

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.



February 2023

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

Forms 1095-B & 1095-C

The IRS requires the 1095 reporting be done at the actual Employer level. The obligation to report, if any, would fall on the housing authorities, which are the actual employers. However, UHC will take care of the 1095-B reporting. If the authority is under 50 Full-Time Employees, no other reporting is required. However, with 50 or more Full-Time Employees, the authority would have to issue the 1095-C regarding its offer of coverage. The deadline for electronic filing of 1095s is March 31.

1095-Bs needed for personal income tax purposes

All Form 1095-Bs will be available on myuhc.com by January 31. If members prefer a printed copy mailed to them, they can call the number on the back of their cards to request the form via regular mail.

NOTE: The responsible individual (employee, retiree, etc.) is the only one who has the functionality to retrieve Form 1095-B upon login. Members covered under the responsible individuals plan who are registered on myuhc.com do not have the ability to retrieve Form 1095-B.

Myuhc.com works with Windows OS version 6.1 and Internet Explorer.

Instructions:

1. Log in to myuhc.com.
2. Click Look up My Benefits located at the right side of the page.
3. From Benefits & Coverage, click Coverage Documents located on the left side of the page.
4. Click 1095 Form. The form displays. Follow the instructions to print. Members do not have to wait for either form to file their tax return.

Real Appeal

Real Appeal is designed to help you build healthy habits across key areas, such as nutrition, fitness, sleep and stress, to support weight loss. Real Appeal is available to you and eligible family members at no additional cost as part of your benefits. Please see attachment for more information regarding the Real Appeal program and how to enroll.

Sanvello App

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression-anytime. Sanvello is based on the principles of cognitive behavioral therapy (CBT) and mindfulness meditation, strategies shown to provide effective relief for mental health concerns including anxiety and depression. The Sanvello app is available to you and covered family members age 13 and over at no extra cost as part of your plan's behavioral health benefits. Please see attachment for more information regarding the Sanvello app.

Vimly W9 Form

If you previously received a copy of the W9 form from Vimly, please discard it and contact Vimly at hbp@vimly.com for a replacement.

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.

February's Health Tips

February's Health Observance is National Heart and Dental Health Month. Heart disease, also known as cardiovascular disease, is a very serious condition. The symptoms of heart disease aren't always clear. Please see attachment for more information regarding heart disease, how to keep a healthier heart, and heart attack warning signs. Dental health is more than just having good-looking teeth. A daily routine of brushing and flossing is your best defense against bad bacteria. Your mouth health can also offer clues about your overall health. Please see attachment regarding healthier dental habits. The attachment also includes the Rally Mission of the Month –Brush your teeth twice a day. Rally is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare.

HBP Billing Information

The HBP billing vendor has changed. If paying by check, please note the new mailing address:

Vimly Benefit Solutions

P. O. Box 6

Mukilteo, WA 98275

Please thoroughly review your bill. Check the medical plan listed for your HA and the corresponding premium amounts. Check that your Medicare Primary members are being charged the discounted premium. Also, if you sent a check to Mercer, the previous vendor, they will request a W-9 form from you. This form is needed to refund the payment to your HA. The payment will not be forwarded to Vimly.

Health tip: Healthy heart



What is heart disease?

Heart and blood vessel diseases make up cardiovascular disease also known as heart disease. Heart disease includes conditions that damage the heart such as:

- Coronary artery disease
- Heart attack
- Congestive heart failure
- Congenital heart disease
- Stroke



How common is heart disease?¹

- Every 36 seconds someone in the U.S. dies of a stroke, heart attack or other cardiovascular disease.
- Eighty percent of all heart disease and strokes could be prevented if people exercised more, ate healthier and stopped using tobacco.
- Heart disease remains the No. 1 cause of death in the U.S. for men and women.
- Cardiovascular disease, listed as the underlying cause of death, accounts for nearly 655,000 deaths in the U.S. each year. That's about 1 of every 4 deaths in the U.S.



Risk factors for heart disease:

- Having high blood pressure is typically defined as having a systolic blood pressure reading between 130 and 139 mmHg or a diastolic reading between 80 and 89 mmHg.
- Having high cholesterol is defined as over 200 mg/dL.
- Having diabetes.
- Being overweight defined as having a body mass index (BMI) measurement over 25.
- Your hereditary background.

