

# A Benefits Xtra

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## Inside this issue:

- Open enrollment going on NOW
- You can quit smoking-part 1
- e-BEAM is here
- Flexible Spending Account meetings
- Send questions to [abx.benefits@airborne.com](mailto:abx.benefits@airborne.com)

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## You Can Quit Smoking Part 1

Learn how to get help to quit smoking and improve your chances of success. This is the first of a two-part article that explains the best ways for you to quit as well as new treatments to help. All information is based on scientific research about what will give you the best chances of quitting.

### Nicotine: A Powerful Addiction

If you have tried to quit smoking, you know how hard it can be. Nicotine is a very addictive drug. For some people it can be as addictive as heroin or cocaine.

### Quitting is hard

Usually people take 2 or 3 attempts, or more, before finally quitting. Each time you try to quit, you can learn about what helps and what hurts. Quitting takes hard work and a lot of effort, but you can quit smoking.

### Good Reasons to quit

Quitting smoking is one of the most important things you will ever do:

- You will live longer and better.
- Quitting will lower your risks of having a heart attack, stroke, or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people with whom you live, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes (\$1,100 per year if you smoke a pack a day).

### Get Ready

- Set a quit date. (Make it soon.)
- Change your environment by getting rid of ALL cigarettes and ashtrays in your home, car, and place of work. Also, don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what did not.

• Once you quit, don't smoke—NOT EVEN A PUFF!

### Get Support and Encouragement

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.

### Five Keys for Quitting

Studies have shown that these five steps will help you quit for good. You have the best chances of quitting if you use them together:

1. Get ready.
2. Get support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly.
5. Be prepared for relapse or difficult situations.

- Talk to your health care provider (doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor).

- Get individual, group, or telephone counseling. The more counseling you have, the better your chances of quitting. Programs are available at local hospitals and health centers. Call your local health department for information about programs in your area.

The next issue of *A Benefits Xtra* will cover new medications that can double or triple your chances of quitting and quitting for good. It also includes ways to avoid relapses and covers concerns you may have about quitting, including weight gain.

SOURCE: A Consumer Guide publication of the U.S. Department of Health and Human Services, 2000.



Thursday,  
Nov. 20

## Questions about Benefits

If you have questions, please send them to [abx.benefits@airborne.com](mailto:abx.benefits@airborne.com) or via COMAT to Benefits Department, ILN/9C Mailstop 2061-B. Questions of common interest may be published in a Q&A section of this newsletter. In addition, the ABX benefits web site will be updated with new information as it becomes available. The web site is available at [www.abxair.com](http://www.abxair.com). Click on *Employee Connection* and then *Benefits Home* at the top of the *On the Inside* home page.



## More help on Quitting

Here are several excellent web sites:

[www.cancer.org](http://www.cancer.org)  
[www.lungusa.org](http://www.lungusa.org)  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Also, [www.myuhc.com](http://www.myuhc.com) has a smokers resource center. Click on health topics and tools, then click on healthy living, then smoking.

Employees in Wilmington may call the local office of the American Cancer Society at (513) 229-0616 or in Ohio call (888) 227-6446.

## Benefits Open Enrollment

Open enrollment is now in progress. All employees should have received their Open enrollment packets and 2004 Benefits Handbooks by now. Employees can make changes to their benefits for 2004 by accessing e-BEAM, ABX's new secure web site for benefits enrollment. The deadline to make changes is Nov. 30. If you want to keep the same benefits for 2004, then **do nothing**; your 2003 benefit elections will be carried over.

If you did not receive your open enrollment packet, please contact the Benefits Department at (800) 736-3973 ext. 3085 or ext. 3157, or send an e-mail to [abx.benefits@airborne.com](mailto:abx.benefits@airborne.com).

## Coordination of Benefits

Because ABX now has a new group number with United Healthcare, you may be asked for information about other insurance benefits. Unfortunately, UHC was unable to transfer information about other insurance companies in our employee records to the new group number.

If you receive a request from UHC asking for information about other insurance, please complete the request and submit it. If you do not have other insurance you still need to respond to any request by indicating you do not have any other insurance.

## e-BEAM is Here

Beginning Nov. 3, ABX employees began using our latest technology enhancement, e-BEAM which allows employees to make their benefits elections, using a secure web site. This site allows employees to see their current benefit elections, make changes, and update dependents for 2004. The feedback from employees has been positive. Here's a sample:

*The site is wonderful! It saves time and I don't have to worry about forgetting to bring paperwork back in. I can also do it from the comfort of my home and consult my wife on these matters as I go through the form. WONDERFUL IDEA!!!*

If you have any questions about e-BEAM or need help, please contact the Benefits Dept. at (800) 736-3973 ext. 3085 or ext. 3157.

## Flexible Spending Account Meetings

Employee meetings about the new ABX Healthcare Flexible Spending Account continue this week and next in Wilmington. If you want to learn more about the Flexible Spending Account or have questions, be sure to attend one of the meetings.

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
				13 11pm 12:30am (Friday morning)	14 6:30am 8am	15
16	17 9pm 10:30pm 12 midnight	18 7:30am 9am 12 noon	19 9pm 11pm 12:30am (Thursday morning)	20	21 5:30am 7am	22

Meetings also are being held in Atlanta, Orlando, Allentown, Xenia, and Columbus. Check with your supervisor for dates and times. For employees that can't make a meeting, you also can access the online Flexible Spending Account tutorial at [www.complink.biz/flash/fsa\\_index.html](http://www.complink.biz/flash/fsa_index.html)