


## 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.*

### August's Health Observance is Immunization Awareness

Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:  [What's a Vaccine?](#) [Child Immunizations](#) [COVID-19 Vaccines](#) [Flu Shots: FAQ's](#) [Check out the attached Health Tip Flier on Preventing Colds & Flu.](#)



### Peloton and UHC team up for your Benefit

UnitedHealthcare and Peloton are working together to provide millions of Americans with access — at no additional cost — to classes that can help improve their overall fitness and well-being, the first such relationship between Peloton and a health plan.

As of Sept. 1, as part of your plan benefits, you can enroll with Peloton to obtain access to Peloton's best-in-class, multidiscipline fitness classes, helping integrate exercise into their daily routines. New and existing Peloton Members are eligible to enroll.

Starting Sept. 1, eligible UnitedHealthcare members will be able to access thousands of live and on-demand classes via the Peloton App for up to 12 months, or receive a four-month waiver toward their All-Access Membership, at no additional cost. The UnitedHealthcare offer is the first of its kind between Peloton and a health plan, helping both organizations achieve their joint goal of making fitness and overall wellness more attainable and accessible. [See attached Peloton flier.](#)



### New Prescription Drug List effective September 1

A new prescription drug list (PDL) becomes effective September 1. UHC is continually monitoring each medication's safety, use, and cost in an effort to help members choose the right medications at the lowest cost. Brand medications priced at a premium and offering no clinical value over their generic equivalents are excluded. [See the attached PDL update summary.](#) Impacted members should have received a letter about changes affecting them. The new PDL and an summary of calendar year PDL changes is posted to HBP's website at [Plan Descriptions | Housing Benefit Plan \(housingbp.com\).](#)

This website, <https://uhc.welcometouhc.com/>, is the best source for up-to-date information about medications, possible lower-cost options, and cost comparisons. Click on benefits, go to pharmacy benefits, and midway down the pharmacy benefits page are links for all PDLs. HBP is covered under the "Access 3-tier PDL". You can get information on lower cost options by using the pricing tool at [www.myuhc.com](http://www.myuhc.com) or by calling customer service at 866-633-2446.

### COVID-19 Resources

Click on the link for the **most current UHC COVID-19 information.** <https://www.uhc.com/health-and-wellness/health-topics/covid-19/faq>  
Visit [www.myuhc.com/covid](http://www.myuhc.com/covid) for **up-to-date plan and benefit information.**

The HBP website at [www.housingbp.com](http://www.housingbp.com) provides more information and helpful links.

Questions or comments? Email us at [hbp@callhsa.com](mailto:hbp@callhsa.com) or call 1-800-288-7623, option 5.



## August 2021

### September & October Webinar Trainings

Tues. Sept. 14, 10 am (EST) [How to Make Better Decisions with Critical Thinking](#)

Tues. Oct. 19, 10 am (EST) [How to Improve Communicating Skills, Employee](#)

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

### September's Encrypted Invoice



On August 11 a secure email was sent from Pamela Heise entitled HBP September Invoice. This is a valid email notifying housing authorities of the readiness of their September invoice. Being unable to send from [CBS.HBP.Billing.Eligibility@mmc.com](mailto:CBS.HBP.Billing.Eligibility@mmc.com), Pamela sent from her own email address and encrypted it out of habit. There has been no change to the process and you will still access your bill through the IBA website as normal. This was an accident, not a new practice. Next month you should receive the invoice notification as you have in the past.

### Ask Marketing if

you have questions about benefits, rates, COBRA, ID cards, coverage not being active, etc. Marketing is your connection to UHC. You can reach Marketing at [hbp@callhsa.com](mailto:hbp@callhsa.com) or 1-800-288-7623, option 5.

### 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.

# Health tip: Preventing colds and flu

## Did you know?

- Common colds are the leading cause for children missing school and adults missing work.<sup>1</sup>
- During an average flu season 20% of the population will get the flu.<sup>2</sup>
- The flu can be spread to others from 6 feet away.<sup>3</sup>
- The best way to prevent the flu is to get vaccinated annually.<sup>2</sup>



### Is it a cold or the flu?

The common cold and the flu are both upper respiratory infections. However, they are caused by different viruses and the symptoms may be more severe with the flu virus versus a cold. Keep in mind that symptoms alone may not be enough to tell the difference between the two.

