

# NAF HBP BENEFITS

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## CHOOSE GENERICS

Generic drugs are approved by the U. S. Food and Drug Administration (FDA) and proven to be just as safe and effective as brand-name drugs. They contain the same active ingredients in the same amounts as the brand-name products. The difference is that generics may be a different color, shape, or size.



For a summary of your pharmacy benefits plan, including out-of-pocket costs, visit [www.aetna.com](http://www.aetna.com) and log in to Aetna Navigator.

## FEBRUARY IS HEART MONTH

Centers for Disease Control and Prevention reported that Heart disease is the leading cause of death for men and women. Make a difference by scheduling a visit with your doctor about ways to control high blood pressure. Stay physically active while making choices to eat healthy. Making small lifestyle changes can make a big difference in improving your health.



## 2016 HEALTH INCENTIVE

### GET A BIOMETRIC SCREENING

Complete Your Screening	EARN
By March 31, 2016	\$150
April 1—Dec 31, 2016	\$100

This screening helps show your risk for metabolic syndrome. To schedule your biometric screening go to [My.QuestForHealth.com](http://My.QuestForHealth.com).

### Additional Way to Earn Health Incentives

- Complete 3 calls with a Disease Management nurse for support with chronic condition.
- Complete an online Journey designed to help you meet a health goal.
- Complete a well-child exam for children under age 18.

Log on to [www.aetna.com](http://www.aetna.com) to complete the new assessment before you can earn ANY incentive credit.

### “Help is at your fingertips”

Aetna Navigator at: [www.aetna.com](http://www.aetna.com) is for health and benefits information, self-service tools, cost estimates, and more.

For information about benefits and network providers, help with claims, ID cards, and eligibility question call Aetna Member Services at **1-800-367-6276**.

For details about the DoD NAF medical and dental plan benefits go to: [www.nafhealthplans.com](http://www.nafhealthplans.com)