

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.



toolkit focusing on **Gratitude** is now available. For more information, on this topic and other topics, please access November's toolkit at <https://optumeap.com/newthismonth/en-US>. You may also click on the view toolkit link on the Gratitude attachment.



Employee Assistance UHC Website Tools

UHC/Optum has created a monthly engagement toolkit offering resources and content on relevant topics and trends to support the health and well-being of HBP members. The November engagement

Open Enrollment 2025

Executive directors and HR managers: HBP's annual open enrollment runs from **November 4th through December 2nd** this year. Communications were emailed on

October 18, 2024. **If your housing authority or employees are not making any changes, you are not required to submit open enrollment documents.** The Marketing Team is excited to announce they will be hosting a live open enrollment video session with Vimly on Tuesday, November 12, 2024, at 10 CST. We will be giving a basic overview of the current HBP plans and answering enrollment questions. You may register here: <https://events.teams.microsoft.com/event/>

Waiver of Group Health Benefits

For 2025 Open Enrollment, all employees waiving coverage must complete the attached Waiver of Group Health Benefits & Notice of Special Enrollment Rights form. This form is to be kept in the employee's personnel file. You do not submit this form to Vimly. This form can also be found on the [Notice/Forms page of HBP's website](#) for use throughout the year.

2025 Prescription Drug List Update

Please find attached the new Prescription Drug List (PDL) for January 1, 2025. Some changes have been made to the drug list. Impacted members (those that have taken at least one of the impacted meds in the past 12 months) should also receive this letter. You may search the entire PDL list [here](#).

Please note that HBP's plan does not cover drugs for the purpose of weight loss. Therefore the changes listed on page 4 of the PDL attachment are not applicable. Coverage for GLP-1 injections may be available for diabetes (specifically the GLP-1s that are FDA approved for type 2 diabetes) and cardiovascular risk reduction with prior authorization approval.



medical • dental • vision • life • long term disability

November 2024

THANKFULNESS

IS LIKE A MUSCLE . . .

**EXERCISE IT EVERYDAY TO
CREATE AN ATTITUDE OF
GRATITUDE.**

November's Health Focuses

Each month, UHC — who offers incentives and well-being programs — provides information on their selected health focus. The November selections are:

National awareness — American diabetes month and Great American smoke-out

UHC's health tip — Living tobacco free

UHC's employer tip — Shifting from wellness to well-being

UHC Rewards challenges* — Track your sleep

**Enroll in UHC Rewards and complete these challenges to earn money.*

Information on each is attached.

Please note that attachments may have links with more information. If the newsletter is printed, you may want to print the additional linked information for your team. Previous newsletters can be found on HBP's website at:

[Newsletters | HousingBP.com](#)

Quit Tobacco for Life Program

Quit For Life has helped millions of members quit smoking, vaping, nicotine, e-cigarettes, and tobacco. UnitedHealthcare members get Quit For Life at no additional cost. For more information on this topic, please see attachment.

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.

Member Educational Materials for November

National Health Observance: American Diabetes Month and Great American Smokeout

November’s health observances are American Diabetes Month and Great American Smokeout. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- [Life with diabetes](#)
- [Managing blood sugar \(glucose\)](#)
- [The realities of vaping](#)
- [Quitting smoking](#)

Managing blood sugar (glucose)

What’s blood sugar? The job of glucose and insulin¹

Glucose, also known as blood sugar, is the main source of energy for our cells. It mainly comes from the foods we eat and may go up or down depending on when and how much we eat. Our pancreas helps manage these levels by making insulin, a hormone.² The job of insulin is to take the glucose from our blood and help it move into our cells, creating energy for our bodies.

What happens if our insulin may be out of control?

With diabetes, the body may either stop making insulin, slow way down or “forget” how to use insulin. When the insulin is either gone or not working properly (also known as “insulin resistance”), the glucose can’t get into the cells where it needs to go. This is what happens with **type 2 diabetes**.¹

With **type 1 diabetes**, there’s no insulin to let glucose into the cells, so sugar piles up in the bloodstream.³ In response, the kidneys may go into overdrive, trying to get rid of that glucose. This may make a person urinate more often or feel really thirsty, tired or hungry, among other side effects. Many of these side effects may be symptoms of diabetes.⁴



Health Tip Flier of the Month: Living tobacco free


UnitedHealthcare Health Tip Fliers may be a visual and engaging way of providing member-level education. Check out this month’s Health Tip Flier on Living tobacco free ([English](#) & [Spanish](#)).


