

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.

UHC Website Tools

UHC/Optum has a monthly engagement toolkit offering resources on relevant topics to support the well-being of HBP members. This month's toolkit on **Calming anxiety** is now available and includes:

- A worksheet for help coping with anxiety
- A calming 4-7-8 breathing technique video and article
- A guided meditation
- Training tools to help yourself and others with anxiety

Find information on how anxiety may harm your quality of life, by accessing the toolkit here: <https://optumeap.com/newthismonth/en-US>.

COVID-19 Public Health Emergency (PHE)

See how the benefits for COVID related items changed May 11 with the end of the Public Health Emergency period at [Plan Descriptions | Housing Benefit Plan \(housingbp.com\)](#).

Peloton App Membership

Eligible UnitedHealthcare members are entitled to a 1-year Peloton App Membership, a value of \$155, at no additional cost. The Peloton App Membership gives members and participants access to an extensive library of thousands of live and on-demand classes-from cardio and HIIT to strength training and yoga. The 1-year Peloton App membership offer expires **June 30, 2023**. Redeeming the code prior to June 30, 2023, will guarantee the Peloton App membership for 12 months from date of activation. To get started, sign in to myuhc.com/peloton then go to Coverage & Benefits to get your access code or see attached Peloton flier.

Pharmacy Benefit Update Effective May 1, 2023

UnitedHealthcare updates its Prescription Drug List (PDL) to keep pace with current market trends, price changes, and new clinical information. Impacted employees were sent letters 30-60 days prior to the May 1st effective date. The new PDL can be found on the Plan Descriptions page of HBP's website at [Plan Descriptions | Housing Benefit Plan](#)

Upcoming Webinar Trainings

Thurs, May 18, 10am (EST) Topic: How to Manage People Effectively

Tues, May 23, 10am (EST) Topic: Eating Healthier On-the-Go

Thurs, June 15, 10am (EST) Topic: Maintaining Balance in Life

Tues, June 20, 10am (EST) Topic: Business Etiquette

Find previous webinar recordings at <https://www.housingbp.com/links-2>

Mentoring by Marketing

The Marketing Team is excited to announce they will be hosting a live video session on July 19, at 10 CST, for enrollment questions. We will be going over the benefits for each of the HBP plans to aid new hires in deciding what coverages to take and to provide a better understanding to those new to HBP. We will host an open enrollment briefing call later in the year also. More information to follow.

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.



May 2023

May's Health Tips

May's Health Observance is Healthy Vision, Mental Health Awareness, and National Physical Fitness and Sports Month. Computer vision syndrome is a group of eye discomfort issues and vision problems that may result from prolonged digital screen use.

Many of us know that exercise is good for our physical well-being, but it also helps support a healthy mind.

Please see attachments regarding Healthy Vision, Exercise and mental health, and Mental health tips.

The Rally Mission of the Month is – Do yoga every month. Done right, yoga can give you a resistance workout, more flexibility, and stress relief. You may even get some cardio in with a fast-paced class. Rally is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare.

Upcoming Conferences

The Marketing Team will be attending the following conferences as a vendor and would love for you to come by our booth and say "hi".

June 26-28, 2023 SERC NAHRO Orlando, FL

June 26-30, 2023 SW NAHRO Albuquerque, NM

August 15-18, 2023 MAHRO Biloxi, MS

August 21-23, 2023 AAHRA Miramar Beach, FL

August 22-24, 2023 THA Houston, TX

August 22-24, 2023 FAHRO Orlando, FL

Calming anxiety

Mental health awareness is important. This month, take a moment to notice signs that anxiety, stress and worry may be hurting your quality of life. Also, explore coping strategies.

In this month's engagement toolkit, you'll find:

A worksheet for help coping with anxiety

A calming 4-7-8 breathing technique video and article

A guided meditation

Training tools to help yourself and others with anxiety

[View toolkit](#)

What to expect each month:



Latest topics – Connect with up-to-date content that focuses on a new topic every month.



More resources – Get access to additional resources and self-help tools.

