

## THE BENEFIT

**Housing Benefits Plan (HBP) is the medical plan provided to you by your housing authority utilizing the Blue Cross/Blue Shield or CIGNA networks. HBP is directed by housing authority Executive Directors from across Southeast and Southwest NAHRO for the benefit of housing authorities.**

*Please share this with all of the HBP participants at your housing authority, including retirees and Cobra participants.*

### **My Ideal Doctor - Your direct link to a physician 24/7/365**

PBA has mailed to the home of each plan member information about the new telemedicine provider, My Ideal Doctor. Effective August 1, **MyIdealDoctor** replaced the Tel-A-Doc service. This service is still free to those that use it, compliments of HBP. To get started, download the app, go to <https://myidealdactor.com> or call 855-879-4332. HBP's group number is MYIDR1318.



### **Online billing begins this month!**

By now all housing authorities should have received their login information to access the online billing through Mercer. Bills may be downloaded in a pdf or an excel format. The payment process has not changed, but the way you receive your bill has changed. Attached to this newsletter email are screen shot instructions explaining the process for downloading your bill. Once you receive an email message from Sheila Stockman that the invoices are ready, you may sign in to the website and retrieve your bill. Trying to download the invoice prior to it being ready will result in an error message.



### **ACH Payments**

Automated Clearing House (ACH) is an electronic network for financial transactions. Your medical plan bill may be paid with automatic withdrawals from the housing authority bank account. ACH payments is an option, not a requirement, so if you wish to use this method please complete the authorization form attached to this newsletter email and return it as instructed.



**August 2017**

### **Sweet Deals for You**



Please visit the BCBS or Cigna websites for member discount programs. You will need to set up an account if you haven't already done so.

**BCBS** offers Blue365. With this program, you may save money on health and wellness products and services from top retailers that are not covered by insurance. (weight loss, fitness, hearing, athletic footwear, senior care, and more)

In addition, once you sign up for Blue365 at [www.blue365deals.com](http://www.blue365deals.com) weekly "Featured Deals" will be emailed to you. These deals offer special savings for a short period of time.

When you log in to the **MyCigna** web page, there is a bar near the top with options. Hover over MANAGE MY HEALTH, then click on "Discount Programs – Healthy Rewards."

There are tabs for each kind of program: weight & nutrition; fitness & mind/body; vision, hearing; alternative medicine; and wellness & healthy products.

The HBP website at [www.housingbp.com](http://www.housingbp.com) provides more information and helpful links. Questions or comments? Email us at [sstrange@oeccwildblue.com](mailto:sstrange@oeccwildblue.com) or call 318-377-9268