UnitedHealthcare | Health Tip


Health tip: Living tobacco free


Did you know tobacco use is the single largest cause of preventable death and disease in the United States? Cigarette smoking may cause many health problems including cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease. Specifically, more than 16 million Americans are living with a disease caused by smoking, in which it is responsible for more than 480,000 deaths per year in the United States alone.¹ No tobacco product is safe. This includes cigarettes, cigars, pipes, hookah, e-cigarettes, and smokeless tobacco products such as chewing tobacco. While the nicotine in tobacco products is highly addictive, the benefits of quitting outweigh tobacco use altogether. In fact, health benefits occur only 20 minutes after quitting and continue to improve over a matter of weeks.² There are approximately 600 ingredients in cigarettes. When burned, cigarettes create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are toxic.³ There is a long list of serious health risks associated with smoking, and knowing these may help motivate you to quit.


Using tobacco products may put you at a greater risk of:


 Developing certain cancers, including throat, mouth, esophagus, stomach, pancreas, kidney, and lung cancers


 Developing lung problems such as chronic obstructive lung disease, emphysema, chronic bronchitis, and asthma

 Developing a stroke or coronary artery disease which can lead to angina and heart attacks

 Having gum disease and tooth loss

 Developing reproductive health issues in both men and women

 Developing type 2 diabetes

 The benefits of quitting tobacco begin almost immediately³

20 minutes – Heart rate and blood pressure drop

24 hours – The carbon monoxide level in your blood drops to normal


2 weeks to 3 months – Your lung function begins to improve

1 to 12 months – Coughing, sinus congestion and shortness of breath decrease

1 year – The risk for heart attack drops dramatically

5 to 10 years – The risk of mouth, throat and esophageal cancer is half that of a smoker's

15 years – The risk of developing coronary heart disease is that of a non-smoker's





UnitedHealthcare | Consejo de Salud


Consejo de salud: Vivir sin consumir tabaco


¿Sabía que el consumo de tabaco es la principal causa de muerte y enfermedad prevenibles en los Estados Unidos? El cigarrillo puede causar muchos problemas de salud, como cáncer, enfermedades cardíacas, derrames cerebrales, enfermedades del pulmón, diabetes y enfermedad pulmonar obstructiva crónica. En concreto, más de 16 millones de estadounidenses viven con una enfermedad provocada por el tabaquismo, lo que es responsable de más de 480,000 muertes al año solo en los Estados Unidos. Ningún producto de tabaco es seguro. Esto incluye cigarrillos, puros, pipes, murgales, cigarrillos electrónicos y productos de tabaco sin humo, como el tabaco de mascar. Aunque la nicotina de los productos del tabaco es altamente adictiva, los beneficios de dejar de fumar superan con creces el consumo de tabaco. De hecho, los beneficios para la salud aparecen solo 20 minutos después de dejar de fumar y continúan mejorando en cuestión de semanas.² Los cigarrillos contienen aproximadamente 600 ingredientes. Al quemarse, los cigarrillos generan más de 7,000 sustancias químicas. Se sabe que al menos 69 de estas sustancias químicas provocan cáncer, y muchas son tóxicas.³ Hay una larga lista de riesgos graves para la salud asociados al tabaquismo, y conocerlos puede ser una motivación para dejar de fumar.


El uso de productos de tabaco puede ponerle en mayor riesgo de:


 Desarrollar ciertos tipos de cáncer, incluidos los cánceres de garganta, boca, esófago, estómago, páncreas, riñón y pulmón


 Tener enfermedad de las encías y pérdida de dientes

 Desarrollar problemas en los pulmones como enfermedad pulmonar obstructiva crónica, enfisema, bronquitis crónica y asma

 Provocar problemas de salud reproductiva tanto en hombres como en mujeres

 Sufrir un derrame cerebral o desarrollar arterioesclerosis coronaria lo que puede provocar angina y ataques cardíacos.

