

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.



Distinguished Hospitals Why this is Important to You

Blue Distinction Centers have proven expertise in specialty care and are noted for their high quality of care and greater cost efficiency leading to better outcomes, fewer complications and, ultimately, lower costs for members. For more information visit www.bcbsil.com.

Cigna's Center of Excellence hospitals have earned a top rating for health outcomes and offer cost savings. Go to the Cigna website, www.mycigna.com, to learn more.

Want to cut more costs?

BAM (Blue Access for Members) -

Use the cost estimator to compare costs before your next office visit. Find out how much tests, treatments, and procedures cost at different locations. www.bcbsil.com/member
Cigna's medical cost estimator compares estimated costs for various procedures based on Cigna's historical cost data. www.mycigna.com



Naturally Slim Another Chance to Participate

Another Naturally Slim session is starting. It is available to HBP medical plan participants. Naturally Slim is offered by HBP as a wellness benefit at no cost for those who qualify to participate. HBP has received some great testimonials from those who participated in the first session. Naturally Slim has enhanced their program. One change is to limit the sessions to 30 minutes. Previously the opening session lasted more than an hour and that was a challenge for some participants. They have also added new features to the curriculum and new tools to help participants.

Go to www.naturallyslim/hbp to apply for the next Naturally Slim session starting on May 28. Space is limited. Enroll by May 11. Sign up now!



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Member Discounts

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.

BLUE365

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. (fitness, hearing, athletic footwear, senior care, and more) In addition, once you sign up for Blue365 at www.blue365deals.com, weekly "Featured Deals" will be emailed to you. These deals offer special savings for a short period of time.

Cigna's Discount Programs Healthy Rewards

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 provides more information and helpful links. Questions or comments? Email us at sstrange@oecwildeblue.com or call 318-377-9268.