

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.

Biometric Screenings



UHC Rewards-Biometric Screening

With UHC Rewards, employees can get an annual biometric screening-and after they complete it, they will receive a \$50 reward for that UHC Rewards activity. A biometric screening is a clinical screening that's done to measure certain physical characteristics. The goal of a biometric screening is to give a snapshot of your health and alert you to any changes in your health status. Biometric screening isn't a substitute for a regular physical examination by your healthcare provider, but it may indicate possible risk factors. Please see the attachment for more information on this topic.

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

INSIDER TIP

Do you have an insurance tip that has made life easier? Or a favorite HBP coverage benefit that you think others should take advantage of? (Ex. Real Appeal for weight loss) If so, please send it to hbp@callhsa.com so we can share it in future newsletters.

Upcoming Webinar Trainings

Tues, July 23, 10am (EST) **Topic:** [How to Work with Difficult Customers](#) *click to register*

Weds, July 31, 2 pm (EST) **Topic:** [UHC Rewards*](#) *click to register*

**Offered by UHC to explain free rewards programs. Any "fully insured" program date is applicable to HBP.*

Thurs, August 22, 10am (EST) **Topic:** [Planning Your Retirement](#) *click to register*

Upcoming Conferences

Visit the HBP booth at the following conferences to meet the marketing team and get resources on free perks!

August: THA & CCHRCO

September: KHA/TAHRA, GAHRA & LHC

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.



July 2024

July's Health Focuses

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

National awareness — Summer safety and dental health awareness month

UHC's health tip — Healthier dental habits

UHC's employer tip — The 5 C's to help drive engagement

UHC Rewards challenges* — Fitness challenge-get moving

**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](#)

Member Educational Materials for July

National Health Observance: Summer Safety and Dental Health Awareness Month

July's health observances are Summer Safety and Dental Health Awareness Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- [Skin care conditions, tips and treatments](#)
- [Sun safety](#)
- [Dental and oral health](#)
- [Dental problems and oral health care](#)

Health Tip Flier of the Month: Healthier dental habits

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 Healthier dental habits ([English](#) & [Spanish](#)).

UnitedHealthcare | Health Tip

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:¹

- 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:²

- 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 decay³
- 46% of adults aged 30 years & older have signs of gum disease⁴
- Oral cancers are more common in older people, particularly those who drink and/or smoke⁵
- Besides brushing, there are other tools to keep your mouth healthy like flossing and using mouthwash⁶

UnitedHealthcare

UnitedHealthcare | Consejo de Salud

Consejo de salud: Hábitos Dentales Más Saludables

Debido a la fluoración del agua y a la pasta dental con fluoruro, la generación de la posguerra es la primera en conservar sus dientes naturales durante toda su vida. Sin embargo, las amenazas a la salud bucal, lo que incluye la pérdida de dientes, representa un riesgo para todas las generaciones. La mala higiene dental se correlaciona con varias otras enfermedades que no se presentan directamente en la boca, incluida la diabetes, las enfermedades cardíacas, la pulmonía y la artritis reumatoide.

Una boca más saludable durante toda la vida incluye lo siguiente:¹

- Realizar visitas dentales regulares
- Cepillarse dos veces al día durante al menos 2 minutos
- Usar hilo dental una vez al día
- No consumir productos de tabaco
- Limitar el consumo de bebidas azucaradas y alcohólicas

El cepillado es probablemente el componente más evidente de la higiene bucal. Se recomienda que se cepille los dientes dos veces al día durante al menos 2 minutos. Cepille suavemente con movimientos cortos de adelante hacia atrás. Asegúrese de cepillar la superficie externa, interna y de masticación de los dientes y la lengua. Se aconseja reemplazar el cepillo de dientes cada 3 o 4 meses.

Otras formas de mantener una buena higiene bucal incluyen las siguientes:²

- Tener una nutrición adecuada
- Beber mucha agua
- Limitar la cantidad de colaciones que consume
- Comer diversos tipos de alimentos de cada uno de los cinco principales grupos de alimentos, incluidos los siguientes:
 - granos integrales
 - frutas
 - vegetales
 - fuentes magras de proteínas
 - lácteos sin grasa o con bajo contenido de grasa

¿Sabía que...?

- El 26% de los adultos en los Estados Unidos tiene caries³
- El 46% de los adultos de 30 años o más tiene signos de enfermedad de las encías⁴
- Los cánceres de boca son más frecuentes en personas mayores, sobre todo las que beben o fuman⁵
- Además del cepillado, hay otras herramientas para ayudar a mantener su boca saludable, como el uso de hilo dental y enjuague bucal⁶

UnitedHealthcare

Dental problems and oral health care

The thought of dental problems — and terms like “root canal,” “gum disease” and “wisdom teeth” — might make us feel a little uncomfortable. But when dental and oral health problems come up, it's important to take care of them right away. And the good news is that good oral care may help prevent some major problems.