While a common cold can be caused by more than 200 viruses (rhinovirus is the most common); the seasonal flu is caused by the influenza A or B virus. This is why there is a vaccine available for the flu and not for colds.



### Cold relief<sup>4</sup>

There is no cure for the common cold. To help you feel better treat your symptoms while your body fights off the virus. Since the common cold is caused by a virus, antibiotics will not help it get better. A runny nose or cold almost always gets better on its own. To feel better when you have a cold, consider the following:

- Get plenty of rest
- Drink lots of fluids such as water and clear liquids. This will help loosen mucus and help prevent dehydration.
- Know that over the counter (OTC) medications may help with symptoms but do not make your cold go away faster as the virus needs to run its course. You should take all medications as directed. If symptoms do not go away call your health care provider for medical advice. Be sure to talk with your child's health care provider before using a non-prescription OTC medication for your child.

### Cold facts<sup>4</sup>

Colds are usually milder than the flu.

People with colds are more likely to have a runny or stuffy nose.

Symptoms usually include sneezing, nasal congestion, sore throat, cough, watery eyes, headache and fatigue.

Symptoms usually last for 7 to 10 days and may last up to 2 weeks.

Colds usually do not result in serious health problems such as pneumonia, infections, or hospitalizations.

### Flu facts<sup>5</sup>

The flu is a contagious respiratory illness caused by the influenza virus.

The flu tends to occur in the colder months of the year.

Symptoms of the flu are worse than the common cold and may include fever, chills, sore throat, muscle or body aches, headaches, fatigue, vomiting and diarrhea (more common in children).

Fever, body aches, extreme tiredness, and dry cough are more common with the flu and more intense than when associated with a cold.

The best way to prevent the flu is to get vaccinated annually.



## How will I know if I have the flu?<sup>6</sup>

There are tests available to diagnose the flu. The most common test is the “rapid influenza diagnostic test.” This test can provide results in 30 minutes or less. The ability of these tests to detect the flu can vary greatly, and may be better at detecting the flu in children than in adults. Most people with flu symptoms do not require testing because the test results usually do not change how you are treated. Your health care provider may diagnose you with the flu based on your symptoms, and their clinical judgment, or they may choose to use an influenza diagnostic test.

It is possible to have the flu, as well as other respiratory illnesses, and COVID-19 at the same time.

Some of the symptoms of flu and COVID-19 are similar, which may make it hard to tell the difference between the two based on symptoms alone. Diagnostic testing may help your health care provider determine if you have the flu or COVID-19.



## When treating the flu:<sup>7</sup>

- Get plenty of rest.
- Drink a lot of fluids like water, broth, sport drinks or electrolyte beverages to prevent becoming dehydrated.
- Use a humidifier to help make breathing easier.
- The use of over the counter medications may relieve some flu symptoms, but will not make you less contagious.
- Know that antiviral medications can reduce the duration of your illness and the complications associated with the flu. These should be started as early as possible, preferably within 48 hours after the onset of the illness.
- Follow up with your health care provider if you experience side effects or worsening symptoms that may require emergency care.



## Preventive measures may reduce your risk of developing the flu<sup>8</sup>

- Protect yourself and others by staying away from people who are sick and by staying home from work and social activities if you are ill.
- Wash your hands. Handwashing is the most protective way to keep germs away. When washing your hands be sure to lather well with soap including the backs of your hands, under your nails and between your fingers. Scrub for at least 20 seconds, rinse well and dry.
- Live a healthier lifestyle by eating healthier, exercising, getting adequate sleep and managing your stress levels.
- Get the annual flu vaccine. The flu vaccine may reduce flu illnesses, doctor visits, and missed work and school due to the flu, as well as prevent flu-related hospitalizations.