By living a healthier lifestyle you may help keep your weight, blood pressure, cholesterol and blood sugar levels in a healthier range and lower your risk for heart disease.

To help keep a healthier heart:

- Exercise regularly by aiming for 30 minutes of moderate physical activity on most days of the week.
- Eat a heart-healthy diet rich in whole grains, fruits and vegetables.
- Limit salt (sodium) in your diet to help lower your blood pressure.
- Limit added sugars in your diet to help lower your blood sugar level which may help manage diabetes.
- Maintain a healthy weight.
- Manage your blood pressure.
- Take control of your cholesterol.
- Limit your alcohol consumption which may raise your blood pressure. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.
- Don't smoke.
- Practice healthier stress management techniques.
- Establish a relationship with a primary care physician, know your health numbers (BMI, blood pressure, cholesterol and glucose) and follow your doctor's advice.



Heart attack warning signs:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Cold sweat
- Nausea
- Light headedness

If you, a loved one, friend or someone you witness is experiencing any of these symptoms, call 911 and get help.

Sources:

¹ Centers for Disease Control and Prevention, Heart Disease Facts, <https://www.cdc.gov/heartdisease/facts.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.

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Health tip: Healthier Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, threats to oral health, including tooth loss, poses a risk to all generations. Poor dental hygiene is correlated with several other diseases not directly in the mouth, including diabetes, heart disease, pneumonia and rheumatoid arthritis.



A healthier mouth for a lifetime includes:³

- Regular dental visits
- Brush twice a day for at least 2 minutes
- Floss once a day
- Do not use tobacco products
- Limit sugary and alcoholic beverages

Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner, and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.



Other ways to maintain good oral hygiene:³

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains – lean sources of protein
 - fruits – low-fat/fat-free dairy foods
 - vegetables



Did you know?

- 26% of adults in the United States have tooth decay¹
- 46% of adults aged 30 years & older have signs of gum disease¹
- Oral cancers are more common in older people, particularly those who drink and/or smoke²
- Besides brushing, there are other tools to keep your mouth healthy like flossing and using mouthwash¹

Sources:

¹Centers for Disease Control. <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html> 2020. Accessed on August 2022

²American Cancer Society. <https://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer/about/key-statistics.html>. 2022. Accessed August 2022

³American Dental Association. <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>. 2022. Accessed August 2022.

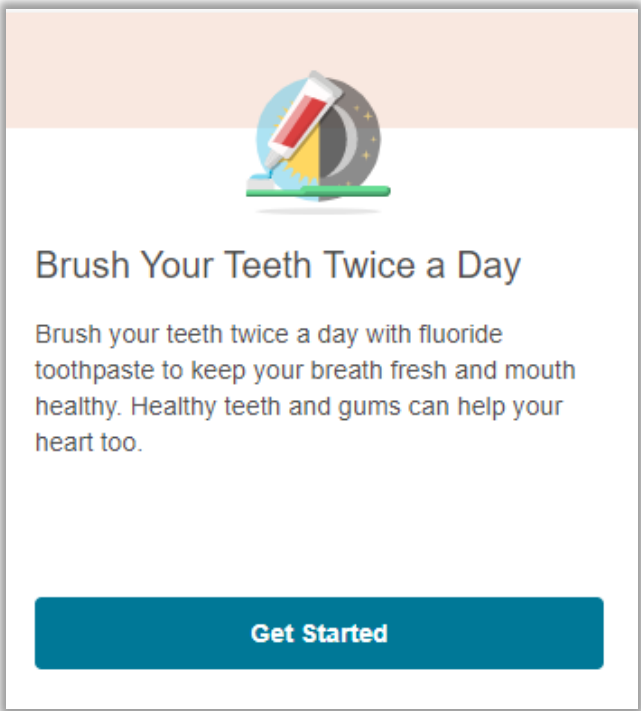
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Member Educational Materials for February

Rally Mission of the Month: Brush your teeth twice a day

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, **Brush your teeth twice a day**.

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



Rally
member
flier





Healthier habits, healthier lifestyle

Take small steps for lasting change with Real Appeal®, an online weight management support program.



