

# NAF HBP Benefits Information

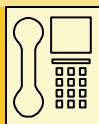
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- ◆ 24/7 Free Nurseline
- ◆ Protect Your Child at Every Age

## 24/7 Free Nurseline



All Aetna member ID cards generated after 8/8/2012 will replace the wording for Informed Health Line to 24/7 Free Nurseline. You can call the toll-free 24/7 Free Nurseline number at 1-800-556-1555 to talk to a registered nurse 24 hours a day, 7 days a week to get health-related questions answered and information you can trust. The nurse can also 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.

## Protect Your Child at Every Age



Protect your child starting at birth by following the recommended well-baby visits and childhood immunizations preventive schedule. Immunizations can protect your child from serious infectious diseases. Your plan covers 100% for well-baby check or well-child visits. Included as part of the exam are:

- X-rays, laboratory services, and other tests given in connection with the exam;
- Immunizations for infectious diseases and the materials needed to administer the immunizations; and
- Testing for tuberculosis.

The well-baby or well-child exam must be given by a physician or under the direction of a physician. During the first 12 months of life, 7 exams are covered. At ages 1 and 2, 3 exams are covered. At ages 3-7, 1 exam per calendar year is covered at 100%, no deductible.

Routine physical exams are for employee and covered dependents age 7 and above (1 exam per calendar year covered at 100%, no deductible). If an exam is given to diagnose or treat a suspected or identified injury or disease, it is *not* considered a routine physical exam.

Regular physical exams and tests including dental and eye exams can help find problems before they start or help find problems early, when chances for treatment and cure are better. Keep track of your family's checkups and vaccinations to make sure they stay current.

- ◆ AetnaEveractive
- ◆ Flee the Flu
- ◆ 2012 Open Enrollment

## Aetna Everactive



The DoD NAF HBP has its own DoD specific link for AetnaEveractive. You can register at: <http://www.aetnaeveractive.com/?cmp=48-8000> and begin using this free custom link right away. This link is for plan participants, family members and friends. Yes, you can share this link with others! This new and exciting exercise program is to encourage you to get active and remain active utilizing various activities and local resources.

## Flee the Flu



It's September and the flu season is right around the corner. Mark your calendar now, so you will remember to make an appointment to get a flu shot. You can go to your doctor or to a contracted flu provider. The choice is yours. 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/](http://www.cdc.gov/flu/)

## 2012 Open Enrollment



The NAF HBP 2012 Open Enrollment Period is November 5-30, 2012! 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.