

## 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 your HBP employees, retirees, and Cobra members. Share with the ED, HR, and Finance as some information may be pertinent to them.*

### Virtual Visits



As a reminder, Teladoc<sup>®</sup> joined the UHC network on September 1, 2019 as the national Virtual Visit provider supporting a new integrated Virtual Visit experience. Members will be able to initiate a Virtual Visit through Teladoc<sup>®</sup> from the [myuhc.com](http://myuhc.com) landing page.

Integration into the Health4Me<sup>®</sup> and UnitedHealthcare apps is still to be determined. This is an integrated experience where members no longer need to leave myuhc.com or download a separate application for Virtual Visit access. The integrated Virtual Visit experience will be expanded to include telephonic visits (voice only) on **January 1, 2020**. The telephonic only option will be available only through Teladoc<sup>®</sup>.

AmWell and Doctor on Demand will continue to participate in the network and will remain listed on the Virtual Visits provider directory through myuhc.com; user access will remain the same. Virtual visits is no cost to members when using one of these in-network providers

### Diabetes

It is definitely not something to be taken lightly. Over time, diabetes can affect your blood vessels, eyes, heart and kidneys, just to name a few.

Do you know the difference between Type 1 and Type 2 diabetes? One of these two types can go unnoticed and develops gradually over an extended period of time. Risk factors include being overweight, living a sedentary lifestyle, and family history. As always, early detection and living a healthy lifestyle is key to managing this disease, or possibly avoiding it altogether.

United HealthCare has additional resources at your disposal 24 hours a day 7 days a week; please visit <https://www.uhc.com/health-and-wellness/health-topics/diabetes> to learn more.

**Know before you go** - When scheduling a test or procedure inquire about the ancillary providers such as anesthesiologists and radiologists. If they are not in-network, find ones that are, even if you need to change to another in-network facility.



**January 2020**

### Choose Smart and Save on Specialists

Look for the Tier 1 blue dot when searching for a physician on myuhc.com or the United Healthcare app. Using a Tier 1 specialist will result in a lower copay.

You can also get an idea of where the provider is (cost wise) compared to other providers of the same specialty. Members can do further research by clicking on [View all Services and Costs](#).

### ID Cards

If you haven't received your new medical ID cards yet, they should be arriving any day. New medical ID cards are being issued to all HBP members, except those on the Out of Area plan. ID cards will be mailed to the member's home address. Please be careful not to discard them as junk mail. Your current ID cards may be used until your new ones arrive as your ID number will not change.

### Agreement and Certification

All housing authorities should have received a packet containing an agreement and certification of regional membership to be completed and returned. Complete pages 6, 7, and 8 of the agreement. Complete paragraph 1 of the certification and sign and date it. Make copies for your files and return the originals.

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.