

Women's health



**Stephanie
Stewart**

May is National Women's Health Month. In recognition, the NALC Health Benefit Plan would like to highlight benefits related to women's health.

From preventive care to mental health awareness, prenatal care and pregnancy to navigating menopause, we want to remind our members that we are here to support them at every stage of life. We understand life gets busy, but this is a great opportunity to remind all the women in our lives to prioritize their health.

Start with scheduling your preventive care. Remember, the earlier an issue is detected, the better chance you may have for more treatment options. Although many preventive care visits may require in-person scheduling, the Plan also has many options available for women via remote care.

Through the NALC HBP High Option telehealth women's health service, we now offer specialized and convenient care for women. Clinicians can provide virtual treatment for a variety of health concerns including birth control, endometriosis, premenstrual syndrome and breastfeeding support by board-certified lactation consultants. Telehealth visits are available for women 18 years of age or older, and best of all, the telehealth women's health services program does not have a copayment.

However, should you need to see a provider in person, schedule your appointment with a Cigna Open Access Plus (OAP) provider for the best value (in-network copayment applies).

Some of the most common women's preventive health benefits covered by the Plan at no cost when using an in-network provider include:

- Routine physical exam—one annually, age 22 or older.
- Biometric screening—one annually.
- Cervical cancer screening—see [hrsa.gov/womens-guidelines](https://www.hrsa.gov/womens-guidelines) for age and frequency.
- Routine mammograms—age 35 and older, as follows:
 - Age 35 through 39—one during this five-year period.
 - Age 40 and older—one every calendar year.

Other partnerships who offer specialized programs geared toward women's health are Maven, Hinge Health and Hello Heart.

New in 2025 for the High Option plan, we began our partnership with Maven to offer our members support for women and family health solutions. Maven is the premier women's and family health platform, offering 24/7, unlimited access to dedicated care navigation and advocacy, virtual provider appointments across more than 30 specialties, clinically validated resources, and the ability to connect with other members, all in one digital solution.

The platform offers support for:

- Fertility and family building
- Adoption
- Surrogacy
- Maternity and newborn care
- Parenting and pediatrics
- Menopause and midlife health

Maven's mission is to provide safe, affordable and accessible care to members whether they are seeking services on Maven's platform or within their broader benefits ecosystem. With focused support on navigation and providing equitable benefits, Maven helps members reach the highest quality in-network clinics, resources and providers whether they are in rural towns or need support through a social need.

Through our partnership with Hinge Health, you can find help with symptoms typically known as pelvic floor disorder. While it may occur at any age and feel embarrassing, help is available. With proper guidance and a personalized care plan through Hinge Health that addresses your unique needs, you can reduce pelvic pain, improve bladder and bowel control, and increase pelvic and core muscle strength. Take the first step and find relief on your schedule at no extra cost.

Hello Heart supports women's heart health at every major stage of life by providing personalized daily tools to understand and manage their heart health, addressing a critical gap where women often delay care or lack awareness of their risk. Through daily heart check-ins, tracking of key metrics such as blood pressure and cholesterol, and AI-powered coaching, the program helps women stay engaged in their health, recognize

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Quarter 1 Branch Challenge results, national convention campaign

Quarter 1 is over and MDA Summer Camp is just around the corner. Thanks to your incredible efforts, 74 branches have raised more than \$81,000—enough to send 40 kids to camp! Let’s keep the momentum going and help send 40 more kids before camp season officially kicks off in June.

This summer, MDA will offer 23 in-person camp sessions and two virtual options—all completely free for families. MDA Summer Camp is a place where kids living with neuromuscular diseases can experience independence, adventure and connection. Campers enjoy activities such as swimming, fishing, ziplining, horseback riding, dancing and campfires—all while building confidence, life skills and lifelong friendships. Last year, your support helped send 836 kids to camp!

Want to experience the best week of the year? Join us for a Sponsor Day near you! Sign up here for more information: shorturl.at/AbBwz.

Special shout-out to our top 10 branches for Quarter 1:

1. **Stamford, CT Branch 60: \$8,300**
2. **Camden, NJ Merged Branch 540: \$6,532**
3. **North Oakland County, MI Branch 320: \$5,700**
4. Chicago, IL Branch 11: \$5,475.15
5. Albuquerque, NM Branch 504: \$5,370
6. Western Wayne County, MI Branch 2184: \$5,323.75
7. Huntsville, AL Branch 462: \$4,580
8. Medford, OR Branch 1433: \$2,774.49

9. Royal Oak, MI Branch 3126: \$2,153
10. Bismarck, ND Branch 957: \$2,070

The top three branches will receive an MDA prize pack. Congratulations to all of NALC’s Quarter 1 Branch Challenge champions!

Thank you again for all of your hard work.

As you know, the national convention is right around the corner. NALC will sell raffle tickets for MDA at the national convention, but you can get them before. There will be five drawings and each winner will win a \$3,000 travel voucher. Here is the link for electronic sales: mda.donordrive.com/NALCConvention26 and the QR code is at right.

As a reminder, you can find all the details for the 2026 quarterly branch challenge at mda.donordrive.com/NALC2026. Also, any events you want NALC to promote or for MDA Coordinator Christina Vela Davidson to attend, send a letter or an email. Have questions or need assistance? Contact the NALC Service Team at nalc@mdausa.org or 719-640-8625.



Director, Health Benefits

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symptoms that may present differently than men, and take preventive action earlier. It also delivers personalized education so women can better understand their unique cardiovascular risk and feel confident taking control of their well-being.

For women going through menopause—a time when cardiovascular risk significantly increases due to hormonal changes—Hello Heart provides targeted support to navigate this transition. This includes menopause-specific guidance, lifestyle coaching around

nutrition and physical activity, and mental health support to build sustainable habits and reduce long-term risk. Together, these tools empower women to take charge of their health during a critical life stage. To get started, go to join.helloheart.com.

If you need more information, make sure to visit nalchbp.org, where you will find more information about our 2026 benefits and programs. We continue to support our mission—providing members with access to quality medical care—while maintaining a comprehensive and affordable benefits package.