### Sources:

1. Centers for Disease Control and Prevention, Common Cold, <https://www.cdc.gov/dotw/common-cold/>, accessed June 2021.
2. Centers for Disease Control and Prevention, About Flu, <https://www.cdc.gov/flu/about/index.html>, accessed June 2021.
3. Centers for Disease Control and Prevention, How Flu Spreads, <https://www.cdc.gov/flu/about/disease/spread.htm>, accessed June 2021.
4. Centers for Disease Control and Prevention, Common Colds: Protect Yourself and Others, <https://www.cdc.gov/features/rhinoviruses/>, accessed June 2021.
5. Centers for Disease Control and Prevention, Flu Symptoms & Complications, [https://www.cdc.gov/flu/symptoms/symptoms.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fconsumer%2Fsymptoms.htm](https://www.cdc.gov/flu/symptoms/symptoms.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fconsumer%2Fsymptoms.htm), accessed June 2021.
6. Centers for Disease Control and Prevention, Diagnosing Flu, <https://www.cdc.gov/flu/symptoms/testing.htm>; accessed June 2021.
7. Centers for Disease Control and Prevention, Flu Treatment, <https://www.cdc.gov/flu/treatment/index.html>, accessed June 2021.
8. Centers for Disease Control and Prevention, Healthy Habits to Help Prevent Flu, <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>, accessed June 2021.

The information provided in this flier is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.



# Stronger with the Peloton App

Your health plan benefits include a 1-year Peloton Digital Membership—which gives you access to the Peloton® App—available to you at no additional cost. Start your membership today for access to everything the Peloton App offers, including thousands of live and on-demand fitness classes—from cardio and HIIT to strength training and yoga.

## The Peloton App gives you:



### Access to thousands of fitness classes

There's something for nearly every fitness interest, ability and schedule — from 5-minute meditation to 60-minute outdoor running classes.



### The flexibility to get active anytime, anywhere

The app is available on mobile devices, Apple TV, Android TV, Amazon Fire TV and Roku devices—and no fitness equipment is required.



### Ways to help you have fun and stay motivated

Enjoy the app's many features, training programs and challenges, all designed to help you track your progress and stay motivated.

## Get in on the app — a value of \$155

You and each covered family member\* can enjoy this benefit at no additional cost—just for being a UnitedHealthcare member.\*\*

## Get started

Sign in to your [myuhc.com](https://myuhc.com)® account to get your access code



\* Available to applicable UnitedHealthcare plans for fully insured customers who register for an account with Peloton. Subject to state legal and regulatory review. Digital membership is \$12.99/ month or \$155/year. UnitedHealthcare members that own a Peloton Bike or Tread can receive equivalent value (\$155) to be credited to an All Access Membership. Credit is limited to a single All Access Membership per family.

\*\* Must be 18+ years of age and covered under applicable UnitedHealthcare health plan. Redemption period runs from 9/1/2021 through 6/30/2022. Peloton offers services directly to consumers pursuant to an agreement between Peloton and the consumer.

The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. The value of the application may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from having access to this application at no additional cost.

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# Updates to your prescription benefits

Effective September 1, 2021

## Access 3-Tier PDL update summary

Dear Valued Customer:

We are pleased to announce our **Access 3-Tier Prescription Drug List (PDL)** pharmacy benefit updates for September 1, 2021. Our PDL Management Committee carefully reviews and evaluates prescription medications to place them in tiers corresponding to their overall health care value. By managing pharmacy benefits responsibly, we are able to provide integrated pharmacy benefit solutions for our customers and affordable medications for our members.

We will notify affected members through a targeted letter by August 1, 2021. If you have questions regarding the PDL and benefit plan updates listed below, please contact your broker or UnitedHealthcare representative. when you fill a prescription. Please reference the chart to the right as you review the following updates to the PDL.

 <b>Tier 1</b> Lowest-cost medications	 <b>Tier 2</b> Mid-range cost	 <b>Tier 3</b> Highest-cost
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### Prescription drugs with new benefit coverage

The following drugs were previously not covered under most benefit plans and are now eligible for coverage.

Therapeutic Use	Medication Name	Tier Placement
Hemophilia	SevenFACT	3
Parkinson's disease	Ongentys	3



## Prescription drugs excluded from benefit coverage<sup>2, 3</sup>

We evaluate prescription drugs based on their total value, including how a drug works and how much it costs. When several drugs work in the same way, we may choose to exclude the higher-cost option. Effective September 1, 2021, the drugs listed below may be excluded from coverage or you may need to get a prior authorization. Sign into your online account to check which drugs your plan covers and if there are any actions you need to take.

