

NALC Health Benefit Plan

HIGH OPTION AND CDHP PROGRAMS

2027



HO - 888-636-NALC (6252)
CDHP - 855-511-1893



www.nalchbp.org



WELLNESS

Are you tired of endless doctor appointments or not knowing where to turn for support?

We believe your healthcare should not only treat you when you're sick but offer programs and wellness incentives to help you stay on the path of success. Here at the NALC Health Benefit Plan, we are committed to providing more than basic insurance coverage and want to make sure you know about the many benefits available to our members.

Whether you are looking for personalized health guidance to manage a health condition or simply want to stay on a positive health journey, this booklet is your go-to resource. Refer to the index to quickly identify resources for your personal well-being or scan the individual QR codes throughout the booklet.

If you are still unsure where to start or feeling overwhelmed by all the options, make sure to connect with Priority Health Coaching who can identify which program(s) may be right for you.

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Wellness Rewards

Improve your health and earn valuable incentives by participating in our rewards program. Earn health savings dollars to use toward eligible medical expenses.

	High Option Wellness Rewards	CDHP Wellness Rewards
Flu & Pneumococcal Vaccine	Earn \$10 in health savings rewards for an annual flu vaccine and/or pneumococcal vaccine.	Earn \$5 in health savings rewards for an annual flu vaccine and/or pneumococcal vaccine.
Health Assessment	Earn \$50 in health savings rewards for completing a Health Assessment.	Earn \$20 in health savings rewards for completing a Health Assessment.
Annual Biometric Screening	Earn \$50 in health savings rewards for participation in a biometric screening.	Earn \$30 in health savings rewards for participation in a biometric screening.
Quitting Tobacco Use	Earn \$50 in health savings rewards for participation in the Quit for Life program.	Earn \$30 in health savings rewards for participation in the Tobacco Cessation program.
Well-Child Visits	Earn \$50 in health savings rewards for completing 6 well-child visits through age 15 months as recommended by the American Academy of Pediatrics.	Earn \$30 in health savings rewards for completing 6 well-child visits through age 15 months as recommended by the American Academy of Pediatrics.
Healthy Pregnancies, Healthy Babies®	Earn \$50 in health savings rewards for enrolling in the Healthy Pregnancies, Healthy Babies® program.	Earn \$30 in health savings rewards for enrolling in the Healthy Pregnancies, Healthy Babies® program.
Priority Health Coaching Program	Earn \$50 in health savings rewards once you achieve your fitness, diet, or health goals with the assistance of a trained health coach.	Earn \$30 in health savings rewards once you achieve your fitness, diet, or health goals with the assistance of a trained health coach.

You are only eligible to receive one reward amount per person, per program or wellness activity, per calendar year. See the Wellness Incentive Programs section in our Brochure for guidelines and details.

Health Coaching

Welcome to our Health and Wellness Gateway

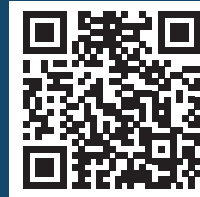
Priority Health Coaching is a no-cost, coaching program that serves as the central entry point and coordination layer for our health and wellness programs. Through personalized coaching and coordinated access to the broad spectrum of programs offered by the NALC Health Benefit Plan, a Priority Health Coach will help you to make positive changes which lead to a healthier you.

In addition to coaching, Priority Health also includes programs that help members struggling with chronic conditions.

Don't know where to start, check out our easy index at the back of the book.



For an informational video, scan this QR code.



To learn more, scan this QR code or go to www.evernorth.com/PriorityHealthNALC



To schedule an appointment, scan this QR code and go to Priority Health Coaching (NALC) or call 877-447-3524.

High Option Programs



Hello Heart®

Hello Heart empowers you to manage your heart health. They have helped thousands beat the odds of avoidable heart disease and create healthier futures. Call 800-767-3471, text NALC to 75706 or go to www.join.helloheart.com/NALCHBP.



Hinge Health® Musculoskeletal Support

Struggling with joint or muscle pain? Get access to a personalized virtual exercise program and dedicated care team today. Call 855-902-2777 or go to www.hingehealth.com/nalchbp.





Foodsmart®

Are you looking for nutrition assistance to save money on food, manage your weight, support health conditions or promote your general wellness? A virtual dietitian can help. Go to <https://foodsmart.com/members/cigna-healthcare> or call 415-800-2311.



Real Appeal® - Weight Management

Experienced coaches, on-demand workouts, and a science-backed approach – all designed to help you set practical goals towards weight loss. For more information or to enroll online go to nalchbp.realappeal.com or call 844-924-7325.



