can track it."

Heart disease is the leading cause of death for men in the United States, and most heart attacks happen without warning. Men under 65 are more likely to have high blood pressure, but less likely to know it.

That's why your NALC Health Benefit Plan offers Hello Heart at no cost to eligible members and adult dependents. You'll get a blood pressure monitor and an easy-to-use app that shows your trends, gives personalized tips, and helps you know when it's time to talk with your doctor. No appointments or guesswork. Just a few minutes a week to stay ahead of something you can't feel.

And that's just the beginning. Our plan offers so much more to explore. While this month we highlight
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Men's health (continued)

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specific areas of awareness, the real impact comes from continued action throughout the year. Other programs you will have support for:

- ✓ Smoking cessation or quitting tobacco—Program choices or enrollment will depend on program enrollment (High Option or CDHP).
- ✓ Managing diabetes, high blood pressure or cholesterol with the Priority Health Coaching program.
- ✓ Behavioral healthcare and mental and emotional well-being resources are available through Optum Health® or Cigna Healthcare. Program choices or enrollment will depend on program enrollment (High Option or CDHP).
- ✓ Strengthening joint and muscle health through Hinge Health®.
- ✓ Virtual care for gastrointestinal or digestive issues—OSHI Health™.

Director of City Delivery

City Delivery updates (continued)

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Chapter 7 of the Postal Service's *Employee and Labor Relations Manual (ELM)* covers training and development. Section 715.2 states:

Postal Orientation

An orientation program is required at all levels for new career employees on their first day of official duty.

It is vital for non-career employees to attend the orientation required by *ELM* Section 715.2 on the first day of their official duty as a career carrier. It is during this orientation that they can review all of the new benefits they are now eligible for with the Postal Service, includ-

ing annual leave, the Postal Service Health Benefits Program, Thrift Savings Plan, Federal Employee Group Life Insurance and flexible spending accounts. Enrollment in these programs can be time sensitive, which adds to the importance of participation in the orientation on the first day of a carrier's career appointment.

If you have recently been converted to a career carrier position and local management failed to provide you with an orientation on the first day of your career appointment, request to speak with your shop steward or branch officer and request that a grievance be filed on your behalf.

Be sure to read my article each month and visit nalc.org for more information.

Director of Retired Members

Retirement questions (continued)

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How can I suspend my health insurance coverage?

Annuitants can apply any time to suspend PSHB coverage to use TRICARE, CHAMPVA or a Medicare Advantage plan. Call OPM at 888-767-6738 to obtain a suspension form. Remember that there is a difference between canceling (permanent) and suspending (indefinite) health insurance. Beware: Annuitants who cancel PSHB cannot re-enroll later.

If you have unanswered questions, be sure to head to the NALC website to access the *Federal Employees Retirement System* or the *Civil Service Retirement System Questions & Answers* booklets or reach out to your branch to see if they have hard copies available. Members are always welcome to call the NALC Retirement Department at 800-424-5186 (toll free) Monday, Wednesday or Thursday, 10 a.m. to noon or 2 p.m. to 4 p.m. Eastern time, or by calling the NALC HQ switchboard at 202-393-4695 Monday through Friday, 9 a.m. to 4 p.m. Eastern time and asking for the Retirement Department.