

## THE BENEFIT

**Housing Benefits Plan (HBP) is the medical plan provided to you by your housing authority. It 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.*

### **Real Appeal participants spoke...and we listened!**

Real Appeal will launch many new enhancements to the program effective *July 1, 2019*.

Members who are currently enrolled and participating in Real Appeal will remain on the current platform and continue with the current Real Appeal experience. This will allow them to complete the crucial first six months without any interruption.

Anyone who enrolls *on or after July 1, 2019* will be enrolled on the new platform, which contains the following enhancements:

- Daily goal-tracking: Goals presented each week that align with course content
- Reading materials and actions added weekly
- Direct access to trackers, messages, chat, library, scheduling, profiles and support
- Improved class/video experience
- Upgraded food and activity tracking
- Online scheduling and rescheduling
- Integration with more third-party apps
- Access to Real Appeal through their existing Rally Health & Wellness experience

Also part of the new Real Appeal experience beginning on July 1, 2019 is a change to the 52-week format. The first six months of the program will consist of 26 weekly classes then switch to monthly classes for the next six months. The weeks in between the monthly group sessions will offer self-paced learning, greater flexibility to schedule one-on-one time with their personal coach and the ability to join breakout sessions that will explore health and wellness topics not currently covered. All Real Appeal participants will be transitioned to the new platform by January 1, 2020. Please note a comprehensive communication plan will guide impacted members through the transition.

As a reminder, Real Appeal is free to those employees who are enrolled in the United HealthCare medical plan. To date, over 2.1 million pounds have been lost amongst Real Appeal participants!!



**June/July 2019**

### **Men & Women's Health**

We are all guilty of getting caught up with work, children and other activities, which often results in neglecting our own health. Men tend to prolong a preventive/wellness visit more so than women. As we are aware, preventive visits are key to early detection of any health issues; be proactive instead of reactive. We encourage all of our members to take advantage of their wellness benefits, annual screenings and immunizations.

### **Prescription Drug List Updated July 1**

Just a reminder that the updated prescription drug list (PDL) became effective July 1. As stated in the May newsletter the few members impacted by these changes would have received a letter within the last 30-60 days. The new PDL is on HBP's website at <https://www.housingbp.com/plan-descriptions>. Members are encouraged to visit [myuhc.com](http://myuhc.com) to find lower-cost medications with greater health care value.

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.