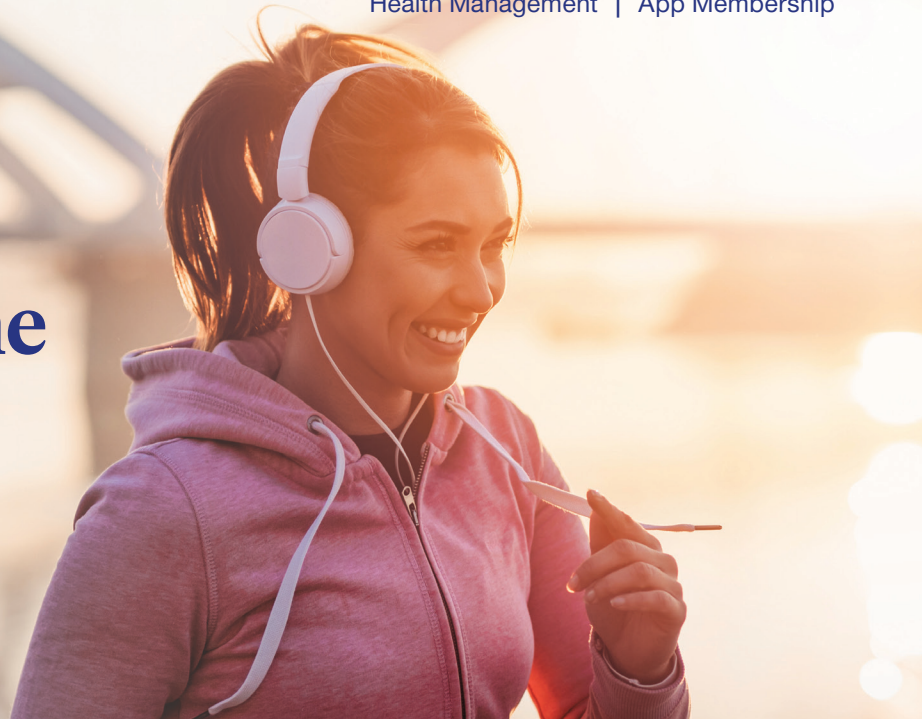


Content Library – Ongoing access to your favorite content.



Support for everyone – Share toolkits with those you think might find the information meaningful.

* WHO, "Adolescent Mental Health." <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health> Accessed Nov. 3, 2022



Stronger with the Peloton App

Your health plan benefits include a 1-year Peloton App Membership or 3-month All Access Membership waiver—available to you at no additional cost. Start your Membership today for access to thousands of live and on-demand fitness classes—from cardio and HIIT to strength training and yoga.

The Peloton App gives you:



Access to thousands of fitness classes

There's something for nearly every fitness interest, ability and schedule — from 5-minute meditation to 60-minute outdoor running classes.



The flexibility to get active anytime, anywhere

The App is available on any iOS or Android device, Apple TV, Fire TV, Roku TVs, and Chromecast and Android TV—and no fitness equipment is required.



Ways to help you have fun and stay motivated

Enjoy the App's many features, training programs and challenges, all designed to help you track your progress and stay motivated.

Get in on the App — a value of \$155

You and each covered family member can enjoy this benefit at no additional cost—just for being a UnitedHealthcare member.*

Get started

Sign in to myuhc.com/peloton then go to **Coverage & Benefits** to get your access code

Computer vision syndrome

Whether it's at the end of a long workday in front of the computer or after hours of using your phone or streaming TV shows, your body and brain may be ready for a break when screen time has taken over your day. You may not realize that your eyes need one, too.

Computer vision syndrome, also referred to as digital eye strain, is a group of eye discomfort issues and vision problems may result from prolonged digital screen use. The issue can be diagnosed through a comprehensive eye examination, which may be covered if you have [vision insurance](#).

Symptoms of computer vision syndrome

Nearly 60 percent of American adults report experiencing symptoms of digital eye strain, including:

- ♦ Red, dry eyes
- ♦ Double or blurred vision
- ♦ Headaches
- ♦ Neck and shoulder pain

The symptoms may be caused by issues such as poor lighting, screen glare, uncorrected vision problems or improper desk configurations. While it does not cause permanent eye damage, the condition puts a strain on a vitally important part of your body.

