

.....Coming Soon 2016 Open Enrollment !!!

Halloween Safety



Help make this year's festivity fun, safe, and healthy by following these tips.

- Choose a light-colored costume because these are easily seen at night. You can also add reflective tapes to the back of the costume and to the trick-or-treat bag.
- Make sure that any props your kids carry, such as wands or swords, are short and flexible.
- Go to or throw a party instead. You avoid street traffic and "stranger danger."
- Travel in groups. Explain to children they must stay together. 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 asks them to come in for candy, the answer is always "no, thank you."
- Carefully check the candy to make sure it is well sealed.
- Children should not snack while they are out trick-or-treating.



What is Teladoc?

Telehealth services available through Aetna, give members 24/7/365 access to quality medical care through phone and video consults. Visit the Teladoc website and click "Set Up Account." Follow the instructions. All of the doctors in the Teladoc network are U.S. board certified in Family practitioners, Pediatricians and Internists use electronic health records to diagnose, treat, and write prescriptions, when necessary.

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 through-out the flu season. You can track the influenza virus and the current flu season activity online at: <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.

Aetna members: Be on the look out for onsite Metabolic Syndrome Biometric Screening in 2016.



National Breast Cancer Awareness Month

The importance of regular checkups in women, that can include getting:

- * Breast health exams
- * Mammograms
- * Pelvic exams
- * Pap tests

Routine tests like these make it possible to catch breast cancer and cervical cancer early, when they are easiest to treat.

Unscramble Words

Cotelad_____

Tribbiome_____

Cimteabol_____

Gscrinnee_____

svuirse_____

rttea_____

luf_____

ysteaf_____

hnllaoeew_____

tanea_____

ccvaein_____

uchkepc_____

Women's Health Topics by Ages

Health tips for every stage of a women 's life can be found at : <https://www.aetna.com/individuals-families/womens-health/womens-health-topics-by-age.html>. Click on the age range that applies to you or your loved one. Discover a table of health screening and prevention steps recommended for girls or women in that phase of life.

Age 13-18

Age 19-39

Age 40-64

Age 65+

