

## 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.*



### **Take Charge of Your Health— Use your wellness benefits**

Wellness care is paid at 100%; copays and deductibles do not apply. Please check your plan documents for everything that falls under this category, including immunizations. Make sure you meet the time requirements between exams.

Charges incurred for preventive services include, but are not limited to, routine physical exams and screenings, well baby and well child care, routine x-ray and lab, mammograms, pap smears, PSA tests, immunizations, and colonoscopies, at the age and frequency recommended under federal guidelines or by current American Cancer Society guidelines.

Flu shots and routine vaccines are covered at 100% if given by the nurse without a doctor's visit or if given at a participating pharmacy. Adult routine vaccines include Hepatitis A, Hepatitis B, HPV, MMR-II, Meningococcal, Pneumococcal, Tdap, TD, Tetanus toxoid, the chicken pox vaccine, and the shingles vaccine.

### **My Ideal Doctor Login Directions**

1. Go to [www.myidealdoctor.com](http://www.myidealdoctor.com) and click Member Login at the top of the page.
2. Click Register. Select Group Benefit as the registration method.
3. Validate your membership by completing the fields on the Group Benefit Registration page. (HBP's group # is MYIDR1318.)
4. Click Validate.
5. Create your account by entering your email address and password.

If you experience any issues when following these registration steps, you may call 855-879-4332 to get registered.



**March 2018**

### **When you Lose, you Win, With Naturally Slim!**

#### **Participant Information**

*To make Naturally Slim even easier, search for "Naturally Slim" on your Android or iPhone app store today! With the Naturally Slim companion app, you can learn the Naturally Slim principles, track your progress, and find inspiration while on the go!*

*If you haven't received any emails from Naturally Slim or if you are having trouble logging in or viewing your videos, please email*

[info@NaturallySlim.com](mailto:info@NaturallySlim.com).

#### **Who You Gonna' Call...**



**1-800-435-5694** - for BCBS or Cigna medical ID cards and medical and dental claim questions

**1-855-312-7412** - for pharmacy ID cards and questions about drug coverage

[www.optumrx.com](http://www.optumrx.com) - pharmacy website

[www.pbaclaims.com](http://www.pbaclaims.com) - medical claims, benefits, and more

**Be on the lookout for information about the next Naturally Slim session starting in April.**



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.