4 tips to help protect your eyes

Screen time is a fact of life for so many of us, but there are ways to manage our eye health while using computers or mobile devices for work or play. Here are four tips to help you protect your eyes, as recommended by the American Optometric Association:

1. **Use the 20-20-20 rule and other rest tactics:** Give your eyes some respite during the day. Set an alert to notify you after every 20 minutes of screen time. Take a 20-second break to look at something 20 feet away. While working, remember to blink frequently. If your eyes begin to feel strained, massage the area around them.
2. **Check the tech:** Keep your device clean, install an anti-glare screen and set your monitor as bright as comfortable. If strain is becoming a problem, consult with your eye doctor about computer glasses that help optimize eyesight when looking at screens.
3. **Ensure proper workspace design:** Pull down window shades around your screen when sunlight is bright. Make sure surrounding lighting is dim and balanced. You want to avoid harsh lighting that creates shadows on the screen.
4. **Visit the eye doctor:** The National Institute of Occupational Safety and Health recommends that all computer users have an eye exam yearly. Find a local optometrist or ophthalmologist to schedule a comprehensive eye exam and consult about screen use and eye health, and check whether the provider works with your health plan.

Exercise and mental health

It isn't often we find a no cost (and fun!) treatment for medical conditions – but there are many easy and affordable mood-boosting activities that are proven to help support mental health. (Things like meditation, journaling, social interaction or listening to music, for example.) However, exercise may be among the top picks for mood-boosting activities, offering many positive benefits. Not only is moving your body incredibly important for your physical well-being, it's also something many of us need to help support a healthy mind. Let's take a look at how the benefits of exercise include more than what we may see on the scale.

What are the benefits of exercise on mental health?

Many of us may know that exercise is good for our health – but what contributes to these side benefits? For one, exercising increases blood circulation to the brain, which helps support the areas that control motivation, mood, stress and more. Plus, physical activity helps increase your brain's production of feel-good transmitters (chemicals), called endorphins. These powerhouse chemicals increase feelings of pleasure and well-being. All of this happens behind the scenes during and after a workout to help support a healthy mind. The result? Well, exercise can bring on a lot of positive things, like:

- Better sleep
- Less stress
- Improved mood
- Increased energy
- Reduced tiredness – and that can help increase mental alertness

What exercises can I do to improve my mental health?

It's almost impossible to go through life without feeling blue every now and then. After all, we live with stressors every single day. If you're looking to improve your mental health, getting up and moving around may be one of the best medicines. And here's a hint – there are no right or wrong exercises to help with anxiety, depression or stress. The key to an effective activity is finding one you like to do. Then, your body's biological reaction to exercise takes care of the rest. (It makes sense – if getting up and moving is fun, you'll be more motivated to do it.) Here's a list of exercises you may want to try:

- Running, walking or hiking
- Boxing
- Pilates
- Swimming
- Yoga

- Spin class
- Weight lifting

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

Bonus points: Did you know spending time in nature comes with mental health benefits? Taking your workout moves outside can help improve your mood and emotional well-being. Here's another tip: group fitness classes can be a good way to form social connections and foster positive relationships to further support your mental health. Grab a friend, get moving, and get those endorphins pumping.

How can I find motivation and stay on track with exercise?

Sometimes getting into a workout routine is easier said than done. Luckily, there are **so many resources** to help you get excited about exercise and stay on track – it's all about finding what works. Your health plan may even **offer a rewards program** that offers incentives and fitness tracking tools to help you set and reach your exercise goals.

Another option is to partner up with a workout buddy. Having someone you can rely on (and who can rely on you) is an effective strategy to create healthy habits. That accountability factor is a game changer (and planks and push-ups may be a lot more fun with a friend).

Health tip: Mental health

Understanding Mental Health

Talking about depression, anxiety or other problems that may affect your mental health isn't always easy, but let's start the conversation. If you or a loved one may be dealing with these issues, you're not alone. Millions of people in the United States are affected by behavioral health issues each year.¹ Learning how to talk about and understand your mental health may be the first step to recovery.

Mental health, also known as behavioral health, are terms used to describe several problems that may affect your mental well-being, including your emotional, psychological, and social well-being.² Behavioral health includes stress, anxiety, depression, mood disorders and other psychological issues. Behavioral health disorders may also include things like substance use disorders, eating disorders, or psychotic disorders.



What are common signs of mental health problems?