 Desarrollar diabetes tipo 2

 Los beneficios de dejar el tabaco comienzan casi de inmediato³

20 minutos – Disminución de la frecuencia cardíaca y de la presión arterial

24 horas – El nivel de monóxido de carbono en la sangre baja a niveles normales


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1 año – El riesgo de ataque al corazón se reduce drásticamente

5 a 10 años – El riesgo de cáncer de boca, garganta y esófago es la mitad del de un fumador

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Get ready to quit⁵:

- **Talk to your primary care provider about medication or other resources to help you quit.**
- **Pick a quit date and a method**—successful quitting is a matter of planning and commitment.
- **Choose your method for quitting—there are three ways to quit smoking:**
 - “Cold turkey” – Stop smoking, using smokeless tobacco or vaping at once on your Quit Day.
 - Cut down the number of cigarettes you smoke, chew or times you vape each day until you stop completely.
 - Smoke only part of each cigarette, reducing the amount until you stop smoking completely.
- **Find support**—tell family members and friends of your plan to quit smoking or access one of the many organizations that can help you quit smoking. (Visit lung.org/quit-smoking for support and resources.)
- **Recognize your progress**—no matter how many days it’s been since you quit, each day is a victory. Make sure to reward yourself.
- **Find alternative to smoking**—Try toothpicks, cinnamon sticks, sugarless gum, sugar-free lollipops or celery as an alternative. Go to a movie, work out or go to the gym, visit non-smoking friends, take a walk, enjoy a cup of tea or coffee, or try a new hobby that involves using your hands.

Remember if you slip up, don’t give up. Use past attempts as a learning experience and review what worked well and what didn’t. Recommit yourself, re-evaluate your quit plan/method and reconnect with your support systems.



¹ Centers for Disease Control and Prevention, https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm#beginning. May 2023. Accessed August 2023.

² American Lung Association, Benefits of Quitting. <https://www.lung.org/quit-smoking/i-want-to-quit/benefits-of-quitting>. May 2023. Accessed October 2023.

³ American Lung Association, What’s in a Cigarette? <https://www.lung.org/quit-smoking/smoking-facts/whats-in-a-cigarette>. May 2023. Accessed October 2023.

⁴ Centers for Disease Control and Prevention, Health Effects of Cigarette Smoking. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/#cardio. October 2021. Accessed October 2023.

⁵ American Lung Association, How to Quit Smoking. <https://www.lung.org/quit-smoking/i-want-to-quit/how-to-quit-smoking>. May 2023. Accessed October 2023.

This information 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.

Consejo de salud: Vivir sin consumir tabaco

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El uso de productos de tabaco puede ponerle en mayor riesgo de⁴:



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Tener enfermedad de las encías y pérdida de dientes



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Provocar problemas de salud reproductiva tanto en hombres como en mujeres



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5 a 10 años – El riesgo de cáncer de boca, garganta y esófago es la mitad del de un fumador

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Prepárese para dejar de fumar⁵:

- **Hable con su proveedor de cuidado primario sobre medicamentos u otros recursos que puedan ayudarle a dejar de fumar.**
- **Elija una fecha para dejar de fumar y un método** —dejar de fumar con éxito es una cuestión de planificación y compromiso.
- **Elija su método para dejar de fumar — hay tres formas de dejar de fumar:**
 - “De golpe” – deje de fumar, usar tabaco sin humo o vapear de una vez en su día para dejar de fumar.
 - Reduzca la cantidad de cigarrillos que fuma, tabaco que mastica o veces que vapea cada día hasta detenerse por completo.
 - Fume solo una parte de cada cigarrillo, reduciendo la cantidad hasta dejar de fumar por completo.
- **Encuentre apoyo** —cuénteles a sus familiares y amigos sobre su plan para dejar de fumar o acceda a una de las muchas organizaciones que pueden ayudarle a dejar de fumar. (Visite lung.org/quit-smoking para apoyo y recursos.)
- **Reconozca su progreso** —no importa cuántos días hayan pasado desde que dejó de fumar, cada día es una victoria. Asegúrese de recompensarse a usted mismo.
- **Encuentre una alternativa a fumar** —pruebe masticadores, palitos de canela, chicles sin azúcar, paletas sin azúcar o apio como alternativa. Vaya al cine, haga ejercicio o vaya al gimnasio, visite amistades que no fumen, salga a caminar, disfrute de una taza de té o café, o pruebe un nuevo pasatiempo que implique usar las manos.