Therapeutic Use	Medication Name	Alternative Treatment Option(s)
<b>ADHD</b>	Desoxyn (brand only)	methamphetamine (generic Desoxyn)
<b>Alzheimer's disease</b>	Aricept 5 mg, 10 mg (brand only)	donepezil (generic Aricept)
<b>Arrhythmias</b>	Rythmol SR (brand only)	propafenone extended-release capsules (generic Rythmol)
<b>Blood clots</b>	Arixtra (brand only)	fondaparinux (generic Arixtra)
<b>Cholesterol/Lipid lowering</b>	Praluent <sup>1</sup>	Repatha <sup>1</sup>
<b>Cholesterol/Lipid lowering</b>	Zocor (brand only)	simvastatin (generic Zocor)
<b>Contraceptive</b>	Loestrin FE 1/20 (brand only)	norethindrone/ethinyl estradiol [Aurovela FE, Blisovi FE, Hailey FE, Junel FE, Larin FE, Microgestin FE, Tarina FE (generics for Loestrin FE 1/20)]
<b>Dry eye disease</b>	Eysuvis <sup>4</sup>	loteprednol 0.5% ophthalmic suspension (generic Lotemax)
<b>Dry mouth</b>	Evoxac (brand only)	cevimeline (generic Evoxac)
<b>Endocrine disorders</b>	DDAVP injection, tablets (brand only)	desmopressin (generic DDAVP)
<b>Eye inflammation</b>	Lotemax 0.5% ophthalmic suspension (brand only)	loteprednol 0.5% ophthalmic suspension (generic Lotemax)
<b>Eye inflammation</b>	Pred Forte 1% (brand only)	prednisolone 1% ophthalmic suspension (generic Pred Forte)
<b>GI disorders</b>	Gimoti <sup>4</sup>	metoclopramide (generic Reglan)
<b>Heart failure</b>	Aldactone (brand only)	spironolactone (generic Aldactone)
<b>Heart failure</b>	Inspra (brand only)	eplerenone (generic Inspra)
<b>Hepatitis B</b>	Hepsera (brand only)	adefovir (generic Hepsera)
<b>High blood pressure</b>	Altace (brand only)	ramipril (generic Altace)
<b>High blood pressure</b>	Atacand HCT (brand only)	candesartan/hydrochlorothiazide (generic Atacand HCT)
<b>High blood pressure</b>	Avalide (brand only)	irbesartan/hydrochlorothiazide (generic Avalide)
<b>High blood pressure</b>	Catapres-TTS (brand only)	clonidine patch (generic Catapres-TTS)
<b>High blood pressure</b>	Conjupri <sup>4</sup>	amlodipine (generic Norvasc)
<b>High blood pressure</b>	Coreg (brand only)	carvedilol (generic Coreg)
<b>High blood pressure</b>	Hyzaar (brand only)	losartan/hydrochlorothiazide (generic Hyzaar)
<b>High blood pressure</b>	Procardia XL (brand only)	nifedipine extended-release tablet (generic Procardia XL)