Common dental problems

Understanding common dental problems may help you prevent them — through good oral hygiene or by recognizing them early.




Member Educational Materials for July

United at Work Presentation of the Month: Healthier dental habits

[Click here for the Healthier dental habits presentation.](#) Regular dental hygiene translates to good health overall. In addition to reviewing the importance of healthy and regular dental habits, members will learn common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care.



Quiz & Answers - English

 **Healthier Dental Habits Questionnaire**


Name: _____

Please circle your answers to the following questions.

- An electric toothbrush is more effective at cleaning teeth.
a. True
b. False
- Causes of oral cancer include:
a. Chewing tobacco
b. Smoking
c. HPV (human papilloma virus)
d. All of the above
- Babies cannot get tooth decay.
a. True
b. False
- Men are more likely to have gum disease than women.
a. True
b. False
- Fill in the blank: ___% of adults in the U.S. have tooth decay.
a. 32%
b. 5%
c. 28%
d. 17%

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Quiz & Answers - Spanish

 **Hábitos Dentales Saludables Cuestionario**

Nombre: _____

Por favor, marque la respuesta correcta.

- Un cepillo de dientes eléctrico es más efectivo para limpiar los dientes.
a. Verdadero
b. Falso
- Causas del cáncer oral incluyen:
a. Masticar tabaco
b. Fumar
c. VPH (virus del papiloma humano)
d. Todas las anteriores
- Los bebés no pueden tener caries.
a. Verdadero
b. Falso
- Los hombres tienen más probabilidad de tener enfermedades de las encías que las mujeres.
a. Verdadero
b. Falso
- Complete el espacio en blanco: ___% de los adultos en los EE. UU. tienen caries.
a. 32%
b. 5%
c. 28%
d. 17%

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[Click here](#) for the entire United at Work catalog.



Health tip: Healthier Dental Habits

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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.

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: Hábitos Dentales Más Saludables

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Fuentes:

¹ Centros para el Control y la Prevención de Enfermedades. <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html> 2020. Consultado en agosto de 2022

² Sociedad Americana contra el Cáncer. <https://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer/about/key-statistics.html>. 2022. Consultado en agosto de 2022

³ Asociación Americana de Odontología. <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>. 2022. Consultado en agosto de 2022.

Esta información solo tiene fines informativos generales y no tiene como objetivo ni debe ser considerada como consejo médico. Las personas deben consultar a un profesional de cuidado de la salud apropiado para determinar qué puede ser adecuado para ellas.



¿Sabía que...?

- El 26% de los adultos en los Estados Unidos tiene caries¹
- El 46% de los adultos de 30 años o más tiene signos de enfermedad de las encías¹
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- Además del cepillado, hay otras herramientas para ayudar a mantener su boca saludable, como el uso de hilo dental y enjuague bucal¹



United
Healthcare

Employer Support Materials for July

At-a-glance flier of the Month

The 5 C's To Help Drive Engagement

The At-a-glance Library of fliers is intended to support the planning, implementation, and evaluation of your workplace health and well-being program. These key resources offer strategies, innovative ideas, and step-by-step guides to create and maintain a thriving well-being program and drive a workplace culture of health.

[Click here](#) to view this month's employer At-a-glance flier, The 5 C's to help drive engagement. In this flier, employers may learn strategies to enhance employee engagement into their health and well-being program. Leadership commitment, employee interest, incentives, communication and creating a culture of health and well-being are all ways to help drive engagement.

UnitedHealthcare | Wellness

At-a-glance: The 5 C's to help drive engagement


Strategies to attract employees to your well-being program

- Leadership Commitment at all levels**
A successful well-being program begins with a commitment from top leadership and its continued success depends on ongoing support at all levels of the organization.

Create	Communicate	Participate
Make the healthy choice the easy choice by creating a supportive, health-promoting environment.	Communicate frequently through different channels... in other words, "multiple times, multiple ways."	The single most important thing a leader can do is to actively participate.
- What do they Crave?**
Be sure to solicit employee input. Questions to ask for employee input:
 - Areas of interest?
 - Readiness to change?
 - Preferred communication channels?
 - Types and frequency of communication?
 - Preferred day/time for activities/events?
 - Participation barriers?
- Find the right "Cash"... select a meaningful incentive for your employees**
 - Casual dress day
 - HSA deposit
 - Healthy food celebrations
 - Gift cards
 - Company logoed apparel
 - Premium reduction
 - PTO
 - Reserved parking spaces
- Consistent Communication is key**
 - Create a program brand
 - Identify communication channels
 - Determine frequency of messages
 - Determine areas to target
 - Develop communication calendar
- Culture: Create a health-promoting, supportive environment**

Move	Eat	Feel	Care
Walk-and-talk meetings	Healthier cooking demos	Mindfulness sessions	On-site biometric screenings
Take the stairs campaign	Fruit sampling day	5-Minute stretch breaks	Flex work schedules

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Anxiety and panic

This month, we share resources, tips and tools for understanding what may be driving your anxious thoughts and feelings — and how to manage them.

