

## 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.*



### Open Enrollment November 1—November 29

An **Open Enrollment email** is scheduled to be sent the week of **October 11** to the billing contact(s) at each housing authority. It should be coming from Matt Kronbach, [Matthew.Kronbach@mercer.com](mailto:Matthew.Kronbach@mercer.com). To receive this important information, please allow your mailbox to receive messages from this email address or check your junk folder as needed. The email will provide the 2022 rate and benefit changes. Please review the information carefully and determine if you are making any changes for 2022. During Open Enrollment, November 1-29, submit any changes. Address only the change(s) being made. Do not mark any coverages that are not being changed. For employees needing to make changes to their coverages, please load the form to the SharePoint website. If the housing authority is making changes to what they are offering, please contact Marketing at [hbp@callhsa.com](mailto:hbp@callhsa.com) and we will walk you through the steps. These forms will also need to be loaded to the SharePoint website. Let us know if you have any questions.

### October Webinar Training

Tues. Oct. 19, 10 am (EST) *How to Improve Communication Skills*  
Find previous webinar recordings at <https://www.housingbp.com/links-2>

### October's Health Observance is Health Literacy

Check out the following UnitedHealthcare educational resources:

[Care Options](#)  
[Urgent Care vs. ER](#)  
[Clinical Support Programs](#)  
[Mental Health Programs and Benefits](#)

Please see this month's attached Quick Care Chart.

### Rally Mission of the Month—Track your spending

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, track your spending.

Rally is available at no additional cost to you, as part of your health plan benefits with UnitedHealthcare. Get started today at [myuhc.com](http://myuhc.com)®



**Flu Shot and other vaccinations**—Please see the flier included with this newsletter for the list of in-network places to obtain flu shots and other vaccinations at no cost. They may also be given by the nurse in the doctor's office at no cost, if you do not make an appointment to see the doctor.

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.




October 2021

## JOIN NOW

SERC and SWRC (Southwest) regional membership dues notices are going out now. Membership in your regional organization is a requirement to participate in HBP. Thank you for promptly paying your membership dues.

### SharePoint Tip

 Name the enrollment/change form with the name of the employee, such as Tom Jones enrollment form, Ann Taylor change form, or Mike Miller termination form. When you receive an alert that the form has been submitted, processed, or is pending for more information, you will know which form is being referred to as the email message will include the name of the document.



### 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.**

### 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.



# Your guide to vaccination coverage at clinics and retail locations

	Doctor's Office	Network Convenience Care Clinics	UnitedHealthcare Worksite Wellness Adult Flu Clinic <sup>1</sup>	Albertsons, Safeway, United Supermarkets Pharmacy	Costco Pharmacy	H-E-B	Hy-Vee	Kmart Pharmacy	The Kroger Co., Harris Teeter	Meijer Pharmacy	Publix Pharmacy	Rite Aid Pharmacy	Walgreens Pharmacy	Walmart Stores Inc. & Sam's Club
<b>Seasonal Influenza</b>														
Influenza – Intramuscular, High Dose (Fluad <sup>®</sup> , Fluzone <sup>®</sup> High Dose)	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Influenza – Intranasal (FluMist <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Influenza – Trivalent Intramuscular (Afluria <sup>®</sup> , Flublok <sup>®</sup> , Fluzone <sup>®</sup> , Fluvirin <sup>®</sup> , Fluarix <sup>®</sup> , Flucelvax <sup>®</sup> , Flulaval <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Influenza – Quadrivalent Intradermal (Fluzone <sup>®</sup> Intradermal)	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Influenza – Quadrivalent Intramuscular (Afluria <sup>®</sup> , Flublok <sup>®</sup> , Fluzone <sup>®</sup> , Fluarix <sup>®</sup> , Flucelvax <sup>®</sup> , Flulaval <sup>®</sup> )	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
<b>Hepatitis (A and B)</b>														
Hepatitis A (Havrix <sup>®</sup> , Vaqta <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Hepatitis B (Recombivax HB <sup>®</sup> , Engerix-B <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Hepatitis A & B (Twinrix <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
<b>HPV</b>														
HPV – Human Papillomavirus (Gardasil 4 <sup>®</sup> , Gardasil 9 <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N
<b>Measles, Mumps, Rubella and Varicella</b>														
MMR (M-M-R <sup>®</sup> II)	Y	Y	N	Y	Y	Y	Y	Y	N	Y	Y	Y	N	Y
MMR-V (ProQuad <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	N	Y	Y	Y	N	Y
Varicella <sup>2</sup> (Varivax <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	N	Y	Y	Y	N	Y
<b>Meningitis</b>														
Meningitis (MeNmune <sup>®</sup> , Menveo <sup>®</sup> , Menactra <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Meningitis B (Trumenba <sup>®</sup> , Bexsero <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
<b>Pneumonia</b>														
Pneumococcal – PCV13 (Pneumovax 13 <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	N	Y	Y	Y
Pneumococcal – PPSV23 (Pneumovax <sup>®</sup> 23)	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	N	Y	Y	Y
<b>Shingles</b>														
Shingrix <sup>®</sup>	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Zostavax <sup>®3</sup>	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
<b>Whooping Cough</b>														
Tdap (Adacel <sup>®</sup> , Boostrix <sup>®</sup> )	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y