Therapeutic Use	Medication Name	Alternative Treatment Option(s)
HIV	Lexiva (brand only)	fosamprenavir (generic Lexiva)
HIV	Trizivir (brand only)	abacavir/lamivudine/zidovudine (generic Trizivir)
Hormone replacement	Estrace tablets (brand only)	estradiol tablets (generic Estrace)
Hypoglycemia	Proglycem (brand only)	diazoxide (generic Proglycem)
Inflammation	Gastrocrom (brand only)	cromolyn oral concentrate (generic Gastrocrom)
Inflammatory conditions	Otrexup	methotrexate tablets, Rasuvo
Inflammatory conditions	RediTrex <sup>4</sup>	methotrexate tablets, Rasuvo
Mental health	Pamelor (brand only)	nortriptyline (generic Pamelor)
Mental health	Paxil (brand only)	paroxetine (generic Paxil)
Migraines	Amerge (brand only)	naratriptan (generic Amerge)
Migraines	Zomig ZMT (brand only)	zolmitriptan orally disintegrating tablet (generic Zomig)
Muscle spasms	Soma 350 mg tablets (brand only)	carisoprodol 350 mg tablets (generic Soma)
Myasthenia gravis	Mestinon Timespan (brand only)	pyridostigmine extended-release tablet (generic Mestinon Timespan)
Nausea & vomiting	Transderm Scop (brand only)	scopolamine transdermal patch (generic Transderm Scop)
Nausea & vomiting	Zofran tablets (brand only)	ondansetron (generic Zofran)
Oral steroid	Alkindi Sprinkle <sup>4</sup>	hydrocortisone tablet (generic Cortef)
Pain	Qdolo <sup>4</sup>	tramadol (generic Ultram)
Pain	Ultram (brand only)	tramadol (generic Ultram)
Pain & inflammation	Arthrotec (brand only)	diclofenac/misoprostol (generic Arthrotec)
Pain & inflammation	Naprosyn oral suspension, tablets (brand only)	naproxen (generic Naprosyn)
Psoriasis	Soriatane (brand only)	acitretin (generic Soriatane)
Skin conditions	Impeklo <sup>4</sup>	betamethasone 0.05% augmented gel (generic Diprolene), clobetasol propionate 0.05% gel (generic Temovate), clobetasol 0.05% solution (generic Temovate)
Skin conditions	Prudoxin (brand only)	betamethasone dipropionate cream 0.05% (generic Diprosone), desoximetasone cream 0.05% (generic Topicort), fluocinonide cream 0.05% (generic Lidex), mometasone furoate cream 0.1% (generic Elocon), triamcinolone acetonide cream 0.5% (generic Aristocort)

Therapeutic Use	Medication Name	Alternative Treatment Option(s)
Sleep	Rozerem (brand only)	ramelteon (generic Rozerem)
Tardive dyskinesia	Ingrezza <sup>1</sup>	Austedo <sup>1</sup>
Viral infections	Valcyte oral solution (brand only)	valganciclovir oral solution (generic Valcyte)

<sup>1</sup> Step therapy or prior authorization may be required prior to coverage.

<sup>2</sup> Exclusion includes brand, generic and authorized generic products unless otherwise noted.

<sup>3</sup> For benefits that do not exclude, step therapy or prior authorization may be required.

<sup>4</sup> Newly released medication which was excluded from coverage at the time of launch and will continue to be excluded from our pharmacy benefit.



# Access 3-Tier PDL clinical programs update summary

Some prescription drugs may have programs or limits that apply. Below are the changes that will be effective September 1, 2021.

## MN Medical Necessity

Medical Necessity is a type of Prior Authorization that evaluates the clinical appropriateness of a medication, such as condition being treated, type of medication, frequency of use, and duration of therapy. The following medications have a new or revised Medical Necessity program.

Therapeutic Use	Medication Name
Parkinson's disease	Tasmar (tolcapone)

## SL Supply Limits

Supply Limits establish the maximum quantity of a drug that is covered per copay or in a specified time frame. The drugs below will now be part of the Supply Limits program.

Therapeutic Use	Medication Name	New Supply Limit
Infections	Dificid 40 mg/mL	136 mL per 10 days
Weight loss	Saxenda 18 mg/3mL (6 mg/mL) <sup>5</sup>	15 mL (5 pens)

<sup>5</sup> Medication typically excluded from coverage.

# Nondiscrimination notice and access to communication services

UnitedHealthcare® and its subsidiaries do not discriminate on the basis of race, color, national origin, age, disability or sex in their health programs or activities.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to the Civil Rights Coordinator.

**Online:** [UHC\\_Civil\\_Rights@uhc.com](mailto:UHC_Civil_Rights@uhc.com)

**Mail:** Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UT 84130

You must send the complaint within 60 days of your experience. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again. If you need help with your complaint, please call the toll-free phone number listed on your ID card, TTY **711**, Monday through Friday, 8 a.m. to 8 p.m., or at the times listed in your health plan documents.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

**Online:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>  
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

**Phone:** Toll free **1-800-368-1019**, **1-800-537-7697** (TDD)

**Mail:** U.S. Dept. of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201

We provide free services to help you communicate with us, including letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your ID card, TTY **711**, Monday through Friday, 8 a.m. to 8 p.m., or at the times listed in your health plan documents.



