

NAF HBP Benefits Information

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- ◆ **Open Enrollment**
- ◆ **Flu Season**

Open Enrollment



It's that time of year again to review your current benefit elections and think about your needs for 2014. Open Enrollment is November 4 through 29, 2013. Information about the DoD NAF Health Benefits Program will be available at: <http://www.nafhealthplans.com/>. On the site you'll find:

- Medical plan information, including the Aetna Open Choice® PPO Plan, the Aetna Traditional Choice® Indemnity Plan and the Aetna International Traditional Choice® Plan.
- Dental plan information, including the Aetna Passive PPO Dental Plan, the Aetna International Dental Plan and the Aetna Stand Alone Dental Plan (for those who want dental coverage without enrolling in a medical plan).
- Flexible Spending Account (FSA) information, (if offered by your DoD NAF employer), including the Health Care FSA and the Dependent Care FSA. Remember, you must elect one or both FSAs each year if you want to participate. Current FSA elections do not roll over year to year.
- Health Care Reform (HCR) information, including required notices, changes to your coverage resulting from HCR legislation and additional information about how HCR may impact you.

You'll be able to view brochures, summary of benefit charts and plan notices, as well as detailed Summary Plan Descriptions. You will also find information specific to your DoD NAF employer, such as enrollment instructions, contact information, forms and more.

Flu Season



The Centers for Disease Control (CDC) recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious illness. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season. You can track the influenza virus and the current flu season online here: <http://www.cdc.gov/flu/weekly/fluactivitysurv.htm>. The flu vaccine is free of charge for NAF HBP members at any approved site in the Aetna network. Go to Aetna website at: www.aetna.com and visit DocFind® directory under "Helpful Information."

- ◆ **Wellness Programs & Discounts**
- ◆ **Tips for a Safe Happy Halloween**

Wellness Programs & Discounts



Ready to make some changes in your lifestyle? Aetna Wellness programs can help you start. Get more active, reduce your stress or get help with managing a chronic condition. You can choose the wellness program that is most important to you. Your Aetna health benefits and insurance plan comes with perks! Start saving today with the Aetna Discount Programs. Aetna discount programs can save you money on gym memberships, weight-loss programs, acupuncture, eyeglasses and more. Discounts are not insured benefits. This means you are responsible for the full cost of the discounted services. Call the number on your member ID card to find out what discounts are available to you.

Tips for a Safe



Did you know the biggest threat to children on Halloween is cars? That's why it's important to know and use basic safety tips to help lower your child's risk.

- Choose a costume with bright colors. Or stick on reflective tape. Masks should also be easy to see out of.
- Stay away from sharp objects. Play swords and wands are great. But go for materials like foam, not metals or hard plastics.
- Remove any item that could cause choking or a fall. In all the excitement, ropes, cords or fabric strips can easily get in the way.
- Go to or throw a party instead. You avoid street traffic and "stranger danger."
- Travel in groups. The rule to go by is one adult to every four kids. Explain to children they must stay together. Holding hands helps. Also, stick to neighborhoods you know and carry a flashlight.
- Cross at corners or crosswalks. Children should always cross with an adult and never run.
- Tell kids it's never okay to go in a stranger's home. Let kids know that if a stranger says come in for candy, the answer is always "no, thank you."
- Carefully check the candy to make sure it is well sealed.

Also, look at the size and ingredients. Be certain there is nothing your child is allergic to or will choke on. Get more Halloween safety tips. Visit the Aetna IntelliHealth® website at www.intelihealth.com.