



Knowledge. Solutions. Service.

NAF HBP Benefits Information

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Taking Care of You With Simple Steps to a Healthier Life

When You Need Care, Consider all Options



Do something good for yourself today by taking your Health Risk Assessment (HRA)! The Health Risk Assessment is a confidential online questionnaire that helps you know more about your health and what you can do to protect and improve it. The questionnaire covers areas such as eating habits, dental health, safety practices, preventive care practices, health screenings and work-life balance. To access, visit www.aetna.com and log on to the Aetna Navigator home page. Look under Health Management and click on the link to "Assess your Health with Simple Steps to a Healthier Life." Be sure to visit the site often to take advantage of all it offers. Use the tools. Read the articles. You can even re-take or update the Health Assessment to see your health score improve as you move through your wellness program.

Knowing about the medical care options that are available to you may save you both time and money! Here's how to make the right choice:

Daily Steps to Good Health



- ◆ **Hospital Emergency Room:** The ER should be used for life-threatening problems only. True emergencies are treated first, so unless your life is in danger, you'll wait...sometimes for hours. The ER is also your most expensive option for care.
- ◆ **Urgent Care Centers:** Use for serious problems, such as sprained ankles, fevers, and minor cuts and burns. They cost more than walk-in clinics, but much less than a visit to the ER.
- ◆ **Walk-in Clinics:** Use for minor medical problems, such as ear infections, colds, allergies, strep throat and bronchitis. Clinics provide convenient, low cost treatment and can be found in stores and pharmacies.
- ◆ **Informed Health Line:** Call the Informed Health Line at 1-800-556-1555 and describe your medical situation to a registered nurse. The nurse can help you make the right decision about where to seek care, and can even help you find a local urgent care center or walk-in clinic, if appropriate.
- ◆ **Aetna Member Services:** Call Aetna Member Services at 1-800-367-6276 for any questions about your medical plan.

- ◆ **Be tobacco free.** For tips on how to quit, go to: <http://www.ahrq.gov/path/tobacco.htm> or visit <http://www.smokefree.gov>. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW.
- ◆ **Be physically active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity.
- ◆ **Eat a healthy diet.** Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- ◆ **Stay at a healthy weight.** Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor about unexpected or unexplained weight changes.
- ◆ **If you drink alcohol, drink only in moderation.** The U.S. Dietary Guidelines and the American Heart Association define moderate drinking as one drink for women and two drinks for men per day. For more information, visit: <http://www.cdc.gov/alcohol/index.htm>

Too Much Salt?



A diet that is high in sodium can be linked to high blood pressure. Choosing a lower sodium diet (1500mg-2400mg) would be a smart choice. One way to cut back is to skip the table salt. Always taste your food before adding salt to it and cutback on packaged processed foods. If you still need to add flavor without the sodium, try these tips:

- ◆ Add pepper to spice up your food—black pepper; crushed red pepper; chili pepper; cayenne pepper
- ◆ Splash on lemon juice or vinegar.
- ◆ Add a salt-free spice or herbal blend.

For more information, visit: <http://www.mayoclinic.com/alth/sodium/NU00284>