

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. Also share with the ED, HR, and Finance.

Real Appeal

Real Appeal is a FREE weight-loss program available through your HBP medical insurance! It provides you with a transformation coach and online group to help you achieve your weight loss goals. They assist with a fitness program and meal planning as well.

Using the app or online dashboard, you can track your meals, exercise, water, and weight. Pictured is half of the success kit members receive. What are you waiting for? Register at <https://www.realappeal.com>.



May & June Webinar Trainings

Tues. May 18, 10 am (EST) [How to Work With Difficult Customers](#)

Tues. June 15, 10 am (EST) [Losing Weight Healthfully](#)

Find previous webinar recordings at <https://www.housingbp.com/links-2>

Fully Complete Employee Enrollment/Change Forms

Please fully complete the employee enrollment/change form for all enrollments, changes, and terminations. For enrollments provide the effective date. For those taking medical coverage, circle or write in the plan name. For terminations indicate if it is a voluntary or non-voluntary cancellation.

Healthy Pregnancy App

Expecting? Utilize the UnitedHealthcare Healthy Pregnancy® app. This comprehensive app delivers personalized support. It allows members to connect with a nurse 24 hours a day, 7 days a week, track milestones, access informative articles, check pregnancy-related symptoms and much more. See attachment for more information.

Contact Employer Message

When your information needs updating you may receive a message from UHC to contact your employer. This means to contact Mercer. When you receive this message, please contact Mercer to get the needed changes made at ClientServices_Billing3@mercer.com.

COVID-19 Resources

Click on the link for the **most current COVID-19 information** from UHC.

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

Visit www.myuhc.com/covid for **up-to-date plan and benefit information**.



May 2021

UHC & VSP Vision Discounts

Screen time has been in the news for years, and with COVID-19 forcing many to work and attend school via a device, it remains an important topic for your employees. In fact, some eye care professionals are becoming increasingly concerned about the potential health impacts of increased exposure to blue light.

To help address this concern, **UnitedHealthcare Vision** has collaborated with Eyesafe® to provide members with a 20% discount off the retail price on blue-light screen filters for their devices. Members can purchase filters for their phone, tablet and laptops directly from Eyesafe. Members can access the discount via www.myuhcvision.com. You can learn more about this offer and the products by reviewing the attached Eyesafe® flyer.

Similarly, **VSP Vision** is offering a [20% savings on non-prescription blue light glasses](#). Check out that and more deals shown on the attached interactive flyer. Clicking on discounts will bring to you a website with more information. You can also go directly to <https://www.vsp.com/offers>

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 hbp@callhsa.com or call 1-800-288-7623, option 5.



**Nurse support and more,
for you and baby, all at
the touch of your finger.**

With the UnitedHealthcare Healthy Pregnancy® app, you get access to resources to help you manage the health of you and your baby throughout your pregnancy.



24/7 nurse support

One-click connection to a live nurse — anytime, day or night.



Medically approved pregnancy information

Check symptoms, learn what to expect during labor or your next doctor visit, and more.



Tracking tools and resources

Built-in weight tracker, baby kick counter and reminders, plus access to your pregnancy benefits, cost estimator tools and more.



Download the app to take your first step to a healthier pregnancy.



Apple and App Store are registered trademarks of Apple, Inc. Google Play is a trademark of Google, Inc.

Registration is required to access the UnitedHealthcare Healthy Pregnancy app.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

 Facebook.com/UnitedHealthcare  Twitter.com/UHC  Instagram.com/UnitedHealthcare  YouTube.com/UnitedHealthcare

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Savings on blue light protection

Excessive screen time on computers, tablets and cell phones may affect vision and cause digital eye strain due to the blue light they emit.¹ And since the onset of COVID-19, people are spending an average of 13 hours per day on digital devices.² That's why we're providing savings on blue light blocking screen filters with UnitedHealthcare Vision plans.

Help employees reduce eye strain.

UnitedHealthcare Vision members have access to discounts on blue light blocking screen filters for select smartphones, tablets and laptops from Eyesafe®.

Eyesafe screen filters are designed to:

- Reduce exposure to high-energy blue light
- Help maintain color quality and luminance
- Offer a simple, lower cost option to filter blue light on existing devices
- Be easily applied to your device

Members can access the discount through myuhcvision.com

Learn more.

Contact your UnitedHealthcare representative.

Save

20%

off of the retail price on blue light blocking screen filters from Eyesafe.



OTHER SOLUTIONS

EYESAFE®

United
Healthcare
Vision

eyesafe®

¹ National Institutes of Health. Research progress about the effect and prevention of blue lights on eye. 2018 ncbi.nlm.nih.gov/pmc/articles/PMC6288536/. Accessed March 29, 2021.