Mental health problems are not always easily identified, but if you identify any of these signs or behaviors, it may be time to seek help:

- Eating or sleeping too much
- Losing interest in people and activities
- Feeling hopeless
- Aches and pains
- Excessive alcohol consumption
- Drug use
- Irritability and anger
- Feeling depressed
- Thoughts of harming oneself or others
- Thoughts of suicide

Asking for help may be your most important step in taking care of yourself, as poor mental health can impact several parts of your life. Specifically, poor mental health affects your relationships with others and yourself, and it may impair the way you cope with stress. It is also associated with stroke and chronic diseases such as diabetes, heart disease, and certain types of dementia.³



Mental health myths⁶

- Myth:** Mental health problems do not affect me
- Myth:** People with mental health problems are violent and unpredictable
- Myth:** Personality weakness or character flaws cause mental health problems
- Myth:** There is no hope for people with mental health problems
- Myth:** Therapy and self-help are a waste of time
- Myth:** Prevention doesn't work. It is impossible to prevent mental illness



Personal habits to support emotional well-being^{4,5}

Fortunately, there are several habits that may support emotional well-being. Here are some examples:

- **Build resilience:** Those who are emotionally well have fewer negative emotions and are able to bounce back from difficulties quicker. You may build resilience by developing healthier physical habits, taking time for yourself each day, and practicing gratitude.
- **Reduce stress:** Chronic stress is harmful to your mental and physical health. Manage your stress by exercising regularly, setting your priorities, and showing compassion for yourself.
- **Get quality sleep:** At times, your sleep may be sacrificed. However, sleep is vital for both mental and physical health. Get better sleep at night by setting a bedtime routine, limiting use of electronics before bedtime, and avoiding caffeine in the afternoon.
- **Strengthen social connections:** Social connections have powerful effects on our health. Stay connected by building strong relationships with loved ones, volunteering for an organization in your community, or taking a class to learn something new.
- **Be mindful:** Being mindful is to live in the present moment. You may be more mindful by meditating, practicing mindful eating, and being more aware of your body, thoughts, and feelings.
- **Cope with loss:** There is no right way to cope with the death of a loved one, but grieving is an important part of the process. Be sure to take care of yourself, join a support group or speak with a professional, and be patient during such a difficult time.



Employee Assistance Program⁵

An Employee Assistance Program or EAP is a free, voluntary, and confidential service offered through your employer to help you and your family with your well-being. Some of the services your EAP may provide include mental health, financial, legal, eldercare, and childcare support. Speak with your UnitedHealthcare representative or onsite coordinator to obtain more information. Visit www.myuhc.com to learn about programs that may be available to you through your health plan.



Sources:

¹ National Alliance on Mental Illness. <https://www.nami.org/mhstats>. 2022. Accessed August 2022.

² Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/learn/index.htm>. 2021. Accessed August 2022.

³ U.S. Department of Health & Human Services. <https://www.mentalhealth.gov/basics/what-is-mental-health>. 2022. Accessed August 2022.

⁴ U.S. Department of Health & Human Services. <https://www.nih.gov/health-information/emotional-wellness-toolkit>. 2022. Accessed August 2022.

⁵ UnitedHealthcare. <https://www.uhc.com/member-resources/health-care-programs/employee-assistance-program>. 2022. Accessed August 2022.

⁶ U. S. Department of Health & Human Services. <https://www.mentalhealth.gov/basics/mental-health-myths-facts>. 2022. Accessed August 2022.

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.



Updates to your prescription benefits

Effective May 1, 2023

Access 3-Tier PDL update summary

Dear Valued Customer:

We are pleased to announce our **Access 3-Tier Prescription Drug List (PDL)** pharmacy benefit updates for May 1, 2023. 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.

We will notify affected members through a targeted letter by April 1, 2023, but you may want to share this summary with your enrollees. If you have questions regarding the PDL and benefit plan updates listed below, please contact your broker or UnitedHealthcare representative.

		
Tier 1 Lowest-cost medications	Tier 2 Mid-range cost	Tier 3 Highest-cost

Prescription drugs with new benefit coverage

The following drugs were previously not covered under most benefit plans and are now eligible for coverage.

Therapeutic Use	Medication Name	Tier Placement
Alzheimer's disease	Adlarity	Tier 3

Prescription drugs excluded from benefit coverage^{1,2}

We evaluate prescription drugs based on their total value, including how a drug works and how much it costs. When several drugs work in the same way, we may choose to exclude the higher-cost option. Effective May 1, 2023, the drugs listed below may be excluded from coverage or you may need to get a Prior Authorization. Sign into your online account to check which drugs your plan covers and if there are any actions you need to take.

