

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.

Level2 Specialty Care

More than 38 million Americans have diabetes (about 1 in 10), and about 90% to 95% of them have type 2 diabetes. This disease impacts many facets of life, including continually tracking glucose levels. Level2 Specialty Care equips eligible participants with continuous glucose monitors (CGM) and personalized support from a care team to help encourage healthier lifestyle decisions, like food choices, exercise and sleep patterns. There is no additional cost for Level2 Specialty Care as it is already included in the HBP health benefits. For more information on this program, please see the Level2 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 September engagement toolkit focusing on **Suicide prevention and recovery** is now available. For more information, on this topic and other topics, please access September's toolkit at <https://optumeap.com/newthismonth/en-US>. You may also click on the view toolkit link on the Suicide prevention and recovery attachment.



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 lifestyle and provides everything you

need for whole body health in one ease, affordable plan. More information on this topic is attached.

Upcoming Webinar Trainings

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

*Tip: Some HAs use the library of recordings to host staff trainings. They select a topic for the month and gather in a conference room to watch.

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.



September 2024

September's Health Focuses

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

National awareness — Immunization and obesity awareness month

UHC's health tip — Dietary guidelines

UHC's employer tip — Enhancing employee social well-being

UHC Rewards challenges* — Get your flu shot and earn \$10 of UHC Rewards!

**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](http://www.housingbp.com/newsletters)

ANNUAL CONFERENCE

Upcoming Conferences

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

September: KHA/TAHRA, GAHRA & LHC

Member Educational Materials for September

National Health Observance: Immunization Awareness and Obesity Awareness Month

September's health observance is Immunization Awareness and Obesity Awareness Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- [What's a vaccine?](#)
- [Childhood vaccines](#)
- [What is body mass index?](#)
- [Nutrition tips for healthy eating](#)

Childhood vaccines

How vaccines may help protect your child every step of the way

There are many ways to protect kids as they grow. Planning for vaccines is an important step you can take to help protect your child from up to 16 serious diseases by age 18.¹ There can be many questions about when and why to schedule vaccines. Here, you'll find resources to help guide you on what you need to know about vaccines and how they work.

Ready to make an appointment for your child?

If you're a UnitedHealthcare member, look for a network provider to schedule a vaccine appointment.

[Find a doctor](#)



Health Tip Flier of the Month: Dietary Guidelines

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 Dietary Guidelines ([English](#) & [Spanish](#)).

UnitedHealthcare | Health Tip

Health tip: Dietary Guidelines

The food and beverages you choose to consume may have a large impact on your overall health status. With the assistance of dietary research since the 1960's, it has been found that enjoying a healthier dietary pattern may not only help you achieve and maintain good health, but also help reduce the risk of having a chronic disease throughout all stages of life. Recently, diet-related chronic disease rates have risen to concerning levels and continue to be a major public health initiative.¹

With that being said, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture publish dietary guidelines every 5 years. These guidelines reflect advancements in scientific knowledge and may help Americans make healthier choices in their daily lives to help prevent chronic diseases and enjoy healthier eating habits.¹

It is recommended by the Office of Disease Prevention and Health Promotion to consume a healthier eating pattern that accounts for all foods and beverages within an appropriate calorie level.¹ Following these dietary guidelines, in conjunction with regular physical activity, may help with weight loss or weight management, chronic disease reduction, and supports an overall healthier lifestyle.¹

Sources of Nutrition
(recommendations may vary by age, gender, and activity level)^{1,2}

Fruits	Vegetables	Grains	Dairy	Protein
<ul style="list-style-type: none"> • Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or puréed. • 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group. 	<ul style="list-style-type: none"> • Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/detrayed; and may be whole, cut-up, or mashed. • Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables, dark orange vegetables, beans and peas, and other vegetables. 	<ul style="list-style-type: none"> • Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. • Grains are divided into 2 subgroups: whole grains and refined grains. • At least half of all the grains eaten should be whole grains. 	<ul style="list-style-type: none"> • All fluid milk products, many foods made from milk, and foods made from milk that retain their calcium content are considered part of this food group. • Foods made from milk that have little to no calcium, such as cream, cheese, cream, and butter, are not part of this group. • Most dairy group choices should be fat-free or low-fat. 	<ul style="list-style-type: none"> • All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein group. • Meat and poultry choices should be lean or low-fat. • Vegetarian options include beans and peas, processed soy products, and nuts and seeds.

