

NAF HBP Benefits Information

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Open Enrollment - October 31-November 30, 2011

It is Open Enrollment for the NAF Health Benefits Program (HBP). The Open Enrollment period started on October 31, 2011 and ends November 30, 2011. During Open Enrollment, you have a chance to review and learn more about the health insurance options offered by your employer and get a fresh perspective on the value of your NAF HBP with Aetna. Whether you participate in the NAF HBP or not, you may contact your servicing NAF Human Resources Office regarding information materials and enrollment instructions. Please read the material carefully because it has important information to help you understand and make the best use of your benefits. Any changes you make to your health benefit elections will be effective January 1, 2012. For additional information regarding the 2012 DoD NAF Health Benefits Program, visit:

http://www.cpms.osd.mil/nafppo/nafppo_hbprogram.aspx.

Protect Yourself From The Seasonal Flu



The Center for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against the flu. 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. For more information about the flu season, please visit: <http://www.cdc.gov/flu/>. The flu shot is considered part of the preventive services, and is covered 100% (in-network) for NAF HBP members age 6 months and older. The nasal flu spray vaccine as approved by the Food and Drug Administration (FDA) is covered for healthy members ages 2 to 49 who have benefits for preventive services. You can find a list of contracted flu vaccine providers under "Helpful Information" on DocFind at: http://www.aetna.com/docfind/disclaimer.jsp?site_id=docfind. You can also call an Aetna Member Services representative at the toll-free number on your Aetna ID card for any additional questions.

Expanded Dependent Eligibility

Did you know that during this year's Open Enrollment period, you may enroll two newly eligible classes of dependents for coverage beginning January 1, 2012?

- Adult children up to age 26 - you may enroll your adult child in the plan even if your child is no longer living with you, and is no longer a student, and whether or not coverage is available through their own employer's health plan or a health plan sponsored by a spouse's employer.
- Same Sex Domestic Partners (SSDP) - SSDP and their eligible children may be enrolled in the plan. Supporting documentation to validate the relationship will be required. The tax treatment for the cost of the SSDP health coverage will follow IRS guidelines.

Cancer Screenings



Last year the U.S. Preventive Services Task Force (USPSTF) issued new guidelines regarding screening mammograms. Days later, the American College of Obstetricians and Gynecologists (ACOG) updated its recommendations for cervical cancer screening. The NAF HBP coverage for these cancer screenings remain unchanged. For members with coverage for preventive care the NAF HBP currently covers:

- **Annual screening mammograms** for women beginning at age 40, and for women younger than age 40 who have a family history or genetic risk factors that place them at heightened risk for breast cancer
- **Annual cervical cancer screenings** with no age restrictions.

We encourage you to seek appropriate preventive care and to speak with your doctor about the health screenings that are appropriate for your age, health status and family history.