

NAF HBP Benefits Information

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CarePass Aetna Apps



CarePass contents are intended for educational and informational purposes only and are not intended in any way to provide advice or to replace or substitute medical treatment or diagnosis by your health care provider. Always consult your health care provider to verify any health, disease, nutrition and exercise information as it relates to your health, before starting or making any changes to a diet or exercise regimen and for the advice and care appropriate for your specific medical needs. CarePass Apps connect to health and fitness, and you can download these apps free from the apps store.

- Set and track goals
- See all your app data in one place
- Access care when you need it

Insect Bites and Stings



Most reactions to insect bites are mild, causing little more than an annoying itching or stinging sensation and mild swelling that disappears within a day or so. Only a small percentage of people develop severe reactions (anaphylaxis) to insect venom. Signs and symptoms of a severe reaction include:

- Shock, which may occur if the circulatory system cannot get enough blood to the vital organs.
- Coughing, wheezing, trouble breathing, or feeling of fullness in the mouth or throat.
- Swelling of the lips, tongue, ears, eyelids, palms of the hands, soles of the feet, and mucous membranes (angioedema).
- Nausea, diarrhea, and stomach cramps.
- Raised, red, itchy bumps called hives.

For information on reaction to bites and stings visit the website at: <http://aetna-health.healthline.com/smartsources/healthwisecontent/Symptom/insbt>.

Plan for a Safe Trip Abroad



Before You Go!

Looking forward to an overseas trip? Vaccines might be a good idea. Check with your doctor about timing and types. Also, check your plan medical documents to determine coverage and vaccine costs.

On Your Way!

Worried about jet lag? Choose a daytime flight. And try to arrive at your destination in the afternoon or evening, local time. Avoid caffeine and alcohol. Drink water instead. For long flights, walk up and down the aisle every few hours.

After You Arrive!

A common complaint among world travelers is diarrhea. To help prevent this problem:

- Drink bottled water or soft drinks
- Stay away from raw foods
- Avoid food from street vendors

On The Ground!

Here are some suggestions for getting around safely during your trip:

- Travel in taxis with seat belts
- Place young children in child care seats
- Never drink and drive
- Use public transportation

Visit the Aetna IntelliHealth® website for more travel tips.

Wellness Programs & Discounts



Ready to make some lifestyle changes? Aetna can help you get started with the Wellness Programs. It will take 20 minutes to learn a little more about yourself by accessing a quick health assessment. You will find the health assessment on your secure member website at: www.aetna.com.