

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.

COVID-19 Resources

Please click on the below link for the **most current COVID-19 information** from United Healthcare.

<https://www.uhc.com/health-and-wellness/health-topics/covid-19/faq>

For your **most up-to-date plan and benefit information**, please visit www.myuhc.com/covid

Available on www.myuhc.com is a **symptom checker** and a **test site locator tool**.

Use **telehealth** to reduce exposure to the virus. Talk to a telehealth doctor with **Virtual Visits** or **talk to your health care provider using a telehealth visit**.

The **mail order pharmacy** offers a safe, convenient, and economical way to purchase maintenance drugs.

UHC has a **free emotional support line** staffed by professionally trained mental health experts. The number, 1-866-342-6892, is open 24/7.

A **free on-demand emotional support mobile app** called **Sanvello** is available to help you cope with stress, anxiety and depression during the COVID-19 pandemic. It can be accessed via the Apple and Google Play stores. <https://www.sanvello.com/coronavirus-anxiety-support/>

Get 1 on 1 support from a behavioral health provider to help with depression, anxiety, and addiction. Until June 18, 2020, **your cost-share** (copays, deductibles, and coinsurance) **for behavioral health visits is waived**. Call the number on your health plan ID card or visit <https://www.liveandworkwell.com> to find a behavioral provider.

Returning to Work

Information to consider in preparing the worksite for returning to work was emailed to the main contact(s) at each housing authority. The information was provided for the benefit of the ED and/or HR. If this applies to you and you did not receive this information please contact Susan Strange at ssstrange@oecwildblue.com

Waiting Periods

Please be aware of your housing authority's waiting period. That is the time before new employees' benefits can be effective. The standard, and shortest waiting period now allowed, is the first of the month following the date of hire. The longest waiting period allowed with HBP (so that HBP stays in compliance with the ACA) is the first of the month following 60 days, not to exceed 90 days. It is important to be aware of the waiting period for timely submission of employee enrollments. Employee enrollments are due 31 days prior to the effective date. Employee terminations should also be submitted 31 days prior to, but no later than 10 days following, the date of termination.



May 2020

Virus and Antibody Testing

There is no cost for the testing to determine if one has the coronavirus. However antibody tests are different. Antibody tests are covered if ordered by the provider during the emergency period. (The current emergency period ends on 07/25/20. This could be extended as the public emergency continues.) If not ordered by the provider antibody tests are not covered.

Simply Engaged

As you are probably aware, one of the health actions within the Simply Engaged program is Gym Check-In. However, COVID-19 has limited our daily activities, including going to the gym. UHC looked for ways to help members adapt and stay active during this health crisis. Due to the widespread closures of gym facilities, Rally® Health has introduced a new way for Simply Engaged participants to earn Gym Check-In rewards without going to the gym. A **Physical Activity Check-In** now appears in lieu of the Gym Check-In, prompting users to do something active 12 times per month to earn a reward. This temporary change appeared on the mobile Rally app and Rally® Health via myuhc.com effective 5/1/20.

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.

The HBP website at www.housingbp.com provides more information and helpful links. Questions or comments? Email us at ssstrange@oecwildblue.com or call 318-377-9268.