

## 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.*

**Enrollment for the next Naturally Slim session opens April 30** with the program beginning in May. You may visit the website at [www.naturallyslim/hbp](http://www.naturallyslim/hbp) to join the waiting list.



### Using in-network dentists saves you money!

Using in-network dental providers allows discounts in the program that saves you money. Even if you exhaust your annual benefits before the end of the year, the plan discounts still apply to additional dental charges. To locate in network providers call 1-866-522-6758 or visit [www.dnoa.com](http://www.dnoa.com). The network is **Labor+**.

### Nominate your dentist for the DNOA Network

You may nominate your dentist to be part of the network at [www.dnoa.com](http://www.dnoa.com). Detailed directions for this process can be found on HBP's website at [www.housingbp.com/contact](http://www.housingbp.com/contact).



### Locating In Network Medical Providers

For step by step instructions for locating in network medical providers in both the BCBS and Cigna networks visit HBP's website at [www.housingbp.com/contact](http://www.housingbp.com/contact). Instructions for adding providers to either network are also available on this website page.

### OptumRx is announcing formulary changes that will become effective 7/1/18

Effective July 1, OptumRx will be making changes to their formulary. These changes are expected to impact a small number of our members (less than 10). Impacted members will receive a letter from OptumRx that includes additional information. If you have questions about these changes, or if you would like more information, please visit [www.optumrx.com](http://www.optumrx.com) or call member services at 1-844-265-1720.



**to St. Louis County, MO for sharing their wellness program!**

The Housing Authority of St. Louis County, Missouri, has generously shared its wellness program. It is an impressive and detailed plan in which employees are rewarded for choices that will improve their health. For more information please see the attached plan.

**Thanks and Welcome!** We wish Sheila well and thank her for her service to HBP as we welcome Andy. Andy is happy to be your new contact at Mercer for enrollment and billing questions. You may reach him at [Andrew.Lehmann@mmc.com](mailto:Andrew.Lehmann@mmc.com) or 319-887-4060.



**April 2018**

### Naturally Slim

Current Naturally Slim participants do not have to re-enroll for NS4You/NS4Life—their dashboards will automatically transfer over to those phases. During Week 8, participants received a “heads-up” email about NS4You. Once a participant completes Foundations and moves into NS4You, the participant will receive emails at the start of each week, just like they did during Foundations. NS4You runs for 14 weeks and NS4Life lasts for 6 months, offering lots of support for members.



### Mail Order Pharmacy is an economical and convenient way to get your meds.

A three months' supply of a maintenance drug can be purchased for the price of a two months' supply. Call 1-855-312-7412 or visit [www.optumrx.com](http://www.optumrx.com). The website will walk you through setting this up and will inform you as to how much you can save a year.



### You've got Questions? We've got answers!

Also attached is a document for newly enrolled employees. It's in response to frequently asked questions and provides detailed information about all aspects of the plan, beneficial to new and not so new plan members. This will also be available to you on HBP's website on the Notices/Forms page. It is placed under the Enrollment form on the website. When printing the enrollment form for the new employee you can also provide this document.

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