Recuerde que, si tiene un desliz, no debe rendirse. Utilice los intentos anteriores como experiencia de aprendizaje y revise lo que funcionó bien y lo que no. Vuelva a comprometerse, reevalúe su plan/método para dejar de fumar y reconecte con sus sistemas de apoyo.



¹ Centers for Disease Control and Prevention, https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm#beginning. Mayo de 2023. Consultado en agosto de 2023.

² American Lung Association, Benefits of Quitting. <https://www.lung.org/quit-smoking/i-want-to-quit/benefits-of-quitting>. Mayo de 2023. Consultado en octubre de 2023.

³ American Lung Association, What's in a Cigarette? <https://www.lung.org/quit-smoking/smoking-facts/whats-in-a-cigarette>. Mayo de 2023. Consultado en octubre de 2023.

⁴ Centers for Disease Control and Prevention, Health Effects of Cigarette Smoking. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/#cardio. Octubre del 2021. Consultado en octubre de 2023.

⁵ American Lung Association, How to Quit Smoking. <https://www.lung.org/quit-smoking/i-want-to-quit/how-to-quit-smoking>. Mayo de 2023. Consultado en octubre de 2023.

Esta información es para su conocimiento general solamente y no pretende ser un consejo médico ni se debe interpretar como tal. Las personas deben consultar a un profesional de cuidado de la salud apropiado para determinar qué puede ser adecuado para ellas.

At-A-Glance: Shifting from wellness to well-being

New trends in wellness

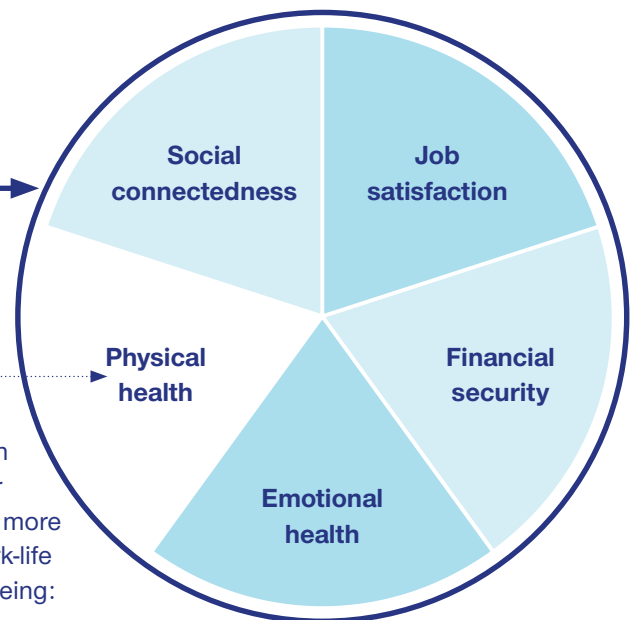
While traditional employer sponsored wellness programs primarily focus on physical health, many employers are now shifting to a more holistic approach to employee well-being, including components such as emotional health, job satisfaction, financial security, and social connectedness. Worksite wellness is ever-changing, in which it will continue to evolve overtime.

Evolution of wellness

Employee **well-being** provides a holistic approach to employee health.

Employee **wellness** focused primarily on physical health.

Evidence continues to suggest a link between employee total well-being and productivity. Research shows that employees with high well-being tend to be healthier, more productive, and higher performers. They may also have lower health care costs and are more likely to stay with their employer (more work satisfaction and work-life balance).¹ To help address this, refer to the Dimensions of well-being:



Dimensions of well-being

Social connectedness	<ul style="list-style-type: none"> • Make well-being activities and challenges group-based • Create opportunities for employees to work collaboratively
Job satisfaction	<ul style="list-style-type: none"> • Offer feedback about performance and understanding of one's responsibilities • Supportive supervisor behavior • Work environment
Financial security	<ul style="list-style-type: none"> • Debt counseling • Financial planning
Emotional health	<ul style="list-style-type: none"> • Provide stress management classes and/or mindfulness training • Offer education about mental health benefits and EAP
Physical health	<ul style="list-style-type: none"> • Promote physical activity and healthier eating • Help employees improve their sleep

By providing programs and resources that complement the various dimensions of well-being, you can create an environment for employees to find their own path to wellness.