Y = The vaccine is in network at that location and covered at 100% with no additional cost.

N = The vaccine is not available or considered out-of-network at that location, and incremental out-of-pocket costs may be incurred.



<sup>1</sup> Employer-sponsored on-site adult flu shot clinics.

<sup>2</sup> Requires coordination because of drug storage requirements.

<sup>3</sup> Check with providers for availability of vaccines.

Note: If you have a California HMO Plan, please contact your primary care physician to arrange services. If you have a CA PPO/POS Plan, you may obtain services as identified on reverse side.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

Certain vaccines have coverage age limitations. Always review your benefit plan documents to determine your specific coverage details. Current immunization schedules are available from the Centers for Disease Control and Prevention at <https://www.cdc.gov/vaccines/schedules/index.html>.

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# Compare care options to help keep costs down

Getting care at the place that may best fit your condition or situation may save you up to \$2,000 compared to an emergency room (ER) visit.\* If you have a life-threatening condition, call 911 or go to the ER. For everything else, it may be best to contact your primary care provider (PCP) first. If seeing your PCP isn't possible, it's important to know your other care options, especially before heading to the ER.

**START HERE**

## Care options to consider and approximate costs



**PCP**

Care from the doctor who may know you best



**Virtual Visits**

See a doctor whenever, wherever



**Convenience care**

Basic conditions that aren't generally life-threatening



**Urgent care**

Serious conditions that aren't generally life-threatening



**Emergency room**

Life- and limb-threatening emergencies

	PCP	Virtual Visits	Convenience care	Urgent care	Emergency room
<b>Average cost*</b>	<b>\$160</b>	<b>Less than \$50**</b>	<b>\$100</b>	<b>\$180</b>	<b>\$2,200</b>
<b>Hours</b>	Varies by location	24/7	Varies by location	Varies by location—may be open nights/weekends	24/7
<b>How to connect</b>	Contact your PCP	<a href="https://myuhc.com/virtualvisits">myuhc.com/virtualvisits</a>	<a href="https://myuhc.com">myuhc.com</a> <sup>®</sup>	<a href="https://myuhc.com">myuhc.com</a>	<a href="https://myuhc.com">myuhc.com</a>

✓ indicates the recommended place for care for the following common conditions:

Broken bone				✓	✓
Chest pain					✓
Cough	✓	✓	✓		
Fever	✓	✓	✓		
Muscle strain	✓		✓		
Pinkeye	✓	✓	✓		
Shortness of breath					✓
Sinus problems	✓	✓	✓		
Sore throat	✓	✓	✓		
Sprain	✓		✓	✓	
Urinary tract infection	✓	✓	✓		



**Need to find a network provider or PCP?** Visiting an out-of-network provider could end up costing you more for care. To find a PCP, urgent care centers and emergency rooms in your network, go to [myuhc.com](https://myuhc.com).

**Not sure where to go for care?** Call the number on your health plan ID card.

continued

Learn more

Visit [uhc.com/quickcare](https://uhc.com/quickcare)

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\*Source 2019: Average allowed amounts charged by UnitedHealthcare Network Providers and not tied to a specific condition or treatment. Actual payments may vary depending upon benefit coverage. (Estimated \$2,000.00 difference between the average emergency room visit, \$2,200 and the average urgent care visit \$180.) The information and estimates provided are for general informational and illustrative purposes only and is not intended to be nor should be construed as medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you. In an emergency, call 911 or go to the nearest emergency room.

\*\*The Designated Virtual Visit Provider's reduced rate for a Virtual Visit is subject to change at any time.

Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Check your official health plan documents to see what services and providers are covered by your health plan.

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