

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.

Simply Engaged

Simply Engaged, a United Healthcare program, rewards covered employees and their covered spouses for healthy actions. Members can earn up to \$200 in rewards each year. The reward money is given in gift cards. There are many gift cards from which members can choose such as Amazon, Bed Bath & Beyond, and Target, just to name a few. Members select the ones they want. Rally coins are also earned as actions are completed and can be used to participate in sweepstakes for a chance to win various items such as gift cards, Kindles and blue tooth speakers. Sweepstake prizes are constantly updated to keep members engaged.

To start the program, members log in to www.myuhc.com and complete the Rally health survey. Completing a biometric screening is another of the healthy actions. An on-site biometric screening is available if 20 or more covered employees participate. Contact Susan Strange if your housing authority is interested in scheduling a screening. Contact information is at the bottom of the newsletter. There are also other options for getting the screening, such as at the doctor's office, a convenience care clinic, or a participating Quest Diagnostics provider. Check for applicable copays. Copays would apply if seeing the doctor unless it is part of a wellness visit.

Attached is a flyer explaining the details of how the Simply Engaged program works.

For employees with child or family coverage -

Newborns

Upon notification of birth, newborns are added for 31 days. An enrollment form for the newborn needs to be provided within those 31 days to continue coverage.

Dependent Child

With the exception of eligible disabled dependent children, a dependent child is eligible for coverage until the end of the month in which he/she turns 26.



August 2019

Smoking Cessation



When you stop smoking, the healthy rewards start right away. One day after you quit, the risk for heart attack begins to drop. One year later, it's cut in half.

Most people need help to quit. As part of your United Healthcare plan, you have a program available—at no additional cost to you. **Quit For Life** is just like having a coach right at your fingertips.

Online support - Get access to a website offering tools and more.

Quit For Life mobile app - 24/7 urge management support plus on-the-go access to your program

Live Tobacco-Free course - Gain skills to help prepare you to quit and stay on track for good.

Personalized support - Work with a Quit Coach to help you create a plan tailored to your lifestyle.

Enroll in the Quit For Life program at myuhc.com

See the attached flier for more information about this program.