



Health fair helps NAWCWD explore options for Open Season



A representative from High Desert Fitness speaks with Naval Air Warfare Center Weapons Division employee about his fitness levels during the Nov. 9 Benefits Open Season Health Fair at China Lake. (U.S. Navy photo)

NAVAL AIR WARFARE CENTER WEAPONS DIVISION, CHINA LAKE, Calif. - In preparation for the 2017 Federal Health Benefits Open Season, local health care providers and insurance representatives were invited to Naval Air Warfare Center Weapons Division to promote wellness, hand out literature, and talk with federal employees about health care and healthy living options available to them during the Benefits Open Season Health Fair at Point Mugu and China Lake on Nov. 3 and Nov. 9, respectively.

Over 800 attendants from both sites were provided with options ranging from dental and vision insurance to child care and personal training with several booths providing on-the-spot health analysis such as blood pressure, body fat versus muscle percentages and fall risk assessment. The fair at Point Mugu accepted blood donations and China Lake's event offered flu shots.

"I believe it is important for employees to have the opportunity to talk with insurance representatives, so they are able to make a choice based on their specific health care needs," said Melissa Merzlake, a NAWCWD Human Resources specialist. "It's their opportunity to ensure they are not without health care services or supplies they may need."



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Both events were very successful thanks to the team that put them together.”

The Federal Health Benefits Open Season will be available from Nov. 14 to Dec. 12. For 2017 health, dental and vision insurance providers and premiums, visit <https://www.opm.gov/healthcare-insurance/healthcare>.



A Naval Air Warfare Center Weapons Division employee takes part in a blood pressure screening during the Nov. 3 Benefits Open Season Health Fair at Point Mugu. (U.S. Navy photo)