

- ◆ Taking Care of You!
- ◆ CVS Caremark

Taking Care of You!



It is never too late to give yourself the gift of good health! Your DoD NAF Health Benefits Program (HBP) can help you know about your personal health risks before they develop into something serious. Why take chances? Take advantage of preventive tests and screenings to get a clearer picture of your health and turn that knowledge into action.

Take these 3 steps to better health:

- 1) Have an Annual Physical Exam, even if you are feeling in tip top shape. You should have a physical exam once a year. This is your chance to talk to your doctor about concerns you may have about your health, so schedule your appointment to see your doctor today!
- 2) Know Your Numbers. The more you know about what's going on inside your body, the better you can manage your health and enjoy life. There are 5 numbers you should know and understand: Blood Pressure; Waist Circumference; Triglycerides level; HDL Cholesterol; and Glucose (blood sugar). Once you have your physical exam and have your test results, write them down so you can track your health until next year's exam. Remember, your "numbers" tell the story of your health, for better or worse.
- 3) Get Connected! There's a wealth of support available to you through your NAF HBP. Visit www.aetna.com and utilize Aetna Navigator for all kinds of information as well as tools to help you manage your health and your benefits. Take the online Simple Steps To A Healthier Life health assessment available on Aetna Navigator. Don't forget to take advantage of the Health Incentive Credit ... take credit for taking care of yourself!

The NAF HBP covers routine preventive care services at 100%. To receive preventive care benefits under the Open Choice plan, you must use in-network doctors.

CVS Caremark



CVS Caremark services is now part of Aetna's pharmacy operations. Effective September 2011, Aetna's Rx Home Delivery will reduce the number of days it normally takes to receive your mail order because your prescription will be sent from a CVS facility that can most quickly process and mail your medicine to you. The bottle label and packaging will continue to have Aetna Rx Home Delivery branding. This new strategic partnership allows Aetna to offer the DoD NAF HBP a high-touch mail order service with emphasis on quality, efficiency, and member satisfaction.

- ◆ Health Screenings & Immunizations for Kids
- ◆ 2011 Flu Shot
- ◆ 2011 Open Enrollment

Health Screenings & Immunizations for Kids

Don't forget to schedule a checkup for the kids. Even the big ones. Regular checkups are very important. Immunizations are also important because they protect kids against what used to be called "childhood diseases." Making sure your child sees the doctor regularly and receives the appropriate immunizations is part of the foundation on which a lifetime of good health is built.

2011 Flu Shot



Protect yourself from the seasonal flu - get a flu vaccine! You now have more places than ever to get your flu vaccine. Aetna added several new flu vaccine providers to our networks. You can go to your doctor or to a contracted flu provider. The choice is yours. You can find a list of all the contracted flu vaccine providers in DocFind at www.aetna.com under Helpful Information. The listed providers will provide the flu vaccine for the 2011/2012 flu season. Please take your Aetna member ID card with you to show when you arrive to get your flu vaccine. Flu shots are covered at 100% for the PPO plan (in-network only) and for the Indemnity plan. For more information about flu prevention, visit the Centers for Disease Control and Prevention (CDC) website at: www.cdc.gov/flu/

2011 Open Enrollment



The NAF HBP Open Enrollment Period is coming soon! Open Enrollment is the time of the year when you can evaluate your current benefit elections and make any adjustments to make sure you have plans that best suit your need. Eligible NAF employees who are not participating in the NAF HBP may enroll in either an HMO or non-HMO plan. Employees who are already enrolled in the NAF HBP medical coverage, or who enroll during the Open Enrollment Period, may also enroll in the dental plan associated with their HMO or non-HMO. Employees enrolled in self-only coverage may change to family coverage. During the Open Enrollment period, eligible employees who are in Regular positions who are not participating in a NAF HBP medical plan may enroll in the stand-alone dental option. We encourage you to continue to focus on health and wellness by taking charge of your health care. Questions on the NAF HBP may be directed towards your local NAF Human Resources Office.