

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.



December 2022

Please share this with all of your HBP employees, retirees, and COBRA members. Also share with the ED, HR, and Finance.



HBP wishes you, your staff, and your family a very Merry Christmas and a Happy New Year!!

PAST DUE

IMPORTANT ANNOUNCEMENT OPEN ENROLLMENT PAST DUE!!!!

EDs, HR, benefits managers, accounts payable professionals, etc.: open enrollment is now past due! This is an active enrollment period, so **everyone must fill out a form**—whether they want to keep the same benefits, change to a different plan, or decline benefits. Please ensure you have all forms submitted to hbp@vimly.com or entered into SIMON as soon as possible.

Employees: If you have not filled out an enrollment form, please contact your housing authority contact as soon as possible. If you don't fill out the enrollment form, you **will not be enrolled in 2023**.

Important information for Administrative/Billing Contacts

EDs, HR, benefits managers, accounts payable professionals, etc. recently received an invitation from Vimly to create an account on their secure online platform SIMON®. Accessing SIMON will be how you will: **1) Manage your monthly invoice** with the ability to receive, view and pay from a single location online; **2) Set up Auto pay for invoices**—SIMON will process your payment and send an email with the transaction details to the email address associated with your SIMON use account; **3) Confirm member information** including adding or terminating an employee, updating employee demographic information, tracking changes, and managing documents; **4) Eliminate errors and security issues** by using SIMON's secure online platform.

If you have not done so, please follow the link provided in the previously sent SIMON invitation email, with the subject line "Housing Benefit Plan—Invitation to SIMON" to activate your account. If you have any questions regarding SIMON or need assistance navigating the platform, please do not hesitate to contact Vimly at hbp@vimly.com or by telephone (833) 570-5404.

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

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.

December's Health Tips

December's Health Observance is Healthier Ways for the Holidays. The holidays are a time when we gather with family and friends, but for some, the holidays cause stress. Please see the attachment for tips for healthier holiday eating and coping with holiday stress.

The attachment also includes the Rally Mission of the Month - "Meditate daily." Rally is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare.

2023 Prescription Drug List

Please find attached the new Prescription Drug List for 1/1/2023. Some changes have been made. Impacted members (those that have taken at least one of the impacted meds in the past 12 months) should have received a letter 60 days prior to the January 1st renewal.

2023 Vital Medication Program

The Vital Medication Program is a new program effective 1/1/2023. UHC is excited to offer this program which eliminates the out of pocket costs for some drugs. Please see attachment for the list of drugs and additional information.



Don't forget to pay your SERC and SWRC (Southwest) **2022-2023**

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

Employer Educational Materials for December

Rally Mission of the Month: Meditate daily

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

Rally is available at no additional cost to members as part of health plan benefits with UnitedHealthcare. Use the Rally Member Flier linked below to help promote Rally to members.



The Rally Member Flier is a vertical graphic with a dark blue header and a white body. The header features the UnitedHealthcare logo in the top left and a stylized fork with a slice of citrus fruit on top in the top right. The main headline reads "Get support to eat healthier, sleep better and move more". Below this, a sub-headline states "Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way." Three icons are arranged horizontally: a checkmark in a circle for "Take the Health Survey", an apple in a circle for "Get personalized recommendations", and a gift box in a circle for "Earn rewards". Each icon is accompanied by a brief description of the benefit. At the bottom, there is a call to action to visit myuhc.com and the UnitedHealthcare | RALLY logo. Fine print is visible at the very bottom of the flier.

Get support to eat healthier, sleep better and move more

Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.

- Take the Health Survey**
Use your results to help set health goals.
- Get personalized recommendations**
Build healthier habits with well-being programs, activities and more.
- Earn rewards**
Take healthy actions, achieve goals and earn Rally Coins.

Visit myuhc.com > Health Resources > Rally

United Healthcare | RALLY

Rally Health® provides health and wellness information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with this law and will only be used to provide health and wellness recommendations on a non-identifiable basis. Rewards are available through the Rally Rewards program. See myuhc.com for details. Administrative services provided by United HealthCare Services, Inc. or their affiliates. BIC: 0211457142, 1/22 © 2022 United HealthCare Services, Inc. All Rights Reserved. 21-143956-01



2023 Vital Medication Program

This is a list of drugs in the **Vital Medication Program**. If your plan elects to participate in the 2023 Vital Medication Program these drugs will be available to members at a \$0 cost share without the member having to satisfy their deductible. Please note this list may not be all-inclusive, is subject to change throughout the year and some of the drugs may have quantity limits and other clinical requirements.

Therapeutic Drug Classes	Requirements & Limits
Asthma	
albuterol HFA (generic ProAir HFA, generic Proventil HFA)	SL
albuterol nebulized solution (generic Proventil)	SL
Diabetes - Insulin*	
HumaLog cartridge, Kwikpen, vials	SL
HumaLog Jr pen	SL
HumaLog mix 50/50 Kwikpen, vials	SL
HumaLog mix 75/25 Kwikpen, vials	SL
Humulin 70/30 Kwikpen, vials	SL
Humulin N Kwikpen, vials	SL
Humulin R vials	SL
Lantus SoloStar, vials	SL
Lyumjev Kwikpen, vials	SL
Toujeo Max SoloStar	SL
Toujeo SoloStar	SL

Therapeutic Drug Classes	Requirements & Limits
Hypoglycemia	
Baqsimi	SL
glucagon (generic Glucagon Kit)	SL
Zegalogue	SL
Opioid overuse	
Kloxxado nasal spray	SL
naloxone nasal spray (generic Narcan)	SL
naloxone injection (generic Narcan)*	SL
Narcan nasal spray	SL
Zimhi	SL
Allergic reactions	
Auvi-Q	SL
epinephrine (generic Adrenaclick, generic EpiPen)	SL
epinephrine (generic EpiPen Jr)	SL
Symjepi	SL

*Syringes and needles used for the administration of these Vital Medications may also be covered at \$0.

Bold type = Brand-name drug

[Plain type = Generic drug]

SL = Supply Limits—Specifies the largest quantity of medication covered per copayment or in a defined period of time