

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.

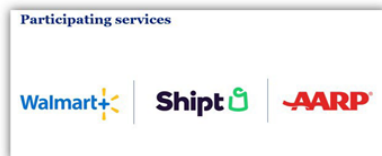


December 2025

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

2026 ID Cards for Medical Plan Members

If you did not make changes to your medical coverage during open enrollment, you will not be receiving new medical ID cards. If you need to print a temporary card or request a replacement go to www.myuhc.com. You will need to register. It will ask for your alt ID, but you can bypass that and register with your SSN and DOB. 1. Once logged in, click on "Account Settings" and then "Temporary Card." 2. On the Request ID Card page, you can print a temporary card or request an ID card be mailed to you. If a mailed ID card is requested, UHC will send two more ID cards. Only one request for additional ID cards can be made in a 24-hour period. 3. Or from a supported smartphone, you can view, fax or email your health plan ID card. 4. Or call customer service at 866-633-2446 to request additional ID cards. 5. You can also get a digital card by downloading the UHC app and when viewing your medical ID card you will be able to click on the "Add to Apple wallet." Medical members who changed plans or dependents during open enrollment will receive new ID cards for 2026. The cards will be mailed to the member's home address on file at UHC. If a member's address has changed, please update the address in the SIMON portal. Dental ID cards are no longer mailed, but you can get a digital one at your myuhc.com account.



One Pass Select

One Pass Select is a subscription-based fitness membership and well-being network designed to support a healthier lifestyle for members. With One Pass Select, you can choose a membership tier that fits your life-

style and provides everything you need for whole body health in one ease, affordable plan. Also, members with One Pass Select has access to delivery services free of charge. More information on this topic is attached.



Don't forget to pay your SERC and SWRC (Southwest) **2025-2026** regional membership dues as required to participate in HBP. If you need information on dues please contact Ed Johnston about SERC dues at ejohnston@LMHA1.org or the Southwest NAHRO Service Office at swnahro@brazosnet.com.

2025 Prescription Drug List Update

Please find attached the new Prescription Drug List (PDL) for January 1, 2026. 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.



HBP wishes all housing authority employees and their families a very Merry Christmas!!

December's Health Focuses

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

National awareness — Self-care for the holidays and financial well-being awareness

UHC's health tip — Healthier travel

UHC Rewards challenges* — Volunteer for a local charity and practice gratitude daily

**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. Previous newsletters can be found on HBP's website at:

Newsletters | HousingBP.com

UHC Website Tools

The December toolkit from UHC/Optum focuses on **being present**. For more information, access the toolkit at <https://optumeap.com/newthismonth/en-US>.

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 & Wellness Resource Update

December 2025



December National Health Observance

Self-care for the Holidays and Financial Well-being Awareness Month



December's health observances are Self-care for the Holidays and Financial Well-being Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Benefits of practicing gratitude](#)
- [Seasonal affective disorders and ways to help cope](#)
- [Social isolation and loneliness](#)
- [Understanding financial well-being](#)

United at Work Presentation of the Month

Healthier Travel



During this presentation, you may learn how to stay safe and healthy while traveling. Specifically, we will discuss signs and symptoms of jet lag and identify risks that may be associated with traveling. Available to view in [English](#) and [Spanish](#).

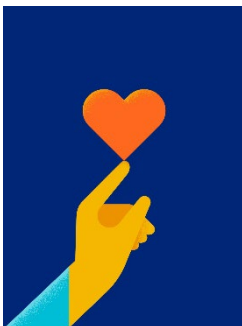
Health Tip Flier of the Month

Healthier Travel



Check out this month's health tip flier on Healthier Travel. Available to view in [English](#) and [Spanish](#).

Health actions of the month



- Volunteer for a local charity
- Practice gratitude daily

Being present

This month, explore resources and tools to help you find calm, gain clarity and honor where you're at, so you can move through life with more self-compassion, hope and confidence.

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

Featured article on being present to bring calm and clarity to your life.

Featured article on the importance of loving yourself and nurturing self-love.

Featured article on understanding and finding your way with loneliness.

Tips for tuning out distractions, so you can tune into the moment – and yourself.

Interactive 31-day challenge for practicing being present and loving yourself.