CVS Health Rx Weight Management

Do you need additional support with weight loss using anti-obesity medications? For more information or to enroll go to <https://cvsvco/WM> or call 800-207-2208.





OSHI Health™ - Digestive Support

OSHI is on a mission to free people from the suffering and burden of GI conditions by delivering care virtually. To get started go to oshihealth.com/nalchbp or call 646-876-8455.



Transform Diabetes Care® Management (TDC)

TDC is a personalized, holistic program designed to help members manage diabetes effectively through clinical support, digital tools, and lifestyle coaching. Call 855-238-3622 or go to <https://www.cvshealth.com/services/health-care-and-wellness/condition-management/diabetes.html>.



Accordant Health Management® Support

Accordant is designed to help members manage rare and complex health conditions by offering tailored education, monitoring, and support services. For more information go to <http://www.accordant.com> or call 844-923-0805.

Maven - Women's and Family Health

Healthcare designed for women and families that's personal. Covering many phases of life from fertility, family building, maternity care, newborn care, parenting, pediatrics, menopause and midlife health. You can sign up for Maven through the mobile app or online at mavenclinic.com/join/NALCHBP.



Healthy Pregnancies, Healthy Babies® through Cigna®



Access personalized support for a healthy pregnancy and a strong start for your baby. For more information go to <https://welcome.cignahealthcare.com/nalc/hphb/> or call 877-220-NALC (6252).



Visana - Virtual Women's Health

Visana is a comprehensive, virtual women's health clinic. They provide medical care for a wide range of women's health conditions. Go to <https://www.visanahealth.com/> or search our provider directory by type of doctor using gynecology or call 612-217-4967.





Telehealth Virtual Care powered by Amwell

Speak to a doctor or licensed clinician online. With NALCHBP Telehealth, you can see a doctor in minutes for many common conditions. You also have access to dermatology, nutrition, women's health and lactation consultants. Go to www.nalchbptelehealth.org or call 888-541-7706.

Solutions for Caregivers

The program is designed to support caregivers by providing access to essential services, emotional support, and educational resources. For more information call 866-463-5337.



Bend - Behavioral Health Coaching



Bend provides comprehensive mental health care for kids, teens, young adults and their families. Go to www.bendhealth.com/nalchbp or call 800-516-0975.



Calm - Mental Health App

Calm offers guided meditations, sleep support, and mindfulness tools to help you manage stress, improve sleep, and live more mindfully. Just download the app to get started. <https://app.calmhealth.com/>.





Quit for Life[®] Tobacco Cessation

Quit for Life[®] is a smoking and tobacco cessation program that offers support and coaching for anyone looking to stop using tobacco, nicotine, or vaping products. Call 866-784-8454 or visit www.quitnow.net/nalchbp.



Cigna*Plus* Savings[®] - Dental Discount

A dental discount program that provides discounted fees on dental services. To find out more, call 877-521-0244 or visit www.cignaplussavings.com.

Note: This program has an enrollment fee.



Healthy Rewards[™] Discount Program

Healthy Rewards provides deep discounts on products and services that encourage and promote healthy behaviors and lifestyles, like low-cost fitness center memberships, nutrition and vision care. For more information call 800-870-3470 or go to <https://discoverhealthyrewards.sites.cigna.com/>.



Choosehealthy Discount Program

Members have access to therapeutic massage and a wellness product marketplace which offers exclusive 10% to 50% discounts on a variety of popular health and fitness brands. Discounted pricing can be viewed after you register and log in to mycigna.com.

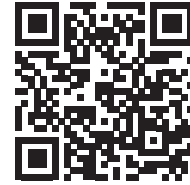
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CDHP Programs



Hello Heart®

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Hinge Health® Musculoskeletal Support

Struggling with joint or muscle pain? Get access to a personalized virtual exercise program and dedicated care team today. Call 855-902-2777 or go to www.hingehealth.com/nalchbp.





Telehealth Virtual Care through Cigna®

Convenient virtual care by video or phone for minor, non-urgent medical issues. Access MDLIVE by calling 888-726-3171 or log into <https://www.mdliveforcigna.com/landing/mdliveforcigna>.

Note: This benefit is only available through the contracted telehealth network.

Healthy Pregnancies, Healthy Babies® through Cigna®



Access personalized support for a healthy pregnancy and a strong start for your baby. For more information go to <https://welcome.cignahealthcare.com/nalc/hphb/> or call 877-220-NALC (6252).



Visana - Virtual Women's Health



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Foodsmart®

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OSHI Health™ - Digestive Support

OSHI is on a mission to free people from the suffering and burden of GI conditions by delivering care virtually. To get started go to oshihealth.com/nalchbp or call 646-876-8455.