United Healthcare

UnitedHealthcare | Consejo de Salud

Consejo de salud: Pautas alimentarias

Los alimentos y bebidas que elija consumir pueden tener un gran impacto en su estado general de salud. Con la ayuda de la investigación alimentaria desde la década de 1960, se ha descubierto que disfrutar de un patrón alimentario más saludable no solo puede ayudarlo a lograr y mantener una buena salud, sino también a reducir el riesgo de tener una enfermedad crónica en todas las etapas de la vida. Recientemente, las tasas de enfermedades crónicas relacionadas con la dieta han aumentado a niveles alarmantes y continúan siendo una importante iniciativa de salud pública.¹

Dicho esto, el Departamento de Salud y Servicios Humanos de los Estados Unidos y el Departamento de Agricultura de los Estados Unidos publican pautas alimentarias cada 5 años. Estas pautas reflejan los avances en el conocimiento científico y pueden ayudar a los estadounidenses a tomar decisiones más saludables en su vida diaria para ayudar a prevenir enfermedades crónicas y disfrutar de hábitos alimenticios más saludables.¹

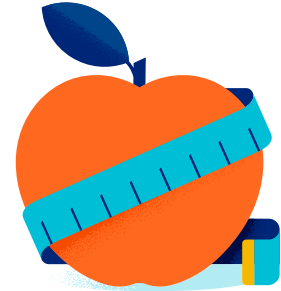
La Oficina de Prevención de Enfermedades y Promoción de la Salud recomienda consumir un patrón de alimentación más saludable que tenga en cuenta todos los alimentos y bebidas dentro de un nivel de calorías adecuado.¹ Seguir estas pautas alimentarias, junto con la actividad física regular, puede ayudar con la pérdida o el control del peso, la reducción de enfermedades crónicas y apoya un estilo de vida más saludable en general.²

Fuentes de Nutrición
(las recomendaciones pueden variar de acuerdo a la edad, sexo y nivel de actividad física)^{1,2}

Frutas	Verduras	Cereales	Productos lácteos	Proteínas
<ul style="list-style-type: none"> • Cualquier fruta o jugo 100% de fruta forma parte del grupo de frutas. Las frutas pueden ser frescas, enlatadas, congeladas o secas, y pueden ser enteras, cortadas o en puré. • 1 taza de frutas o jugo 100% de fruta, o ½ taza de fruta seca puede considerarse como 1 taza de frutas. 	<ul style="list-style-type: none"> • Cualquier verdura o jugo 100% de verdura forma parte del grupo de verduras. Las verduras pueden ser crudas o cocidas; frescas, congeladas, enlatadas o secas/deshidratadas; y pueden ser enteras, cortadas o en puré. • Según su contenido de nutrientes, las verduras se organizan en cinco subgrupos: verduras de color verde oscuro, verduras con almidón, verduras rojas y amarillentas, frijoles y guisantes, y otras verduras. 	<ul style="list-style-type: none"> • Cualquier alimento hecho de trigo, arroz, avena, harina de maíz, cebada u otro grano de cereal es un producto de grano. • Los granos se dividen en 2 subgrupos: granos enteros y granos refinados. • Al menos la mitad de todos los granos que consume deben ser granos enteros. 	<ul style="list-style-type: none"> • Todos los productos lácteos elaborados con leche y los alimentos elaborados con leche que conservan su contenido de calcio se consideran parte de este grupo de alimentos. • Los alimentos elaborados con leche que tienen poco o nada de calcio, como el queso crema, la crema y la margarina, no forman parte de este grupo. • La mayoría de las opciones de productos lácteos no deberían tener grasa o deberían tener un bajo contenido de grasa. 	<ul style="list-style-type: none"> • Todos los alimentos hechos con carne, aves de corral, mariscos, frijoles y guisantes, nueces, productos de soja procesados, frutos secos y semillas se consideran parte del grupo de proteínas. • Las opciones de carne y aves de corral deben ser magras o tener un bajo contenido de grasa. • Las opciones vegetarianas incluyen frijoles y guisantes, productos de soja procesados, frutos secos y semillas.