Therapeutic Use	Medication Name	Alternative Treatment Option(s)
ADHD	Relexii (Methylphenidate extended-release)	methylphenidate extended-release capsules (generic Metadate CD, Ritalin LA), Adderall XR, Concerta
Cancer	Afinitor Disperz (brand only) ³	everolimus tablet for oral suspension (generic Afinitor Disperz) ³
Cancer	Nexavar (brand only) ³	sorafenib (generic Nexavar) ³
Cancer	Sutent (brand only) ³	sunitinib (generic Sutent) ³
Constipation	lbsrela ^{3,4}	Linzess ³ , Lubiprostone (Amitiza authorized brand alternative) ³
Diabetes	Fiasp	Humalog, Lyumjev
Diabetes	Insulin glargine (Lantus/Lantus SoloStar authorized brand alternative)	Lantus, Toujeo
Diabetes	metformin 625 mg tablet ⁴	metformin (generic Glucophage, generic Glucophage XR)
Excessive secretions	Robinul (brand only) ⁴	glycopyrrolate tablet (generic Robinul)
Excessive secretions	Robinul Forte (brand only) ⁴	glycopyrrolate tablet (generic Robinul Forte)
High blood pressure	Nexiclon XR (Clonidine extended-release) ⁴	clonidine (generic Catapres)
Mental health	Viibryd (brand only)	vilazodone (generic Viibryd)
Multiple sclerosis	Tascenso ODT ^{3,4}	fingolimod (generic Gilenya) ³
Muscle spasms	Lyvispah granules ⁴	baclofen (generic Lioresal), Ozobax ³
Neutropenia	Releuko ⁴	Zarxio
Pain	RoxyBond	oxycodone immediate-release (generic Roxicodone)
Skin conditions	Epsolay ^{3,4}	Soolantra ³
Sleep	Quviviq ^{3,4}	zolpidem (generic Ambien), zaleplon (generic Sonata), eszopiclone (generic Lunesta)
Testosterone replacement	Tlando ^{3,4}	Androderm ³ , Testim ³
Transplant	Zortress 1 mg (brand only)	everolimus (generic Zortress)

¹ Exclusion includes brand, generic and authorized generic products unless otherwise noted.

² For benefits that do not exclude, Step Therapy or Prior Authorization may be required.

³ Step Therapy or Prior Authorization may be required prior to coverage.

⁴ Newly released medication which was excluded from coverage at the time of launch and will continue to be excluded from our pharmacy benefit.

Access 3-Tier PDL clinical programs update summary

Some prescription drugs may have programs or limits that apply. Below are the changes that will be effective May 1, 2023.

ST Step Therapy

The medications below have a new or revised Step Therapy program. You must try one or more other medications before the medication below may be covered.

Therapeutic Use	Medication Name	Step 1 Medication
Sleep	Quviviq ⁵	A history of trial and failure of at least 2 weeks, contraindication, or intolerance to both Belsomra and DayVigo and a history of trial and failure of at least 2 weeks, contraindication, or intolerance to two of the following: zolpidem (generic Ambien), zaleplon (generic Sonata), eszopiclone (generic Lunesta)

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
ADHD	Dyanavel XR 5 mg	31 tablets per month
ADHD	Dyanavel XR 10 mg	31 tablets per month
ADHD	Dyanavel XR 15 mg	31 tablets per month
ADHD	Dyanavel XR 20 mg	31 tablets per month
Cancer	Zolinza 100 mg	124 capsules per month ⁶
Diabetes	Freestyle Libre 2 day reader receiver	1 reader per 999 days
Diabetes	Freestyle Libre 14 day reader receiver	1 reader per 999 days
Diabetes	Freestyle Libre 2 sensors	2 sensors per month
Diabetes	Freestyle Libre 3 sensors	2 sensors per month
Diabetes	Freestyle Libre 14 day sensor	2 sensors per month
Diabetes	Guardian Link 3 Transmitter Kit	1 transmitter kit per year
Diabetes	Guardian Sensor 3	5 sensors per month
Diabetes	Insulin Syringes	310 insulin syringes per month
Diabetes	Pen Needles	310 pen needles per month

⁵ Typically excluded from 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.