

## 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.*



### How to Eat a Cheeseburger 101

#### Last Class of the Year

As school starts back in the fall so does the next **Naturally Slim** session. Sign up now for the last session of the year, "How to Eat a Cheeseburger 101." (And, there is a right way.) Learn how to lose weight and improve your health while eating the foods you love.

Naturally Slim reports that weight loss for those participating in the current session is right on track. Keep up the good work!

Participants from the previous session share their comments. "Love this program!! I have tried other programs with little to no success." "After 6 weeks I am down 15 lbs. It has been so easy. The best thing...I am not constantly thinking of food."

Enrollment is from August 13–24, with a session start date of Monday, September 10. Don't wait, sign up now by going to the Naturally Slim website at [www.naturallyslim.com/HBP](http://www.naturallyslim.com/HBP).

#### Open Enrollment

Annual enrollment will take place from November 5 through December 3. Rates and benefits are scheduled to be communicated during the first week of October.



#### New Mercer Enrollment and Billing Contacts

We wish Andy Lehmann well and thank him for his service to HBP, as we welcome Alicia and Crystal as HBP's new contacts. Their contact information is:

Alicia Schossow [Alicia.Schossow@mmc.com](mailto:Alicia.Schossow@mmc.com)

Phone: 515-365-1013 Fax: 515-365-0309

Crystal Ruth [Crystal.Ruth@mmc.com](mailto:Crystal.Ruth@mmc.com)

Phone: 515-365-1114 Fax: 515-365-0309

To expedite the handling of inquiries, please also copy [cbs.premium.accounting@mmc.com](mailto:cbs.premium.accounting@mmc.com) on all email correspondence to Alicia and Crystal.



medical • dental • vision • life • long term disability

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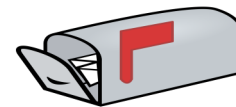
#### My Ideal Doctor & Mail Order Pharmacy Two Programs that Can Save you Money



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



The **Mail Oder Pharmacy** saves you money, and is easy and convenient to use. Get a 3 months' supply of meds for the cost of 2 months'. 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.

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.