1. Issue Brief: Seeing the Bigger Picture: Beyond Wellness to Well-being by National Business Group on Health; Seeing the Bigger Picture: Beyond Wellness to Well-being | Business Group on Health (businessgrouphealth.org); Accessed February 2022.

How to improve physical and mental well-being at work

With this shift to expand the scope of employee well-being programs, there continues to be the need to stay true to the fundamentals – namely, to create a workplace culture and environment that encourages healthy daily habits that maintain and improve overall wellbeing. Below are some ways employers can support physical wellbeing through physical activity, nutrition and caring.

Move	Eat	Care
Provide standing desks and stretching clinics	Deliver fresh produce to worksites	Offer “Mothers Rooms” for nursing moms
Host walking and standing meetings	Hire an onsite Registered Dietician	Offer educational programs on sleep
Provide an onsite fitness center and classes	Provide onsite cooking demonstrations and classes	Offer Tobacco Cessation programs and resources
Provide a fitness activity device discount program	Create guidelines for healthier food options for company meetings	Promote and incentivize preventive care

In addition to physical health, the mental health of employees is more important than ever, and it should not be overlooked. Employers can promote mental health in the workplace in several ways by taking action through employee benefits, communication, and leadership support.

Employee benefits	Communication	Leadership support
Provide EAP resources and health coaching	Reduce stigma by utilizing communication	Make mental health first aid training mandatory for company leaders and managers
Promote relaxation and mindfulness	Increase the access to mental health resources	Train managers on how to act if they see signs of substance abuse or emotional distress
Provide mental health coverage as part of the health care plan	Promote mental health benefits and community resources frequently	Encourage leaders to understand the signs of burnout

UHC Rewards Activity of the Month

Track your sleep

Through UnitedHealthcare Rewards, **incentives are available for covered employees and spouses for completing a variety of activities**, including tracking your sleep.

Connect a tracker and start earning dollars in your sleep.

Track 14 nights of sleep, no minimum hours required or start a Sleep Challenge and start earning in your sleep.



Get started

Download the UnitedHealthcare® app and activate UHC Rewards to start earning.



Gratitude

November 13 is World Kindness Day. This month let's focus on the positive with tips and resources for being kind to ourselves and showing appreciation for the good in life and others.

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

Featured article on why self-check-ins, self-care and processing your emotions are crucial to mental wellbeing.

Featured article on the many benefits of being kind to yourself and others.

Featured article for World Kindness Day.

Quick hit tips on the benefits of practicing gratitude and how to get started.

Interactive 30-day gratitude challenge for being kind to yourself.

Fun activity for brightening someone's day.

Link for members to easily access their benefits portal.

Member training course "Creating kindness in the workplace."

Manager training resources, including "Gratitude at work: Leaders enhancing motivation & effectiveness while supporting workplace mental health through gratitude."

[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.

Optum



Quit tobacco for good.

Quit For Life® is just like having a coach right at your fingertips, anytime you need support.



Enjoy life without tobacco.

Spend more time with family and friends. Enjoy daily activities without running out of breath. Quit For Life is here to help you reach your goals—at no additional cost to you.

Join the millions of tobacco users who've quit with help from Quit For Life. The program offers a variety of tools—like a mobile app and website—with more support, anytime you need it.

3.5M
tobacco users quit
since 1985

Get the tips, tools and personal support you may need to quit your way.



Online support.

Get access to a website with an Action Plan and quit guide to help you beat urges, manage withdrawal symptoms and switch up your habits to avoid tobacco.



Quit For Life mobile app.

Get 24/7 urge management support plus on-the-go access to your program. Download through the Apple® iTunes® App Store® or Google Play™.



Quit smoking medication.

You may be eligible for medications to help quit, if you qualify.*



Live Tobacco-Free course.

Participate in an online quit tobacco course at your own pace as part of your program. You can gain knowledge and skills to help prepare you to quit and stay on track—for good.



Support from a Quit Coach®.

Talk with a coach, who can help you create a personalized Action Plan, offer quit tips that really work, help you take advantage of complimentary* quit aids and more.



Text2Quit® and messages.

Get help when you may need it, including daily tips, encouragement and reminders.

Enroll today.

Go to myuhc.com® > Health Resources > Quit For Life.