Quick insight “Managing stress during the holidays” from Uptime.

Member training course “Finding gratitude in festive celebrations.”

Manager training resources, including “Genuine presence over presents: Leading through holiday stress.”

[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

Rediscover your passion for health

With One Pass Select®, we're on a mission to make fitness engaging for everyone. One Pass Select can help you reach your fitness goals while finding new passions along the way. Find a routine that's right for you whether you work out at home or at the gym. Choose a membership tier that fits your lifestyle and provides everything you need for whole body health in one easy, affordable plan.

You and your eligible family members (18+) can get started with One Pass Select when you activate UnitedHealthcare Rewards. Plus, you can use your earnings to help pay for your One Pass Select membership.



Find your fit with One Pass Select



At the gym

Choose from our large nationwide network of gym brands and local fitness studios. Use any gym in the network and create a routine just for you.



At home

Work out at home with live or on-demand online fitness classes. Try our workout builder to get routines created just for you based on your fitness level and interests.



In the kitchen

Get groceries and household essentials delivered to your home. We make it easy to plan for everything you need to enjoy delicious, nutritious meals.



To get started:

1. Scan this code to download the **UnitedHealthcare® app**
2. Sign in or register
3. Select **UHC Rewards**
4. Select **Redeem rewards** to access One Pass Select

Membership is instant, and you will be charged for the full current calendar month on the day you sign up (One Pass Select does not offer proration).

The grocery delivery service component of the program is not available in TX and is pending regulatory approval in CA and VA.

One Pass Select is a voluntary program that features a subscription-based nationwide gym network, digital fitness and grocery delivery service. For self-funded participants, there are no state restrictions. For fully insured participants, program availability varies by state: (i) the program is NOT available to members of accounts situated in HI, KS, VT and Puerto Rico; (ii) the grocery delivery service component of the program is not available in TX and is pending regulatory approval in CA and VA for select groups and lines of business – discuss with your UnitedHealthcare representative for details. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by One Pass Solutions, Inc. Subscription costs are payable to One Pass Solutions, Inc.

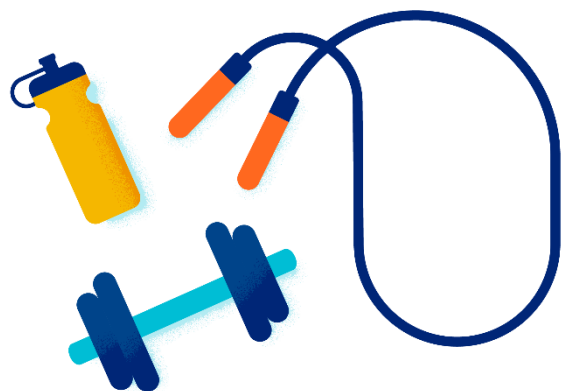
Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

UnitedHealthcare Rewards is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-866-230-2505 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level-funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

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One Pass Select

Overview



[Find a gym near you](#)

Membership category	Monthly member fee	Participating fitness brands
Digital 23,000+ on-demand and livestreaming digital classes	\$10	Daily Burn, Fitbit Premium, YogaWorks, Volt, Fan Huddle
Classic 12,000+ locations + digital	\$34	LA Fitness, Planet Fitness, Crunch Fitness, Anytime Fitness, Snap Fitness
Standard 14,000+ locations + digital	\$69	CycleBar, barre3, Row House, campGladiator
Premium 16,000+ locations + digital	\$109	Rumble, Crunch Fitness, Pure Barre, YogaSix
Elite 20,000+ locations + digital	\$249	Orangetheory, F45, StretchLab, 9Round, LIFETIME, Club Pilates



One-time enrollment fee = \$10 for Digital and \$29 for all other membership tiers
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Members with One Pass Select have access to these delivery services free of charge.

Participating services



- Groceries and household essentials delivered directly to the member's door
- Local and national retailers
- Free monthly membership (\$99 annual savings)
- Free shipping on orders >\$35

Employees will utilize the One Pass Select Member Code to access their grocery and household delivery benefit. Employees can get their Member Code by going to the One Pass Select website (www.onepassselect.com). Members can then sign up with the grocery and household delivery benefit provider and enter the Member Code when prompted to access their benefits.



