

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.

Coping After a Traumatic Event

The tragic events in Uvalde, Texas have been difficult to process. UHC has resources to help cope with this and other traumatic events such as the death of a loved one, natural disasters, violence, and accidents. UHC medical members may access the employee assistance program (EAP) 24/7 at 1-888-887-4114 or find other emotional-support resources at www.liveandworkwell.com. Please see the attached flyer for more information. You may also go to <https://www.housingbp.com/links-2> for more information regarding mental health.

Nationwide Infant Formula Shortage

UHC is pleased to help support their members during the current nationwide infant formula shortage. Concerned members should contact the UHC customer service number on the back of their insurance card and ask to speak with a **maternity nurse** or **advocate**. They will offer advice and provide approved websites and resources such as www.uhccomhealthierlives.com (provides community resources on where to find support with food, diapers and other essential supplies) and www.healthychildren.org (offers an infant formula shortage Q & A and direct links to other helpful resources).



New Enrollment/Billing Vendor

This year, Housing Benefits Plan will transition the enrollment, billing management, and COBRA services to Vimly Benefit Solutions. Vimly was founded in 1993, and provides an industry leading benefits administration platform that will deliver an improved experience for Housing Benefits Plan members. Over the next several months, you will receive detailed information regarding the new (and much improved) process for enrolling members and managing your monthly billing. We are excited to partner with Vimly to deliver a greatly improved experience for our members for years to come.

Cancer Support Program

For cancer survivor month, we'd like to remind you of UHC's cancer support program that connects you with an oncology nurse (at 1-866-936-6002) if you or a loved one has been diagnosed with cancer. See attached flyer or [UHC's cancer program page](#) for more information.

COVID-19 Resources

Click on the link for the **most current UHC COVID-19 information**. <https://www.uhc.com/health-and-wellness/health-topics/covid-19> Visit www.myuhc.com/covid for **up-to-date plan and benefit information**.

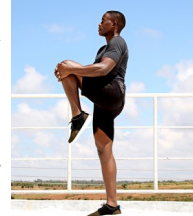
The HBP website at www.housingbp.com provides more information and helpful links. Questions or comments? Email us at hbp@callhsa.com or call 1-800-288-7623, option 5.



June 2022

Men's Health

Men are at a greater risk for certain health conditions including heart disease, stroke, depression, lung cancer, and prostate cancer. Check your risk factors for those conditions [here](#). We encourage you this summer to get necessary screenings for preventative care ([checklist here](#)), and make lifestyle changes to reduce risks you may have. See attached flyer for more information.



Sun Safety

While enjoying the outdoors this summer, wear a waterproof sunscreen with a minimum of 30 SPF (50 or higher for small children), avoid strenuous outdoor activities during the hottest periods of the day to prevent possible heat exhaustion, and drink plenty of water or other fluids containing electrolytes to avoid dehydration.



Upcoming Webinar Trainings

Wed, July 20, 10am (EST) Topic:

Managing Your Finances

Tues, Sept 20, 10am (EST) Topic:

Creating Passion & Motivation at Work

Tues, Oct 18, 10am (EST) Topic:

Addressing Performance Concerns

Find previous webinar recordings at

<https://www.housingbp.com/links-2>



Coping after a traumatic event

Uvalde, Texas Shooting

If you turn on the TV, pick up a newspaper or go on the Internet, you'll likely find the news is full of negative stories, including tragic events. Some tragedies involve unthinkable acts of violence, which can be difficult to understand. When violence strikes closer to home — like in your community — it may be even harder to process.

Resiliency describes a flexible quality that allows you to bounce back from tough situations. While people may process violence in different ways, there are several tools you can use to help build your resiliency skill set on liveandworkwell.com.

Coping Center: Type the keyword “coping” into the search bar, select Coping. Here you'll find articles, guides, self-help tools and videos on coping with stress.

