

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.

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

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.

Health tip: Healthier ways for the holidays

The holidays may be a challenging time to stay healthy – both physically and mentally. With holiday parties full of decadent food and drinks and busy schedules that may not allow time for our normal routines, we may find it difficult to make healthier decisions. We may find ourselves overindulging, leading to holiday weight gain. The holidays are also a stressful time for many. Overbooked schedules, spending time with difficult family members, dealing with loss, and overspending on holiday gifts may all lead to increased stress. With a little forethought and planning ahead, however, it is possible to embrace and enjoy the holiday season.



Tips for healthier holiday eating¹

1. Don't skip meals. Skipping a meal with the goal of saving calories prior to a holiday event may often backfire and lead to overeating.
2. Contribute a healthier dish. Ensure at least one nutritious choice is available at potlucks.
3. Choose your splurges. Scan the buffet or dinner table and choose a couple holidays favorites to splurge on instead of foods that you may have any other day of the year.
4. Think color. Make a plate look festive by including fruits and veggies. Aim to cover half your plate.
5. Choose beverages wisely. Limit alcohol, which is high in calories. Liquors, sweet wines and mixed drinks contain 150 to 450 calories per glass. Choose instead water or seltzer, infuse water with seasonal fruit, lemon, or cinnamon or try a hot or green tea with honey.



Consider a budget friendly holiday³

Have a plan when it comes to holiday spending so you don't overextend yourself. The plan may include creating a budget or could be to find a way to make more money – pick up extra hours at work, get an extra seasonal job, or clean out your basement or garage and sell unwanted items. Whatever you choose, having a plan helps us feel that we have some control over our lives, and that we're empowered.

Some considerations for holiday spending:

- Create a budget and stick to it
- Suggest a gift exchange
- If traveling, book early and consider traveling during off-season peak hours
- Get creative with gift-giving
- Start traditions that are lower in cost, such as a drive to look at holiday lights



Tips for coping with holiday stress^{2,4}

In addition to holiday eating, stress may result in overindulging. While the holiday season may be a time of joy, it may also be hectic and stressful. To cope with this stress, prepare yourself in the following ways:

1. Create a game plan. Spend a little time up front getting organized. Make a list of what you need to buy. Try to shop ahead of time and if you will be cooking, plan your menu.
2. Learn to say no. Saying yes when you should say no may leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you cannot participate in every project or activity.
3. Make time for your health. In the holiday rush, don't let your well-being fall by the wayside. Try to stay on your normal sleep schedule and get regular exercise. If you can't find a 30-minute chunk of time for exercise, break it up into three 10-minute sessions spread through the day.
4. Give yourself a break. Amid doing things for others, it's easy to forget to take care of ourselves. If you feel stress building up, get away for a few minutes. Find a quiet corner and do some deep breathing. Listen to calming music, or just sit.
5. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.



Focus on mindfulness²

1. Accept imperfection. Before the holidays, acknowledge things may not go exactly as planned. It's okay to not be perfect
2. Where does this fit in the grand scheme of things? Don't let the long grocery line spoil your afternoon.
3. Respond with kindness. You cannot change how others act, but you may change how you respond to situations.
4. See if you may extend an act of kindness to those you know are without family and friends during this time of year.

**United
Healthcare**

Sources:

¹ Centers for Disease Control and Prevention. 5 Healthy Eating Tips for the Holidays (cdc.gov) 2020. Accessed September 2022.

² Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544> 2021. Accessed September 2022

³ Bank Rate. 10 Ways To Save Money During The Holidays | Bankrate 2021. Accessed September 2022.

⁴ UT Southwestern Medical Center. 7 ways to manage family stress during the holidays | Mental Health | UT Southwestern Medical Center (utswmed.org) 2021. Accessed September 2022

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 document with a dark blue header and a white body. The header features the UnitedHealthcare logo on the left and a stylized fork with a slice of watermelon on the right. The main text in the header reads: "Get support to eat healthier, sleep better and move more". Below the header, a line of text states: "Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way." The body contains three columns of information, each with an icon and a title: 1. "Take the Health Survey" with a checkmark icon, "Use your results to help set health goals." 2. "Get personalized recommendations" with an apple icon, "Build healthier habits with well-being programs, activities and more." 3. "Earn rewards" with a gift icon, "Take healthy actions, achieve goals and earn Rally Coins." Below these columns is a line with a laptop icon and the text: "Visit myuhc.com® > Health Resources > Rally". At the bottom, the UnitedHealthcare and RALLY logos are displayed. Fine print at the very bottom includes a disclaimer and a copyright notice: "© 2022 UnitedHealthcare Services, Inc. All Rights Reserved."

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 the law and will only be used to provide health and wellness recommendations or conduct other plan activities. Rewards are earned through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Services, Inc. or their affiliates. BIC: 02111457145. U.S. © 2022 UnitedHealthcare Services, Inc. All Rights Reserved. 0111458560





Updates to your prescription benefits

Effective upon renewal

Access PDL benefit summary

Dear Valued Customer:

We are pleased to announce our **Access Prescription Drug List (PDL)** pharmacy benefit updates. 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. If you have questions regarding the PDL and benefit plan updates listed below, please contact your broker or a UnitedHealthcare representative.

Below is a list of PDL updates effective upon your renewal.