Get healthier, at no additional cost to you

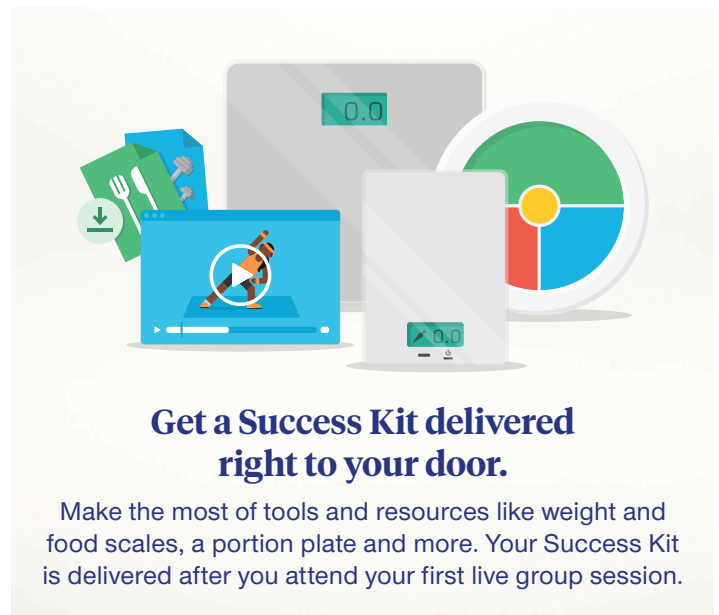
Real Appeal on Rally Coach™ is a proven weight management program designed to help you get healthier and stay healthier. It's available to you and eligible family members at no additional cost as part of your benefits.

Take small steps toward healthier habits

Set achievable nutrition, exercise and weight management goals that keep you motivated to create lasting change. Track your progress from your daily dashboard, too.

Support and community along the way

Feel supported with personalized messages, online group sessions led by coaches and a caring community of members.



Get a Success Kit delivered right to your door.

Make the most of tools and resources like weight and food scales, a portion plate and more. Your Success Kit is delivered after you attend your first live group session.

Join today at enroll.realappeal.com or scan this code



United
Healthcare

Real
Appeal®

Real Appeal is a voluntary weight loss program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

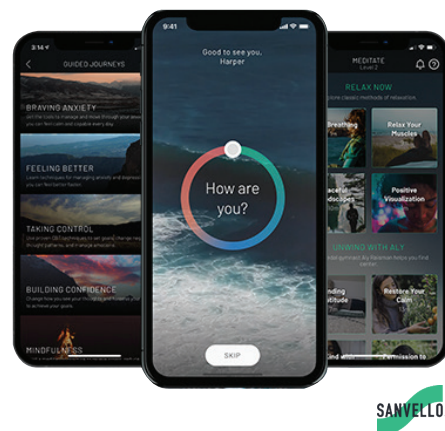
Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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Say hello to Sanvello

Access on-demand self-help for stress, anxiety and depression



Sanvello™ is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression—anytime. Connect with tools that are there for you right as symptoms come up, each designed to help you stay engaged every day for benefits you can feel. The Sanvello app is available to you and covered family members age 13 and over at no extra cost as part of your plan's behavioral health benefits.



Daily mood tracking

Answer questions each day to help capture your current mood, identify patterns and self-assess your progress.



Meditation tools

Explore classic methods of relaxation—like deep breathing and positive visualization—in the moment when you need them.



Guided journeys

Use clinical techniques for a range of needs to help you feel more in control and build long-term life skills.



Personalized progress

Track where you are, set goals and make strides through weekly check-ins—Sanvello creates a roadmap to help you with self-improvement.



Community support

Connect with peer communities in the field and share advice, stories and insights—anononymously, anytime.

Upgrade to Premium at no extra cost

- Download and open the app
- Create an account and choose “Upgrade through insurance”
- Search for and select UnitedHealthcare, then enter the information available on your health plan ID card

Learn more

sanvello.com or info@sanvello.com | Download the app



United
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The Sanvello Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Please discuss with your doctor how the information provided may be right for you. Premium access is available for members at no additional cost as part of their benefit plan. Sanvello premium is not available for all groups in New York and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the terms of use contained in the Application.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.