## Multi-language interpreter services

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call the toll-free phone number listed on your identification card.

ATENCIÓN: Si habla **español (Spanish)**, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (**Chinese**)，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

XIN LƯU Ý: Nếu quý vị nói tiếng **Việt (Vietnamese)**, quý vị sẽ được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Vui lòng gọi số điện thoại miễn phí ở mặt sau thẻ hội viên của quý vị.

알림: **한국어(Korean)**를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.

PAALALA: Kung nagsasalita ka ng **Tagalog (Tagalog)**, may makukuha kang mga libreng serbisyo ng tulong sa wika. Pakitawagan ang toll-free na numero ng telepono na nasa iyong identification card.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является **русском (Russian)**. Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.

تنبيه: إذا كنت تتحدث العربية (**Arabic**)، فإن خدمات المساعدة اللغوية المجانية متاحة لك. الرجاء الاتصال على رقم الهاتف المجاني الموجود على معرف العضوية.

ATANSYON: Si w pale **Kreyòl ayisyen (Haitian Creole)**, ou kapab benefisye sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nimewo gratis ki sou kat idantifikasyon w.

ATTENTION : Si vous parlez **français (French)**, des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le numéro de téléphone gratuit figurant sur votre carte d'identification.

UWAGA: Jeżeli mówisz po **polsku (Polish)**, udostępniłmy darmowe usługi tłumacza. Prosimy zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej.

ATENÇÃO: Se você fala **português (Portuguese)**, contate o serviço de assistência de idiomas gratuito. Ligue gratuitamente para o número encontrado no seu cartão de identificação.

ATTENZIONE: in caso la lingua parlata sia l'**italiano (Italian)**, sono disponibili servizi di assistenza linguistica gratuiti. Per favore chiamate il numero di telefono verde indicato sulla vostra tessera identificativa.

ACHTUNG: Falls Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Bitte rufen Sie die gebührenfreie Rufnummer auf der Rückseite Ihres Mitgliedsausweises an.

注意事項：**日本語(Japanese)**を話される場合、無料の言語支援サービスをご利用いただけます。健康保険証に記載されているフリーダイヤルにお電話ください。

توجه: اگر زبان شما فارسی (**Farsi**) است، خدمات امداد زبانی به طور رایگان در اختیار شما می باشد. لطفاً با شماره تلفن رایگانی که روی کارت شناسایی شما قید شده تماس بگیرید.

ध्यान दें: यदि आप **हिंदी (Hindi)** बोलते हैं, आपको भाषा सहायता सेवाएं, नि:शुल्क उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर कॉल करें।

CEEB TOOM: Yog koj hais Lus **Hmoob (Hmong)**, muaj kev pab txhais lus pub dawb rau koj. Thov hu rau tus xov tooj hu deb dawb uas teev muaj nyob rau ntawm koj daim yuaj cim qhia tus kheej.

ចំណាប់អារម្មណ៍: បើសិនអ្នកនិយាយ**ភាសាខ្មែរ(Khmer)**សេវាជំនួយភាសាដោយឥតគិតថ្លៃ គឺមានសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខឥតគិតថ្លៃដែលមាននៅលើអត្តសញ្ញាណប័ណ្ណរបស់អ្នក។

PAKDAAR: Nu saritaem ti **Ilocano (Ilocano)**, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Maidawat nga awagan iti toll-free a numero ti telepono nga nakalista ayan iti identification card mo.

Díí BAA'ÁKONÍNÍZIN: **Diné (Navajo)** bizaad bee yánit'i'go, saad bee áka'anída'awo'ígíí, t'áá jíík'eh, bee ná'ahóót'i'. T'áá shqoqdí ninaaltsoos nit'izíí bee nééhozinígíí bine'déé' t'áá jíík'ehgo béésh bee hane'í bik'á'ígíí bee hodíílnih.

OGOW: Haddii aad ku hadasho **Soomaali (Somali)**, adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac lambarka telefonka khadka bilaashka ee ku yaalla kaarkaaga aqoonsiga.

## Learn more



Call the toll-free phone number on your health plan ID card to speak with a Customer Service representative.



Visit the member website listed on your health plan ID card to look up the price of drugs covered by your plan, find lower-cost options and more.

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