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NAF HBP Benefits Information

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Protecting Yourself from the Flu



You should continue to monitor the H1N1 virus (swine flu) and take steps to increase your personal preparedness. In particular, you should follow these steps to prevent the spread of germs that cause respiratory illnesses like influenza.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze and before eating. Alcohol-based hand cleaners are also effective.

If you get sick with influenza, the Centers for Disease Control and Prevention (CDC) recommends that you stay at home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way. If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

Additional information regarding facts about the H1N1 flu virus: http://www.aetna.com/members/health_wellness/learning_resources/facts_about_pandemic_flu.html

<http://www.cpmos.osd.mil/disasters/>

<http://www.cdc.gov/h1n1flu/>

Coping with Depression (The Reawakening Center)



Depression doesn't show up on blood tests or X-rays. It's not easy to see, like a cut or a bruise. And it may not be easy for you to recognize, even if you feel bad. After all, everyone feels down sometimes. Life hits all of us with things that stir feelings of sadness, loss, hopelessness and weariness. But if you are feeling down for a long time, you could have depression. If you think you might be depressed, the Reawakening Center on Aetna's website at www.reawake.com/ is a good place to start on the road to feeling better.

Explanation of Benefits (EOB) Suppression



Those members who are already registered on Aetna Navigator and are still receiving paper EOBs are encouraged to have your EOB paper turned off and elect to receive your EOBs electronically in Aetna Navigator. Benefits: Go Green; Save A Tree; Reduce Plan Cost; Decrease Mailings; EOBs remain online for 3 years.

- ◆ The Personal Health Record (PHR)
- ◆ Are You Prepared?
- ◆ Take Charge of Your Health Care

The Personal Health Record (PHR)



The Personal Health Record (PHR) is an online tool that assists members in becoming better informed, organized and active with regard to their health care. The PHR:

- ◆ Keeps all medical information safe and in one place. Captures complete information.
- ◆ Completely secure. It can be given to your medical provider. Information is not shared with your employer.
- ◆ Easy to access: 24/7. It can be updated at any time.
- ◆ Helps lower healthcare costs. Could result in fewer repeated tests.
- ◆ Helps doctors and emergency personnel make informed decisions about your health care.
- ◆ Can enhance wellness coaching.

Get started at www.simplestepslife.com and log in with your Aetna Navigator user name and password or create one today!

Are You Prepared?



Your well-being and possibly the lives of others may rely on whether or not you are prepared for fires, hurricanes, floods or other disasters. How you respond to a disaster or emergency situation will depend on how you prepare. There is a featured article at <http://www.planforyourhealth.com/> called "Are You Prepared," that helps members prepare for their health and benefits needs before a natural disaster strikes. Prepare, plan and stay informed! You can obtain some valuable information at <http://www.ready.gov/> to assist you with your preparations.

Take Charge of Your Health Care



Open Enrollment 2009 is coming soon – November 2-30, 2009!

Open Enrollment is the time of the year when you can evaluate your current benefit elections and make any adjustments to be sure you have plans that best suit your needs. 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.