Mindfulness Center: Type the keyword “mindfulness” into the search bar, select Mindfulness Center. Here you'll find breathing and meditation exercises, guides, videos and tools for practicing mindfulness.

Resiliency Resources: Learn more about bouncing back after difficult times. Type “resiliency” into the search bar, select Recovery & Resiliency Center.

Parent's Resources: Age-appropriate reading for children/teens is available from our content partner, KidsHealth. Search “kids health,” select My Healthy Family.



Visit liveandworkwell.com and follow the below steps for more information:

Select “browse as a guest with a company access code” then “Forgot access code.” From the drop down, select I am a member of UnitedHealthcare” and hit enter.



Call **866-447-3573** for support Monday through Friday from 8 a.m. to 8 p.m. CST.

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What are common responses to a traumatic event?

- **Intense feelings.** Right after the event, you may feel shocked and overwhelmed. For a while, you may be jumpy, irritable or depressed. It may be hard to focus, concentrate or make decisions.
- **Physical stress** like headaches, dizziness and nausea. Keep an eye on these, as you may need to seek medical attention.
- **Unexpected emotional reactions.** For example, hearing sirens or loud noises may cause strong emotions, reactions or grief. You may also have changes in sleeping or eating patterns.
- **Strained relationships.** You may find yourself fighting with friends and loved ones. Or you may feel withdrawn and tend to keep to yourself. Try to get back to socializing with at least one or two family members or friends.

Some tips for recovering from a traumatic event

- **Ask for help.** Talk to others about your thoughts and feelings, if you feel comfortable doing so. Identify supportive and helpful people you can turn to when you need help or advice. Also try keeping a journal.
- **Choose when to connect.** Disconnecting from media may give you time to focus on important things — like your health or stress management.
- **Change your perspective.** Try to find something you've learned from the negative experience. It may be helpful to gain a broader perspective.
- **Focus on your feelings.** Acknowledge your feelings as they occur to you. Self-awareness is an important first step in learning to manage your feelings.
- **Practice healthy behaviors.** Get plenty of sleep, eat a well-balanced diet and get physical activity.*
- **Start a routine.** Get back in the habit of sleeping and eating at regular times. Consider taking up a new hobby or other activities that you enjoy.

*If you're pregnant, physically inactive or have a health condition like arthritis, diabetes or heart disease, check with your doctor before starting an exercise program or increasing your activity level. They can tell you what types and amounts of activities are safe for you.



This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

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Has your life been touched by cancer?

The Cancer Support Program offers caring support when you need it most.

Whether you or a family member has been diagnosed or has risk factors for cancer, the numbers are telling. One in three Americans will have cancer at some point in their lives.¹ That's why we offer the UnitedHealthcare Cancer Support Program (CSP).

How does it work?

If you're preparing for cancer treatment or have already started, a nurse can help you navigate treatment options and help you find a network provider from a high-quality Centers of Excellence (COE) facility. Here's more of what you can expect:



Connect with a nurse specially trained in oncology for support — and throughout your treatment journey.



Get help exploring your options, finding answers to questions and managing symptoms and side effects.



Receive support working with your doctors, so you feel informed to make decisions for your health.

Since 2007, this program has supported more than 100,000 members diagnosed with cancer.²

97% of members were satisfied with their Cancer Support nurse.³

If you or a loved one has cancer, take advantage of the **Cancer Support Program** and call an oncology nurse between 7 a.m. and 7 p.m. CT, Monday through Friday, excluding holidays.

1-866-936-6002, TTY 711

myuhc.phs.com/cancerprograms

¹ American Cancer Society. Who gets cancer? cancer.org/treatment/understanding-your-diagnosis/after-diagnosis/who-gets-cancer.html. Accessed March 27, 2018.

² Optum Internal Analytics, 2007-2017.

³ Optum Net Promoter Score® data, FY 2017.

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time.