**United
Healthcare®**

*Benefits are subject to change. Please review your benefit documents or call the number on your UnitedHealthcare health plan ID card.

Apple, iTunes and App Store are registered trademarks of Apple, Inc. Google Play is a trademark of Google LLC. Text2Quit is a registered trademark of Voxiva, Inc.

Quit For Life® provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. Quit For Life does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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

B2C EI20222102.0 7/20 ©2020 United HealthCare Services, Inc. 20-222105-B



Waiver of Group Health Benefits & Notice of Special Enrollment Rights

Employer Name: _____

Employee Name: _____
(Last) (First) (MI)

For the plan year effective ____/____/____ I am waiving coverage for:
(MM/DD/YY)

- ☐ Myself
- ☐ Spouse/Domestic Partner
- ☐ Dependent (s) – Please list names: _____

I am waiving coverage due to:

- ☐ My preference not to have coverage
- ☐ Other coverage

Special Enrollment Notice and Certification – Please review and sign below if you wish to waive coverage

By signing below, I certify that I have been given an opportunity to apply for coverage for myself and my eligible dependents, if any. I am declining enrollment as indicated above. I understand that if I am declining enrollment for myself or my eligible dependents (including my spouse) because of other health insurance or group health plan coverage, I may be able to enroll myself and my eligible dependents in this plan if I lose, or my eligible dependents lose, eligibility for that other coverage (or if the employer stops contributing towards my or my eligible dependents' other coverage).

I understand that I must request enrollment no more than 30 days after the date the other health plan coverage ends (or after the employer stops contributing toward the other coverage). If I do not do so, I will not be able to enroll until my employer's next annual open enrollment period.

In addition, I understand that if I have a newly eligible dependent as a result of marriage, birth, adoption, or placement for adoption, I may be able to enroll myself and my eligible dependent(s). However, I must request enrollment within 30 days after the marriage, birth, adoption, or placement for adoption.

I understand that to request special enrollment or obtain more information, I should contact my group administrator.

Signature of Employee

Date of Signature

Please Return to your Executive Director



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
Adalimumab-adbm (unbranded Cyltezo)	2	Excluded ²
Agamree oral suspension	EAL ¹	Excluded ²
Amjevita 10 mg/0.2 mL, 20 mg/0.4 mL, 40 mg/0.8 mL	2	Excluded ²
Amjevita 20 mg/0.2 mL, 40 mg/0.4 mL, 80 mg/0.8 mL (manufactured by Amgen)	2	Excluded ²
Bexagliflozin (authorized generic Brenzavvy)	EAL ¹	Excluded ²
Cabtreo	EAL ¹	Excluded ²
Coxanto	EAL ¹	Excluded ²
Cuvrior	EAL ¹	Excluded ²
Cyltezo	2	Excluded ²
Davimet/Fluoride	EAL ¹	Excluded ²
Eohilia oral suspension	EAL ¹	Excluded ²
Floriva Plus	3	3/4
Hadlima	2	Excluded ²



Medication name	Current benefit coverage	New benefit coverage
Imbruvica 140 mg, 280 mg (tablet only)	2	Excluded ²
Inpefa	EAL ¹	Excluded ²
Kazano	2	3/4
Korlym (brand only)	3/4	Excluded ²
Liqrev	EAL ¹	Excluded ²
Miebo	EAL ¹	Excluded ²
Millipred	2	Excluded ²
MoviPrep	2	3/4
Mulpleta	2	3/4
Multi-Vit-Flor	3	3/4
Nesina	2	3/4
Nitrofurantoin 50 mg/5 mL oral suspension	EAL ¹	Excluded ²
Nutropin AQ NuSpin	2	Excluded ²
Olpruva	EAL ¹	Excluded ²
Olumiant	2	3
Oseni	2	3/4
Oxaprozin (Coxanto authorized generic)	EAL ¹	Excluded ²
Pokonza	EAL ¹	Excluded ²
Poly-Vi-Flor	3	3/4
Promacta tablet	3/4	Excluded ²
Sajazir	1	Excluded ²
sevelamer hydrochloride tablet (generic Renagel)	1	Excluded ²
Sodium Oxybate [(Amneal), authorized generic Xyrem]	EAL ¹	Excluded ²
Sogroya	EAL ¹	Excluded ²
Tetracycline tablet	EAL ¹	Excluded ²
Velphoro	2	3/4
Velsipity	EAL ¹	Excluded ²
Vevye ophthalmic solution	EAL ¹	Excluded ²
Votrient (brand only)	3/4	Excluded ²
Zolpidem tartrate capsule	EAL ¹	Excluded ²
Zymfentra	EAL ¹	Excluded ²

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.