United Healthcare

Health tip: Dietary Guidelines



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Did you know?

1/2 of all American adults have one or more preventable diseases related to poor eating and physical inactivity.¹

Examples include:

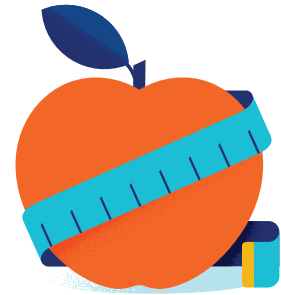
- Cardiovascular disease
- High blood pressure
- Type 2 diabetes
- Some cancers
- Poor bone health

Sources of Nutrition

(recommendations may vary by age, gender, and activity level)^{1,3}

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Consejo de salud: Pautas alimentarias



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La Oficina de Prevención de Enfermedades y Promoción de la Salud recomienda consumir un patrón de alimentación más saludable que tenga en cuenta todos los alimentos y bebidas dentro de un nivel de calorías adecuado.¹ Seguir estas pautas alimentarias, junto con la actividad física regular, puede ayudar con la pérdida o el control del peso, la reducción de enfermedades crónicas y apoya un estilo de vida más saludable en general.²

¿Lo sabía?

La mitad de todos los adultos estadounidenses tienen una o más enfermedades prevenibles relacionadas con la mala alimentación y la inactividad física.¹

Algunos ejemplos son:

- Enfermedad cardiovascular
- Presión arterial alta
- Diabetes tipo 2
- Algunos tipos de cáncer
- Salud ósea deficiente

Fuentes de Nutrición

(las recomendaciones pueden variar de acuerdo a la edad, sexo y nivel de actividad física)^{1,3}

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At-a-glance: Enhancing employee social well-being

New trends in wellness

While traditional employer-sponsored wellness programs primarily focus on physical health, many employers now include emotional health, and even job satisfaction, as important components of their program design. Today, some employers are shifting toward an even more holistic approach by including topics such as financial security and social connectedness opportunities.



Why enhance employee social connectedness?

Social connectedness is a key driver of well-being and resilience. Socially well-connected people are happier and healthier, are better able to handle daily stressors, and find solutions to the problems they encounter. Because your employees spend a majority of their time at work, work relationships are very important to their overall well-being. Friendships at work may be beneficial for the employee and the employer. According to recent research, 85% of U.S. employees who have close friends at work said they have made a positive impact on their careers. Additionally, 86% of employees who have close friends at work are more likely to have higher job satisfaction than those without close workplace friends.¹

How to help improve social well-being at work

- 1 Make well-being activities and challenges group-based
- 2 Create opportunities for employees to work collaboratively
- 3 Organize activities such as picnics, happy hours or volunteer opportunities
- 4 Host employee appreciation days throughout the year
- 5 Create a “social area” where employees can gather to socialize and recharge
- 6 Encourage team-building exercises, such as office trivia, book clubs or sports team

UHC Rewards activity of the month

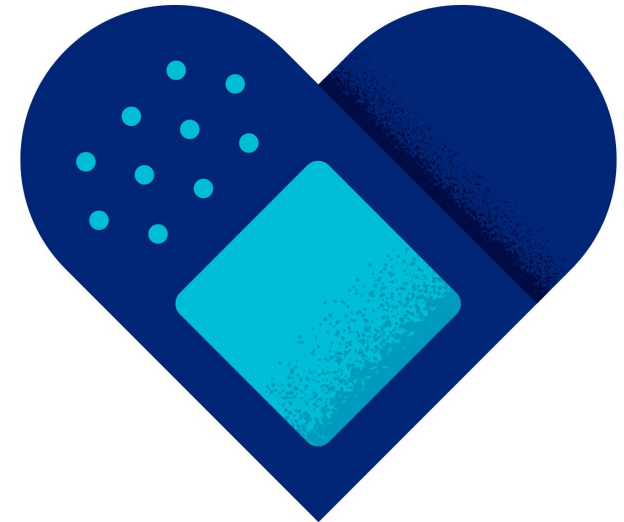
Get your flu shot

Protect yourself this flu season and earn dollars while you do it! Getting a flu shot is the best way to prevent the flu, according to the Centers for Disease Control and Prevention (CDC)¹.