² Eyesafe, 2020, <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day>

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UnitedHealthcare vision coverage provided by or through UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Spectera, Inc., United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number VPOL.06.TX or VPOL.13.TX and associated COC form number VCOC.INT.06.TX or VCOC.CER.13.TX. Plans sold in Virginia use policy form number VPOL.06.VA or VPOL.13.VA and associated COC form number VCOC.INT.06.VA or VCOC.CER.13.VA.

SAVINGS NEVER LOOKED SO GOOD

Get access to more than \$3,000 in savings with Exclusive Member Extras from VSP and industry-leading brands.



DISCOVER EXCLUSIVE MEMBER EXTRAS

Special offers are available at all VSP® network doctor locations! This interactive flier allows you to click on any offer shown below and find out more.



GLASSES AND SUNGLASSES

**EXTRA
\$20
TO SPEND**

Get more value with an **Extra \$20** to spend on select Featured Frame Brands by bebe, CALVIN KLEIN, and many others.¹³



Save an average of \$325 on Nike prescription sunglasses.^{2,3}



Save up to 40%* on SunSync® Light-Reactive Lenses.^{2,3}

**EXTRA
\$40
TO SPEND**

Extra \$40 to spend on select frame brands.¹³



Save up to 40% on all TechShield® Anti-Reflective Coatings.^{2,3}

**UP TO
40% OFF
LENS ENHANCEMENTS**

Upgrade your lenses and save up to 40% off lens enhancements such as anti-glare coatings and light-reactive lenses.^{2,3}



Save up to 40% on Unity® Progressive Lenses.

eyeconic

Savings on Eyeconic® when you shop for glasses, sunglasses, and contacts with your VSP benefits.



Try ZEISS SmartLife Lenses Risk-Free for six months.



BONUS OFFERS

Maximize your savings with bonus offers only available at Premier Program locations.

EYEWEAR PROTECTION

Get a one-year worry-free warranty on Featured Frame Brands.

BAUSCH + LOMB

See better. Live better.

Save up to \$210 on an annual supply of contact lenses.

SPECIAL OFFERS ARE AVAILABLE AT ALL VSP NETWORK DOCTOR LOCATIONS!

Improve your health and increase your savings.

CONTACTS

BAUSCH + LOMB

See better. Live better.

Receive savings of up to \$200 in mail-in rebates when you purchase an annual supply of participating Bausch + Lomb contact lenses from your VSP network doctor.



Save up to \$220 when purchasing an annual supply of Unity BioSync® contact lenses.



CooperVision®
Live Brightly.

Save via mail-in rebates when you purchase your annual supply of eligible CooperVision contact lenses from your VSP network doctor.

LASIK



20% off Custom LASIK and Custom PRK.



Get \$1,000 off LASIK at TLC Nationwide Locations.

HEARING AIDS



- Save up to 60% on top-of-the-line hearing aids
- Get batteries for less than \$2.50 a month and free delivery
- Free online hearing screening*

HEALTH AND ENTERTAINMENT

DIABETES RESOURCES

Find resources to help prevent or delay Type 2 Diabetes like lifestyle coaching, diabetes educational materials, and more.



Receive free access to a variety of everyday savings like family entertainment, health and wellness, cash rewards, travel, and more.*

FINANCING



Get instant in-office application for promotional financing available on eye care and eyewear.

View all Exclusive Member Extras at vsp.com/offers

Offers subject to change without notice. Some members may not be eligible for all offers. Visit vsp.com/offers for terms and conditions on specific offers.

1. Brands and promotions are subject to change. 2. Savings based on doctor's retail price and vary by plan and purchase selection; average savings determined after benefits are applied. 3. Available to VSP members with applicable plan benefits. 4. Some members may not be eligible for this program; visit vsp.com/simplevalues for terms and conditions. 5. VSP is providing information to its members, but does not offer or provide any discount hearing program. The relationship between VSP and TruHearing is that of independent contractors. VSP makes no endorsement, representations, or warranties regarding any products or services offered by TruHearing, a third-party vendor. The vendor is solely responsible for the products or services offered by them. If you have any questions regarding the services offered here, you should contact the vendor directly. TruHearing offers individuals the opportunity to purchase hearing aids at discounted prices, including individuals covered by self-funded health plans not subject to state insurance or health plan regulations. TruHearing is not insurance and not subject to state insurance regulations. TruHearing provides discounts to certain healthcare groups for hearing aid sales and services; TruHearing provides fitting, programming, and three adjustment visits at no cost; the member is obligated to pay for testing, and all post-fitting hearing care services, but will receive a discount from those healthcare providers who have contracted with TruHearing. Not available directly from VSP in the states of Washington and California.

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