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

Featured article on why experiencing a little anxiety from time to time may help you

Featured article on strategies for coping with and healing from racial trauma

Featured article on what panic attacks are and how to get through them

How-to videos on breathing techniques for managing anxiety and finding calm

Interactive methods for coping with anxious thoughts and feelings

Quick guide on what anxiety is

Link for members to easily access their benefits portal

Member training course "Understanding anxiety"

Manager training resources, including "Anxiety and panic: Triggers and tools"

[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.



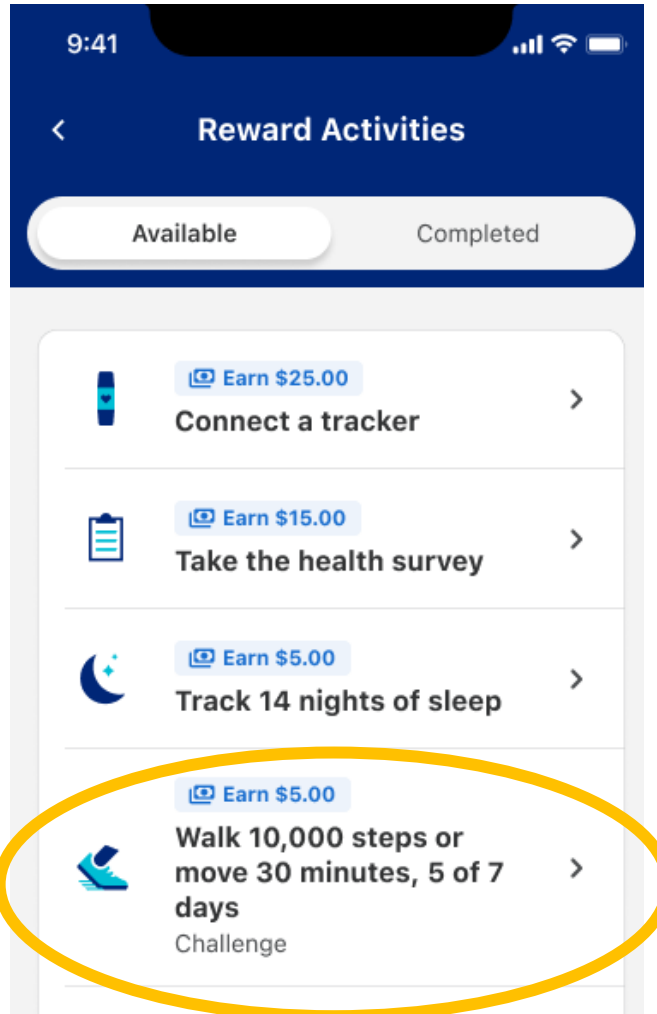
Support for everyone – Share toolkits with those you think might find the information meaningful.

UHC Rewards activity of the month

Fitness challenge



Get Moving



Earn even more dollars by joining the fitness challenge with UHC Rewards

To earn for the fitness challenge, track **10,000 steps** or **move for 30 minutes, 5 days per week**. You'll get rewarded each week you meet the challenge.

Participating in this challenge can help you make daily movement a part of your life.

Bonus! Get rewarded twice. This fitness goal is the same as goal 2 within the daily activity. If you complete a day here, you'll also get credit within that reward activity.





Biometric screenings: A way for employees to earn with UHC Rewards



With UnitedHealthcare Rewards, employees can get an annual biometric screening—and after they complete it, they'll earn reward dollars. These screenings can help your employees learn more about their blood pressure, glucose and cholesterol levels, weight and more. Results may also help them identify current health issues and see where they can focus their efforts for a healthier lifestyle.

Convenient screening options to choose from

Your employees can easily register to get their screenings via:



Lab

Employees schedule online at one of the 2,200+ locations



At-home screening

Employees order self-administered tests delivered directly to their homes



Physician office

Employees complete screenings at their provider or local clinic



On-site biometric screening events*

Work with your UnitedHealthcare representative to set up an event with:

- Standard full lipid fingerstick, blood pressure, height and weight tests
- Privacy screens
- Bilingual providers, if requested
- Quick delivery of results to employees, at the event and online
- Standard aggregate reporting following the event

*Fully Insured, Key Accounts only.