Updates to your prescription benefits

Effective January 1, 2026

Access 3-Tier PDL update summary

Within the Prescription Drug List (PDL), prescription drugs are grouped by tier. The tier indicates the cost and coverage level of a drug. Please reference the chart below as you review the following updates to the PDL.



Tier 1
Lowest-cost medications



Tier 2
Mid-range cost



Tier 3
Highest-cost

Prescription drugs moving to a higher tier

The following medications are moving to a higher tier. Medications may move from a lower tier to a higher tier when they are more costly and have available lower-cost options.

Therapeutic use	Medication name	Tier placement	Alternative treatment option(s)
Cancer	Ibrance ¹	Tier 2 to Tier 3	Kisqali ¹ , Verzenio ¹

Prescription drugs excluded from benefit coverage^{2,3}

We evaluate prescription drugs based on their total value, including how a drug works, its safety, and how much it costs. When several drugs work in the same way, we may choose to exclude the higher-cost option. Effective **January 1, 2026**, 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 if there are any actions you need to take.

Therapeutic use	Medication name	Alternative treatment option(s)
Alzheimer's disease	Zunveyl ⁴	galantamine (generic Razadyne)
Asthma/COPD	Umeclidinium/Vilanterol (Anoro Ellipta authorized generic) ⁴	Anoro Ellipta

Therapeutic use	Medication name	Alternative treatment option(s)
Cancer	Danziten ^{4,5}	nilotinib (generic Tasigna) ¹
Cancer	Tasigna (brand only) ⁵	nilotinib (generic Tasigna) ¹
Diabetes	metformin 750 mg ⁴	metformin 500 mg, 1000 mg (generic Glucophage)
Diabetes	OneTouch meters ^{6,7}	Contour Next, Contour Plus Blue, Accu-Chek Guide
Diabetes	OneTouch test strips ^{6,7}	Contour Next test strips, Contour Plus Blue test strips, Accu-Chek Guide test strips
Endocrine disorders	Jynarque (brand only) ⁵	tolvaptan (generic Jynarque) ¹
Endocrine disorders	Thiola (brand only)	tiopronin (generic Thiola)
Endocrine disorders	Thiola EC (brand only)	tiopronin delayed-release (generic Thiola EC)
Endocrine disorders	Venxxiva (brand only) ⁴	tiopronin delayed-release (generic Thiola EC)
Heart failure	Entresto (brand only) ⁵	sacubitril/valsartan (generic Entresto) ¹
Hemophilia	Alhemo ^{5,7}	Hemlibra ¹ , Qfitlia ¹
Infections	Fulvicin P/G 165 mg ⁴	griseofulvin ultramicrosize 125 mg, 250 mg (generic Gris-Peg), itraconazole (generic Sporanox), terbinafine (generic Lamisil), ciclopirox (generic Penlac)
Infections	griseofulvin 165 mg (generic Fulvicin P/G) ⁴	griseofulvin ultramicrosize 125 mg, 250 mg (generic Gris-Peg), itraconazole (generic Sporanox), terbinafine (generic Lamisil), ciclopirox (generic Penlac)
Infections	metronidazole 125 mg ⁴	one half of metronidazole 250 mg
Inflammatory conditions	Humira ^{5,8}	Adalimumab-adaz (unbranded Hyrimoz) ¹ , Amjevita ¹
Inflammatory conditions	Imuldosa ^{4,5}	Steqeyma ¹ , Wezlana ¹ , Yesintek ¹
Mental health	Opipza oral film ⁴	aripiprazole (generic Abilify), olanzapine (generic Zyprexa), quetiapine (generic Seroquel), risperidone (generic Risperdal), ziprasidone (generic Geodon)
Muscle spasms	metaxalone 640 mg ⁴	cyclobenzaprine (generic Flexeril), chlorzoxazone (generic Parafon Forte DSC), metaxalone (generic Skelaxin), methocarbamol (generic Robaxin)
Neuropathic pain/Seizures	Gabarone ⁴	gabapentin (generic Neurontin)
Neutropenia	Nypozi ⁴	Nivestym, Zarxio
Pain	tramadol 75 mg ⁴	tramadol 50 mg, 100 mg (generic Ultram)
Pain & inflammation	Fenopron ⁴	ibuprofen (generic Motrin), naproxen tablets (generic Naprosyn, generic Anaprox DS), OTC ibuprofen (Advil/Motrin), OTC naproxen (Aleve)