PA New Notification

Prior Authorization – Notification requires additional clinical information to verify members benefit coverage.

Therapeutic use	Medication name
Cancer	Rozlytrek
Endocrine disorders	Demser
Pulmonary arterial hypertension ³	Liqrev

MN New 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
Blood disorders	Mulpleta
Blood disorders	Promacta packet
Pulmonary arterial hypertension ³	Liqrev
Wilson's disease ³	Cuvrior

ST New 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
Allergies	Xhance ⁴	Chronic Rhinosinusitis with Nasal Polyps requires both Prescription fluticasone nasal spray (generic Flonase) and Prescription mometasone nasal spray (generic Nasonex) OR Chronic Rhinosinusitis without Nasal Polyps requires three of the following: budesonide nasal spray (Rhinocort Allergy Spray), fluticasone nasal spray (generic Flonase, Flonase Allergy or Flonase Sensimist), flunisolide nasal spray (generic Nasalide), mometasone nasal spray (generic Nasonex or Nasonex 24H Allergy), triamcinolone nasal spray (Nasacort Allergy 24HR) or Zetonna
Elevated phosphate levels	Velphoro	One of the following: calcium acetate (eg. PhosLo) or sevelamer carbonate (generic Renvela)

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QL New Quantity Limits

Quantity 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 Quantity Limits program.

Therapeutic use	Medication name	New quantity limit
Infertility ⁵	Menopur 75 units/vial	186 vials per month
Pain and inflammation	Lofena 25 mg ⁴	124 tablets per month
Pain and inflammation	Zipsor 25 mg	124 tablets per month
Weight loss ⁵	Contrave 8 mg/90 mg	124 tablets per month
Weight loss ⁵	Qsymia 11.25 mg/69 mg	31 capsules per month
Weight loss ⁵	Qsymia 15 mg/92 mg	31 capsules per month
Weight loss ⁵	Qsymia 3.75 mg/23 mg	31 capsules per month
Weight loss ⁵	Qsymia 7.5 mg/46 mg	31 capsules per month
Weight loss ⁵	Saxenda 18 mg/3 mL	6 pen injectors per month
Weight loss ⁵	Wegovy 0.25 mg/0.5 mL	4 auto-injectors per month and a total of 8 auto-injectors per year
Weight loss ⁵	Wegovy 0.5 mg/0.5 mL	4 auto-injectors per month and a total of 8 auto-injectors per year
Weight loss ⁵	Wegovy 1 mg/0.5 mL	4 auto-injectors per month and a total of 8 auto-injectors per year
Weight loss ⁵	Wegovy 1.7 mg/0.75 mL	4 auto-injectors per month
Weight loss ⁵	Wegovy 2.4 mg/0.75 mL	4 auto-injectors per month

N Revised Notification

The following medications have revised Prior Authorization - Notification requirements for coverage.

Therapeutic use	Medication name
Inflammatory conditions	Cosentyx
Inflammatory conditions	Taltz

MN Revised Medical Necessity

The following medications have revised Medical Necessity requirements for coverage.

Therapeutic use	Medication name
Inflammatory conditions	Cosentyx
Inflammatory conditions	Taltz

QL Revised Quantity Limits

Quantity 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 Quantity Limits program.

Therapeutic use	Medication name	New quantity limit
Neuropathic pain	Gralise 450 mg ⁴	62 Tablets per month
Neuropathic pain	Gralise 600 mg ⁴	62 Tablets per month

³ Part of the Specialty Bolt-on.
⁴ Typically excluded from coverage.
⁵ Coverage is set by the consumer's prescription drug benefit plan. Please consult plan documents regarding benefit coverage and cost-share.



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Mail: Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UT 84130

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Mail: U.S. Dept. of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, D.C. 20201

We provide free services to help you communicate with us, including letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your member ID card, TTY **711**, Monday through Friday, 8 a.m. to 8 p.m., or at the times listed in your health plan documents.

