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NAF HBP Benefits Information

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Open Enrollment - November 1-30, 2010

November brings a big event to all eligible NAF employees. It is Open Enrollment for the NAF Health Benefits Program (HBP). The Open Enrollment period starts November 1, 2010 and ends November 30, 2010. During Open Enrollment you have a chance to review and learn more about the health insurance options offered by your employer. Whether you participate in the NAF HBP or not, you may contact your servicing Human Resources Office regarding information materials and enrollment instructions. Please read the material and consider your options carefully. Being knowledgeable about your health benefits, needs and options will help you be satisfied with your health insurance decisions. Any changes you make will be in effect January 1, 2011. For additional information regarding the 2011 DoD NAF Health Benefits Program, visit: http://www.cpms.osd.mil/nafpo/nafpo_hbprogram.aspx.

The Seasonal Flu Vaccine

Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against the flu. This year, the seasonal flu vaccine will include protection against the H1N1 virus. Adults need only one dose. As always, children under the age of nine who have never had the seasonal flu vaccine should have two doses at least four weeks apart, even if they received the H1N1 flu vaccine last season. The flu shot is considered part of the preventive services, and is covered 100% (in-network) for NAF HBP members age 6 months and older. The nasal flu spray vaccine as approved by the Food and Drug Administration (FDA) is covered for healthy members ages 2 to 49 who have benefits for preventive services. Check with your doctor, or watch for notices in your community, at participating pharmacies and retail clinics about where you can get your seasonal flu vaccine. You can also find a location under “Find a Flu Shot” on DocFind at: http://www.aetna.com/docfind/disclaimer.jsp?site_id=docfind.

Pertussis (Whooping Cough)

Did you know that Pertussis, also known as whooping cough, is a highly contagious respiratory disease? It is caused by a potentially deadly bacterium “Bordetella pertussis” that can strike at any age. Pertussis is known for uncontrollable, violent coughing which often makes it hard to breathe. Pertussis most commonly affects infants and young children. The best way to protect against pertussis is immunization. There are vaccines for children, pre-teens, teens and adults. Immunizations are part of your preventive care services, and are covered 100% for NAF HBP members. For more information regarding immunizations, visit: <http://www.cdc.gov/pertussis/vaccines.html>.

NAF HBP Newest Wellness Initiative

To continue actively promoting wellness as a way to improve members’ health, and hold down medical costs for employees and for the NAF employers who self-fund NAF employee claims, the NAF HBP is introducing the Health Incentive Credit (HIC) initiative in 2011. NAF HBP members who complete a health risk assessment or have a preventive care exam will receive a \$100 credit towards their medical deductible and/or coinsurance payment. A maximum of three credits may be earned per covered family, up to \$300 per family per year. These credits will be applied towards the first family member to incur a claim for eligible medical expenses. The HIC will roll over every year until used by the member, for up to 3 years.

Autumn Tips

Greet the fall with healthy habits! Suggested steps include: regular physical activity; healthy food choices; reach and keep a healthy body weight; lower your sodium intake; and schedule routine physical exams.

