

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.



June 2018

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

Just a quick reminder!

OptumRx formulary changes become effective 7/1/18

Just a reminder that changes to the OptumRx formulary become effective July 1. The few members impacted should have received 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 or call member services at 1-844-265-1720 .



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.



Naturally Slim's Life Changing Results

Weight is coming off, medical reports are improving, and the need for belts is greatly increasing. 37 % of individuals lost more than 10 pounds. 43% of individuals lowered their diabetes risk. The following is a testimonial shared by an HBP participant. *"I loved the NS program...I found it to not only have a weight loss benefit, but also an emotional and mental health benefit as well, I did not even know what my vital needs were before the program. Get those vital needs met!!! Loved it Loved it Loved it."*

If you started the program and didn't get past week 7 you may enroll again in the fall. To join the waiting list for the next Naturally Slim session starting September 10, go to www.naturallyslim.com/HBP.



Medical care is close at hand even if you are far from home.

While traveling during the summer don't forget that you have access to My Ideal Doctor. 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 service is free to medical plan members, compliments of HBP.

To get started, go to <https://myidealdoctor.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.



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.