

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 is November 1—November 29

By now all housing authorities should have received a couple of emails about Open Enrollment. You have received the benefits and rates for 2022. If any changes are to be made, submit them as soon as possible, but at least by Monday, November 29.

For employees needing to make changes to their coverages complete the employee enrollment/change form. Address only the change(s) being made. Do not mark any coverages that are not being changed. This form will need to be loaded to the SharePoint website by the appropriate housing authority staff.

If the housing authority is making changes to what they are offering, changing or adding plans, please contact Marketing at hbp@callhsa.com. We will walk you through the steps and review the forms before you submit them. These forms will also need to be loaded to the SharePoint website. Let us know if you have any questions.



A Member Talks About Real Appeal

During the Georgia Conference we met this lovely lady who shared how pleased she was with the Real Appeal program. We asked her to share her comments with other members. Please find them below.

Real Appeal is a very user friendly health plan for weight loss and healthy meal planning. The program assigns you a live coach who will guide you along your journey. This plan coupled with consistency will lead to lasting results. Participants won't be disappointed.

Tonia Brown, Thomaston Housing Authority

Diabetes Awareness

November's Health Observance is Diabetes Awareness. Check out the following UnitedHealthcare educational resources:

[Prediabetes](#)

[Type 1 Diabetes](#)

[Type 2 Diabetes](#)

[Managing Blood Sugar](#)

[Life with Diabetes](#)

Check out this month's Health Tip Flier on [Understanding Diabetes](#)

Rally Mission of the Month—Track your sugar intake

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

Rally is available at no additional cost to you, as part of your health plan benefits with UnitedHealthcare. Get started today at :

[Rally | UnitedHealthcare \(uhc.com\)](#)

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.



November 2021



Don't forget to pay your SERC and SWRC (Southwest) regional membership dues as required to participate in HBP. If you need information on dues please contact Jacob Oglesby about SERC dues at joglesby@augustapha.org or the Southwest NAHRO Service Office at swnahro@brazosnet.com about Southwest dues. Thanks!



Don't forget Life!

When submitting employee enrollment forms it is important to submit correct complete forms. The benefit that is most often overlooked is the life benefit. If life is available to employees through HBP please make sure it is selected when enrolling new employees.



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 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.