Cigna® Weight Management

This weight loss program is a complete resource for those looking to manage their weight through sustainable lifestyle changes. It empowers you to take control of your weight journey. To enroll, go to <https://welcome.cignahealthcare.com/nalc/weight-management/> or call 855-511-1893.



CVS Health Rx Weight Management

Do you need additional support with weight loss using anti-obesity medications? For more information or to enroll go to <https://cvs.co/WM> or call 800-207-2208.





Tobacco Cessation

The Tobacco Cessation program, helps you put together a quit plan that's tailored for you. Call 855-246-1873 or go to <https://welcome.cignahealthcare.com/nalc/tobacco-cessation/>.



CignaPlus Savings® - Dental Discount

A dental discount program that provides discounted fees on dental services. To find out more, call 877-521-0244 or visit www.cignaplussavings.com.

Note: This program has an enrollment fee.



Healthy Rewards™ Discount Program

Healthy Rewards provides deep discounts on products and services that encourage and promote healthy behaviors and lifestyles, like low-cost fitness center memberships, nutrition and vision care. Call 855-511-1893 or go to <https://discoverhealthyrewards.sites.cigna.com/>.



Choosehealthy Discount Program

Members have access to therapeutic massage and a wellness product marketplace which offers exclusive 10% to 50% discounts on a variety of popular health and fitness brands. Discounted pricing can be viewed after you register and log in to mycigna.com.

High Option Index

Subject-Focus	Program	Cost	Page
Adoption	Maven	Free	7
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Anxiety	Calm Bend (family care)	Free	9 9
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Chronic Inflammatory Demyelinating Polyradiculoneuropathy (CIDP)	Accordant	Free	6
Cognitive Function Decline	Priority Health	Free	3
Crohns Disease	Accordant	Free	6
Cystic Fibrosis	Accordant	Free	6
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Depression	Priority Health Bend (family care)	Free	3 9
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Dermatomyositis	Accordant	Free	6
Diabetes (Type 1 or Type 2)	Transform Care	Free	6
Digestive Issues	OSHI	Standard (Std) Copay	6
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Eldercare	Solutions for Caregivers	Free	8
Epilepsy (Seizures)	Accordant	Free	6
Family Building	Maven Visana	Free Std Copay	7
Fertility	Maven Visana Amwell Women's Health	Free Std Copay Free	7 7 8

Fitness Products	Choosehealthy	Discount	10
Gastrointestinal	OSHI	Standard (Std) Copay	6
Gaucher Disease	Accordant	Free	6
Grief and Loss	Calm Solutions for Caregivers	Free	9 8
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Hemophilia	Accordant	Free	6
Hereditary Angioedema	Accordant	Free	6
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	Amwell Women's Health	Free	8
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Newborn Care	Maven Visana	Free Std Copay	7
Nutrition	Real Appeal	Free	5
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	Amwell	Free	8
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	Foodsmart	Std Copay	5
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Tobacco Cessation	Quit for Life	Free	10
Ulcerative Colitis	Accordant	Free	6
Urgent Care	Amwell	Virtual \$10 Copay	8
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Weight Management	Real Appeal	Free	5
	CVS Rx Weight Mgmt	Free	5
	Visana	Std Copay	7
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	Amwell Women's Health	Free	8

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Subject-Focus	Program	Cost	Page
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Anxiety	MDLive	10% after Plan Deductible	13
Behavioral Health Coaching	Priority Health MDLive	Free 10% after Plan	13
Cholesterol	Hello Heart	Free	12
Chronic Inflammatory Demyelinating Polyradiculoneuropathy (CIDP)	Accordant	Free	14
Cognitive Function Decline	Priority Health	Free	11
Crohns Disease	Accordant	Free	14
Cystic Fibrosis	Accordant	Free	14
Dental Discount	Cigna <i>Plus</i> Savings	Discount	16
Depression	Priority Health MDLive	Free 10% after Plan Deductible	11 13
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Human Immunodeficiency Virus (HIV)	Accordant	Free	14
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Woman's Health	Visana	10% after Plan Deductible	13

NALC Health Benefit Plan



The NALC Health Benefit Plan is here to support you and your family in achieving your health and wellness goals.



This is a summary of some of the features of the NALC Health Benefit Plan PSHB (HO and CDHP). Since it is only a summary, it cannot be considered a legal document. The benefits described in this summary are subject to change and do not guarantee future benefits. Detailed information on the benefits for the 2027 NALC Health Benefit Plan can be found in the official brochure. Before making a decision, please read the Plan's officially approved brochure (RI 71-024). All benefits are subject to the restrictions, definitions, limitations, and exclusions set forth in the official brochure.
