

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.

SIGN UP NOW!

Naturally Slim program deadline approaching!

January 12 is the deadline for enrolling in Naturally Slim. A Welcome Kit will be sent to applicants that meet the criteria and the 10 week program will begin Monday, January 29. Naturally Slim is an online weight loss program that will change your life and how you think about food. As a wellness/preventive benefit this program is offered at no cost to participants, thanks to HBP's Board of Trustees. Hurry and sign up for a spot as space is limited. Friday, January 12 is the last day to register. www.naturallyslim.com/HBP. See the additional attachment for information to help with viewing the lessons and communicating with Naturally Slim.

Have you gotten your flu shot!

According to the Centers for Disease Control and Prevention (CDC), the flu season peaks in December and January. The flu affects millions of people each year and can lead to serious illness, or even death. The CDC recommends a yearly flu vaccine for everyone 6 months of age and older, as the first and most important step in protecting against this serious disease. If you haven't gotten your shot, it's covered 100% if given by the nurse without scheduling an office visit to see the doctor. It's also free when given at a participating pharmacy.



Reminder about forms received

Each year, **the first claim for an adult dependent** (19 years or older) should trigger a form to be sent. This form addresses employment and other insurance as PBA must verify annually whether other insurance is involved.

Any claim that could be the result of an accident, triggers an accident form to be sent. PBA must verify if coordination of benefits is required.

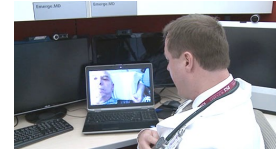
Please complete and return forms about claims as quickly as possible. If not returned, two additional follow-up letters/forms will be automatically sent. It is critical that the forms be completed and returned as the claims cannot be processed and paid until these forms are returned. Thanks for your help with this!

The HBP website at www.housingbp.com provides more information and helpful links. Questions or comments? Email us at sstrange@oecwildblue.com or call 318-377-9268.



January 2018

My Ideal Doctor



Your telemedicine provider, My Ideal Doctor, provides 24/7/365 access to a national network of U.S. board-certified doctors. These doctors diagnose non-emergency medical problems, recommend treatment, and can even call in a prescription to your pharmacy of choice.

This is especially helpful when the symptoms appear when away from home, at night, or over a weekend when there is limited access to medical care.

This service is free to medical plan members, compliments of HBP. To get started, go to <https://myidealdoc.com>, download the app, or call 855-879-4332. HBP's group number is MYIDR1318.

If you register now, the service will be ready to use when needed.

Mercer Request

When contacting Mercer by email, please include the Housing Authority name or company number within your email.

Thank you!