Therapeutic use	Medication name	Alternative treatment option(s)
Rosacea	Emrosi ⁴	minocycline immediate-release capsules (generic Minocin), minocycline extended-release (generic Solodyn), doxycycline hyclate (generic Vibramycin), doxycycline monohydrate 50 mg and 100 mg (generic Monodox)
Sickle cell disease	Hydrea (brand only)	hydroxyurea (generic Hydrea)
Sleep	Dayvigo	zolpidem (generic Ambien), zaleplon (generic Sonata), eszopiclone (generic Lunesta), Belsomra
Stroke & heart attack prevention	Brilinta (brand only)	ticagrelor (generic Brilinta)

¹ Step therapy or prior authorization may be required prior to coverage.

² Medication is typically excluded from coverage.

³ Exclusion includes brand, generic and authorized generic products unless otherwise noted.

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

⁵ For plans that do not exclude these medications, step therapy or prior authorization may be required prior to coverage.

⁶ Includes OneTouch Ultra, Ultra 2, Ultra Blue, Verio, Verio Flex, Verio IQ, and Verio Reflect meters/test strips.

⁷ A clinical review may be available for coverage.

⁸ Members currently on therapy may be allowed to continue.

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 **January 1, 2026**.

PA Prior authorization - new notification⁹

Prior authorization – notification requires additional clinical information to verify members benefit coverage.

Therapeutic use	Medication name
Acne	Arazlo ¹⁰

MN New medical necessity⁹

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
Acne	Aklief ¹¹
COPD	Yupelri
Elevated potassium levels	Lokelma
Elevated potassium levels	Veltassa
Endometriosis	Orilissa
Infections	Xifaxan
Irritable bowel disease	Viberzi
Parkinson's disease	Nourianz
Seizures	Xcopri
Sexual dysfunction	Stendra ¹²
Sexual dysfunction	Addyi ¹²
Sexual dysfunction	Vyleesi ¹²
Testosterone replacement	Androge ¹⁰
Testosterone replacement	Fortesta ¹⁰
Testosterone replacement	Testim
Testosterone replacement	testosterone 30 mg/ACT ¹⁰
Testosterone replacement	Vogelxo ¹⁰
Uterine bleeding	Myfembree

ST Step Therapy⁹

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
Cholesterol/Lipid lowering	Livalo ¹⁰	Must try three: atorvastatin (generic Lipitor), fluvastatin (generic Lescol), lovastatin (generic Mevacor), pravastatin (generic Pravachol), rosuvastatin (generic Crestor) or simvastatin (generic Zocor)
Cholesterol/Lipid lowering	Nexletol	Must try both: Zetia and high intensity statin therapy
Cholesterol/Lipid lowering	Nexlizet	Must try both: Zetia and high intensity statin therapy
Cholesterol/Lipid lowering	Zypitamag	Must try three: atorvastatin (generic Lipitor), fluvastatin (generic Lescol), lovastatin (generic Mevacor), pravastatin (generic Pravachol), rosuvastatin (generic Crestor) or simvastatin (generic Zocor)
Skin conditions	Klisyri	Must try two: diclofenac 3% gel (generic Solaraze), topical fluorouracil (e.g. Carac, generic Efudex), imiquimod 5% (e.g. generic Aldara)
Ulcers due to H.pylori	Voquezna Dual Pak	One of the following: clarithromycin-based triple therapy, clarithromycin-based concomitant therapy OR bismuth quadruple therapy
Ulcers due to H.pylori	Voquezna Triple Pak	One of the following: clarithromycin-based triple therapy, clarithromycin-based concomitant therapy OR bismuth quadruple therapy

⁹ Includes brand, generic and authorized generic products unless otherwise noted.

¹⁰ Typically excluded from coverage. For benefits that do not exclude, step therapy or prior authorization may be required.

¹¹ Prior authorization may already be in place based on benefit design.

¹² Coverage is determined by the consumer's prescription drug benefit plan including step therapy or prior authorization.