Medication Name	Current Benefit Coverage	New Benefit Coverage
Accrufer	EAL ¹	Excluded ²
Aczone 5% topical gel (brand only)	1	Excluded ²
Aczone 7.5% topical gel (brand only)	1	Excluded ²
Alinia tablets (brand only)	3/4	Excluded ²
Anaprox DS (brand only)	EAL ¹	Excluded ²
Auryxia	3	Excluded ²
Azopt (brand only)	3/4	Excluded ²
Balversa	2	3/4
Bupap (butalbital 50 mg/300 mg acetaminophen)	3/4	Excluded ²
butalbital/acetaminophen 50 mg/300 mg (generic Bupap)	1	Excluded ²
Bystolic	3/4	Excluded ²



Medication Name	Current Benefit Coverage	New Benefit Coverage
Carbaglu (brand only)	3/4	Excluded ²
clemastine 0.5 mg/5 ml	EAL ¹	Excluded ²
Dartisla ODT	EAL ¹	Excluded ²
dexlansoprazole (generic Dexilant)	1 GEX	Excluded ²
Dhivy	EAL ¹	Excluded ²
diclofenac potassium 25 mg tablet (generic Lofena)	EAL ¹	Excluded ²
Dilaudid (brand only)	3/4	Excluded ²
Elepsia XR	EAL ¹	Excluded ²
Elyxib solution	EAL ¹	Excluded ²
Eprontia solution	EAL ¹	Excluded ²
Eulexin (brand only)	EAL ¹	Excluded ²
Exservan	EAL ¹	Excluded ²
fesoterodine (generic Toviaz)	1 GEX	Excluded ²
Firazyr (brand only)	1	Excluded ²
GlucaGen Hypokit	2	3/4
Glucagon Emergency Kit (Lilly)	2	3/4
Humatin (brand only)	EAL ¹	Excluded ²
isosorbide dinitrate 40 mg	1	Excluded ²
Lonsurf	2	3/4
Lybalvi	EAL ¹	Excluded ²
Lymepak	EAL ¹	Excluded ²
MS Contin (brand only)	3	Excluded ²
Myrbetriq granules	EAL ¹	Excluded ²
naproxen suspension (generic Naprosyn)	1	Excluded ²
Nilandron	3/4	Excluded ²
nilutamide (generic Nilandron)	1	Excluded ²
Norgesic Forte	EAL ¹	Excluded ²
Nucynta extended-release	2	3

Medication Name	Current Benefit Coverage	New Benefit Coverage
orphenadrine citrate/aspirin/caffeine	EAL ¹	Excluded ²
Orphengesic Forte	EAL ¹	Excluded ²
penicillamine (generic Cuprimine)	1	Excluded ²
Ponvory	EAL ¹	Excluded ²
prednisolone solution 5 mg/5 ml, 25 mg/5 ml, 20 mg/5 ml, 10 mg/5 ml	1	Excluded ²
Qelbree	EAL ¹	Excluded ²
Qudexy XR	3/4	Excluded ²
Qulipta	EAL ¹	Excluded ²
Recorlev	EAL ¹	Excluded ²
Reltone	EAL ¹	Excluded ²
Renagel (brand only)	3/4	Excluded ²
Renvela (brand only)	3/4	Excluded ²
Reyvow	2	3/4
Rilutek (brand only)	3/4	Excluded ²
Seglentis	EAL ¹	Excluded ²
Skytrofa	EAL ¹	Excluded ²
topiramate ER 24-hour (generic Qudexy XR)	1	Excluded ²
Toviaz (fesoterodine)	2	Excluded ²
Trudhesa nasal spray	EAL ¹	Excluded ²
Uribel	1	Excluded ²
Uroav-b	1	Excluded ²
URO-MP	1	Excluded ²
Ursodiol 200 mg, 400 mg	EAL ¹	Excluded ²
Vandazole	1	3/4
Vemlidy	3/4	Excluded ²
Vilamit Mb	1	Excluded ²
Votrient	2	3/4
Welchol (brand only)	1	Excluded ²
Xtampza ER	2	3/4

¹ The Exclude at Launch Program (EAL) enables us to immediately exclude upon launch a high-cost medication from benefit coverage, eliminating unnecessary costs for you and allowing appropriate clinical programs to be implemented which minimizes any disruption for your employees. For clients that do not participate in the Exclude at Launch Program, these medications will be placed on the highest tier.

² This medication is excluded for the majority of benefit plans. For customers not participating in exclusions, this medication may be covered in the highest tier.



Access PDL clinical programs benefit summary

Some prescription drugs may have programs or limits that apply. Below are the changes that will be effective upon renewal.

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 will now require Medical Necessity for coverage.

Therapeutic Use	Medication Name
Diabetes	Fiasp ³
Diabetes	Levemir ³
Hepatitis B	Vemlidy

ST Step Therapy

The below medications are part of the Step Therapy program and have revised requirements. You must try one or more other medications before the medication below may be covered.

Therapeutic Use	Medication Name	Step 1 Medication
Blood clots	Savaysa	Eliquis or Xarelto
Constipation	Trulance ⁴	Linzess ⁵ or Motegrity ⁵ (dependent on diagnosis)

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
Mental health	Chlorpromazine 10 mg tablet	186 tablets
Mental health	Chlorpromazine 25 mg tablet	186 tablets
Mental health	Chlorpromazine 50 mg tablet	124 tablets
Mental health	Chlorpromazine 100 mg tablet	124 tablets
Mental health	Chlorpromazine 200 mg tablet	62 tablets
Migraines	Nurtec 75 mg ^{5,6}	8 tablets
Migraines	Reyvow 50 mg ^{5,6}	4 tablets
Migraines	Reyvow 100 mg ^{5,6}	8 tablets
Migraines	Ubrelvy 50 mg ^{5,6}	8 tablets
Migraines	Ubrelvy 100 mg ^{5,6}	8 tablets

³ Typically excluded from coverage. Prior authorization applies to groups that do not participate in the exclusion.

⁴ Includes continuation of therapy, existing members not impacted.

⁵ Step therapy or prior authorization may be required prior to coverage.

⁶ Applies to groups that take QD only. If a group has QLL today, limits are already in place and change is out of scope.

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