

NAF HBP Benefits Information

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Health Tips For Upcoming Summer Days



Summer is almost here! Summer fun such as sports, barbeques, playing at the beach, and amusement parks may cause injuries, sunburns, dehydration and heat strokes. When you are outdoors for longer periods of time, making the most out of your summer, the following health tips are good reminders:

- * Avoid the midday sun. Plan your outdoor activities early in the morning or later in the day.
- * Watch the thermometer. Some days are just too hot, especially in August!
- * Get wet. Swimming is an excellent exercise option.
- * Try bike riding. A good summer activity to take in the breeze created as you ride.
- * Asthmatics, beware. Slow down in the heat and avoid smoke-filled areas (i.e., a campfire).
- * Watch for ticks. Ticks can carry Lyme disease.
- * Drink lots of fluids. Carry a water bottle and drink from it often.
- * Keep your pets cool and safe during the dog days of summer, too.

Avoid Unnecessary Trips to the ER



You can avoid unnecessary trips to the emergency room (ER) by becoming familiar with walk-in clinics and urgent care centers in your area before you need them. Walk-in clinics and urgent care centers can help you get the care you need quickly, and save you money when your regular doctor is not available.

If you're experiencing symptoms like chest pain, trouble breathing, or uncontrolled bleeding-something that could be life threatening-don't wait. Call 911 or go straight to the nearest ER!

If you have a health question, you can talk to a registered nurse who can answer your health-related questions and provide information you can trust. Call the toll-free Informed Health Line at 1-800-556-1555, 24 hours a day, 7 days a week.

Are You Prepared?



Your well-being and possibly the lives of others may rely on whether or not you are prepared for fires, hurricanes, floods or other disasters. How you respond to a disaster or emergency situation will depend on how well you prepare before a natural disaster strikes. Prepare, plan and stay informed! You can obtain some valuable information at <http://www.ready.gov/> to assist you with your preparations.

Practice Good Sun Protection



You can help reduce your risk of skin damage and skin cancer by avoiding the sun between peak strength hours of 10 a.m. and 4 p.m. when the ultraviolet (UV) exposure is the most hazardous in the continental United States. If you have to be in the sun, the following options are recommended for protection from the sun by the Centers for Disease Control and Prevention (CDC):

- * Seek shade under a tree; an umbrella; or a covered shelter.
- * Wear loose fitting clothing to protect exposed skin.
- * Wear a hat with a large brim.
- * Wear sunscreen with sun protective factor (SPF) 15 or higher.
- * Wear UV blocking sunglasses.

At work or at play, protect your skin from the sun because the sun's UV rays can damage your skin in as little as 15 minutes! To learn more, please visit: http://www.cdc.gov/cancer/skin/basic_info/prevention.htm.

2012 Open Enrollment



There will be an open enrollment period for fall 2012 instead of waiting until the scheduled fall 2013 Open Enrollment. You will receive communication materials from Aetna Customized Communications Group (CCG) on behalf of the DoD NAF HBP regarding the upcoming Open Enrollment.