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

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Health tip: Men's health

It is important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, an average of 1 in 3 men over the age of twenty are living with high blood pressure.^{1,2}

Leading causes of death for men

The leading cause of death for men is heart disease. While this is also the leading cause of death for females, the average is higher for males. The other leading causes of death for men are:

- Cancer
- Unintentional injuries of accidents²

There are many risk factors that impact the health of men

Some of these include:

- Obesity
- Unhealthy diet
- Lack of exercise
- Smoking
- Drinking alcohol
- Inadequate sleep
- And not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings⁴

Men & social isolation

Research has shown that men tend to be more socially isolated than women as they age, even more so if they are single and living alone. It is important for men to stay socially active to reduce the risk of isolation. Ideas for staying socially active include:

- Joining a sports team or coaching a sports team
- Take a class or learn a new skill
- Join a game night
- Do volunteer work⁵

Men & stress

Men often suffer greatly from stress, but are more likely to keep it bottled up to protect their image. It is important for men to find healthy ways to manage and reduce stress such as:

- Find support / talk to a friend or doctor
- Exercise
- Meditation
- Massage³

Suggested screenings & checkups for men⁴

Receiving health screenings at the right time is one of the most important health actions a man can do for his health. Screenings may detect diseases early, even before symptoms occur, when they are easier to treat.

It is important for men to have regular checkups with a physician and receive preventive screenings based on their age, gender and health risk factors. Suggested screenings include:

- **Blood Pressure**—a healthy blood pressure is less than 120/80
- **Cholesterol**—a healthy total cholesterol level is less than 200 mg/dl
- **Cancer Screenings**—the Centers for Disease Control supports screening for colon and lung cancers as recommended by the U.S. Preventive Services Task Force. The CDC recommends talking with your doctor about being screened for prostate cancer. Depending on your health history and family health history, your doctor may recommend a digital rectal exam (DRE) and/or a prostate specific antigen (PSA) test.
- **Fasting Blood Sugar/A1C**—a healthy fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you may have prediabetes, and 126 mg/dL or higher indicates you may have diabetes. Additional discussions with your doctor should occur if your fasting blood sugar is above 100 mg/dl.
- **Sexually Transmitted Diseases**
- **Glaucoma**—half of people with glaucoma don't know they have it. Glaucoma is a group of diseases that damage the eye's optic nerve and may result in vision loss and even blindness. Prevention includes having a comprehensive dilated eye exam to help catch glaucoma early and start treatment if needed. Your eye care specialist will recommend how often you should have follow-up exams.

Small changes may reduce your risk

To reduce the risk of developing chronic health conditions, men can make behavior changes to help manage risks or maintain their health. Behaviors that may reduce risk include:

- **Achieve and maintain a healthy body weight.** Achieving a healthy weight isn't only about short-term changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the calories you consume with the calories your body uses.
- **Eat a healthier diet.** According to the Dietary Guidelines for Americans a healthy eating plan: Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; Includes lean meats, poultry, fish, beans, eggs, and nuts; Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- **Exercise regularly.** Being physically active and reducing the amount of "sitting time" during the day may improve your overall health regardless of age, ability or physical shape. The goal is to move more and sit less throughout the day.
- **Don't use tobacco products**
- **If you drink alcohol, do so in moderation.** Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. The Dietary Guidelines do not recommend anyone start drinking for any reason.
- **Sleep 7 to 9 hours a night**
- **See your doctor for routine care⁴**

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¹ Centers for Disease Control, <https://www.cdc.gov/nchs/fastats/mens-health.htm>, accessed April 2021.

² Centers for Disease Control, <https://www.cdc.gov/nchs/data/abus/abus16.pdf#015>, accessed April 2021.

³ Centers for Disease Control, <https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html>, accessed April 2021.

⁴ Harvard Medical School, <https://www.health.harvard.edu/mens-health/routine-screening-tests-for-men>, accessed April 2021.

⁵ National Institute on Aging, <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>, accessed April 2021.

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.