Get your flu shot

Earn rewards by getting your annual flu shot. You'll be rewarded when we get a claim for your flu shot or if you confirm the date of your flu shot. Here's how you can earn your reward.:

- Sign in or register on the **UnitedHealthcare® app**.
- Select **UHC Rewards**
- View your **available activities**
- Select **Get your flu shot**
- Once you complete your flu shot, click **Confirm your flu shot** and enter the date to earn the reward



Get started

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

¹ The Centers for Disease Control and Prevention, cdc.gov/flu/prevent/actions-prevent-flu.htm. Accessed Sept. 5, 2023.



Do type 2 differently with **Level2**

level2®

Did you know you can work to go beyond just managing type 2 diabetes?
With **Level2 Specialty Care**, included with the health plan, you can work to improve type 2.

Here's how it works:

We treat type 2 diabetes as a condition of too much glucose in the body. With Level2 Specialty Care, participants get new insights on what affects their glucose and adopt healthy actions to reduce it – essentially getting from “can’t” to “can.”
Here's what they experience:



Insights

Learn about glucose starting with a continuous glucose monitor at no extra cost and find what works.



Care Team

Made up of providers, coaches, dietitians and other experts as guides through Level2.



Level2 Method

A defined process to understand and work to improve glucose control in a series of phases.

It's already included in the health plan at no extra cost.

Learn more and join at
mylevel2.com/care

Or call
1-844-302-2821 (TTY 711)



Your participation in Level2 Specialty Care is not a guaranty that you will improve your type 2 diabetes, and Level2 does not guaranty any individual any specific results. Please discuss with your doctor whether Level2 is right for you. You have received this information because you may be eligible to participate in Level2 through your current health plan based on the information we have. Participation in Level2 Specialty Care and getting a continuous glucose monitor (CGM) are subject to certain health plan and clinical eligibility criteria. Level2 is available to eligible members of select UnitedHealthcare plans at no additional charge outside of payment of their plan premium. Qualified members are prescribed a CGM when they join Level2 Specialty Care. See program details at mylevel2.com.

Health coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. The company does not discriminate on the basis of race, color, national origin, sex, age or disability in health program activities. To contact your health plan administrator, please call the number on the back of your health plan member ID card.

Suicide Prevention and Recovery

Suicide and substance use disorders are more common than most people think. This month we explore these topics and provide resources and tools to support you and the people close to you.

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

Trending topic on creating a recovery support network.

Featured articles on:

- Why it's important to check in on loved ones who seem OK.
- Raising awareness for World Suicide Prevention Day.
- Opioid use and misuse growth, prevention and treatment.
- 5 things that belong in your mental health emergency kit.

FAQ on what to do in a mental health emergency.

Guide for caregivers on providing decision support.

Self-care tips for people helping care for someone in recovery.

Interactive worksheet for creating positive affirmations to empower yourself.

Link for members to easily access their benefits portal.

Member training course Suicide prevention.

Manager training resources, including Leaders supporting recovery in the workplace.

[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 tool kits with those you think might find the information meaningful.

Optum

Flexible fitness options, starting at less than \$1 per day (effective 1/1/2024)

With **One Pass Select™**, we're on a mission to make fitness engaging. Find a routine that's right for you and choose a membership tier that fits your lifestyle.

One Pass Select includes:

- Access to a large gym network
- Any location in your network tier at no additional cost
- The option to change tiers monthly
- The ability to add up to four adult members (18+) to an existing account
- The option to cancel your membership at any time by giving a 30-day notice



One Pass Select

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. 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 on January 01, 2024: **enroll in One Pass Select through UHC Rewards to receive an online Member Code.**



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.

onepassselect.com
877-504-6830

\$29/Mo Classic 11,000+ gym locations	\$64/Mo Standard 12,000+ gym and premium locations
\$99/Mo Premium 14,000+ gym and premium locations	\$144/Mo Elite 16,000+ gym and premium locations

Enroll in One Pass Select starting on January 1, 2024*

*Eligible One Pass Select members will not be able to enroll in One Pass Select until January 01, 2024. More information on the enrollment process will be provided at a later date.

An enrollment fee may apply.
Or get started with a digital-only plan for \$10/Mo.

