

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.



July 2022

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

Summer Safety-Hydration and Healthier Beverages

Summer is here and so is the heat. Because of the warmer temperatures, it is important to stay hydrated. As you get older, your body's water percentage reduces, putting you at higher risk for dehydration. According to research, you have a higher risk of death due to dehydration than to the absence of any other nutrient. Caffeinated drinks act as a diuretic and will dehydrate you. Replacing the caffeinated drink with water is one of the best ways to stay healthy and hydrated. See attached flyer for more information.



HBP Welcomes New Board Members

HBP is very pleased to welcome Sheila Barnett, KS State President and Patty Preston, MO State President to the Board of Directors. We are excited to have them on the board and look forward to working with them.

HBP would also like to take this time to express our sincere gratitude to Bob Rorah, Booneville, MO HA and Belinda Snow, North Little Rock, AR HA for their dedicated service to the HBP board and members. We wish you the best in your future endeavors.

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>

Upcoming Conferences

The Marketing Team will be attending the following conferences as a vendor and would love for you to come by our booth and say "hi".

August 17-19, 2022 MAHRO (Mississippi) Biloxi, MS

August 16-18, 2022 THA (Texas Housing Association) San Antonio, TX

August 21-24, 2022 CCHRCO (Carolinas Council) Myrtle Beach, SC

August 22-24, 2022 AAHRA (Alabama) Gulf Shores, AL

September 18-21, 2022 GAHRA (Georgia) Savannah, GA

September 25-28, 2022 KHA (Kentucky)/TAHRA (Tennessee) Louisville, KY

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.

Wellstar Health System Renewed

UnitedHealthcare and Wellstar Health System in Atlanta, GA have reached a multi-year agreement that restores access to Wellstar's hospitals, facilities and physicians effective **July 1, 2022.** See attached flier for more information.

Peloton and UHC team up for your Benefit

UnitedHealthcare and Peloton are working together to provide millions of Americans



with access — at no additional cost — to classes that can help improve their overall fitness and well-being, the first such relationship between Peloton and a health plan.

As part of your plan benefits, you can enroll with Peloton to obtain access to Peloton's best-in-class, multidiscipline fitness classes, helping integrate exercise into your daily routines. New and existing Peloton Members are eligible to enroll.

Eligible UnitedHealthcare members are able to access thousands of live and on-demand classes via the Peloton App for up to 12 months, or receive a four-month waiver toward their All-Access Membership, at no additional cost. The UnitedHealthcare offer is the first of its kind between Peloton and a health plan, helping both organizations achieve their joint goal of making fitness and overall wellness more attainable and accessible. See attached Peloton flier or you may go to <https://www.onepeloton.com/digital/promotions/uhc> for more information.

Health tip: Hydration & healthier beverages



Water is very important to our bodies, but just how important is it? Water makes up over 50% of an adult's body and it plays an important role in your body's function.¹ Most of us know that we need to stay hydrated, but not all beverages are created equal.

Water facts²



80%

of people's water intake
comes from drinking water



20%

of people's water intake
comes from food

Why do we need water?³

- Water helps the body keep your temperature normal
- Water lubricates and cushions joints
- Water rids the body of waste
- Water protects the spinal cord

How much fluid should I drink?⁴

- Women should drink about 11.5 cups of fluid or 92 ounces daily
- Men should drink about 15.5 cups of fluid or 124 ounces daily

Signs of dehydration⁵

- Thirst
- Dry, cool skin
- Dry or sticky mouth
- Dizziness
- Feeling tired
- Dark yellow urine or not urinating much

Preventing dehydration⁵

- Fill that water bottle—don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat—increase fluid intake in hot weather
- Change it up—add some fruit to your water for variety

Check the label for hidden sweeteners.⁶

Many beverages include sweeteners that go by several different names. In order to know if you are drinking a sugar-sweetened beverage, be on the lookout for these ingredients:

- | | |
|----------------------------|--------------|
| • High fructose corn syrup | • Syrup |
| • Fructose | • Corn syrup |
| • Fruit juice concentrates | • Sucrose |
| • Honey | • Dextrose |
| • Sugar | |



Make a splash

Fun ways to flavor your water

No recipe to follow. Quantities of fruit and other flavorings can vary based on taste and what you have on hand.

Mix and match. Whether it's a full pitcher or just a glass, get creative.

Freeze your fruit

Add frozen berries for flavor and color or freeze pureed fruit or 100% juice in ice cube trays.

- **Very Berry**
- **Mango Delight**
- **Marvelous Melon**

Squeeze in citrus

Cut fruit into wedges or slices — or just splash the juice in.

- **Lemon Lover**
- **Luscious Lime**
- **Orange Fusion**

Go herbal

Add unique flavors with chopped or whole herbs and spices.

- **Minty Refresher**
- **Juicy Ginger**
- **Basil Sipper**



Sources:

¹ USGS, The Water in You: Water and the Human Body, https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects, accessed August 2021.

² The Wonders of Water, by Kathleen Zelman, MPH, RD, LD, WebMd, <https://www.webmd.com/a-to-z-guides/features/wonders-of-water>, accessed August 2021.

³ Centers for Disease Control and Prevention, Water & Nutrition, <https://www.cdc.gov/healthywater/drinking/nutrition/index.html#>, accessed August 2021.

⁴ Mayo Clinic, Nutrition and Healthy Eating, <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>, accessed August 2021.

⁵ Dehydration, MedlinePlus, <https://medlineplus.gov/dehydration.html>, accessed August 2021

⁶ Centers for Disease Control and Prevention, Rethink Your Drink, https://www.cdc.gov/healthyweight/healthy_eating/drinks.html, accessed August 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.



UnitedHealthcare and Wellstar Health System Renew Relationship

UnitedHealthcare and Wellstar Health System have reached a multi-year agreement that restores network access to Wellstar's hospitals, facilities and physicians for people enrolled in UnitedHealthcare employer-sponsored, individual and Medicare Advantage plans, effective July 1, 2022.

We recognize that the care Wellstar provides is not only important but also personal to our members, and we also know the negotiation process may have been difficult for them. Our top priority throughout this process was ensuring the people and employers we're honored to serve in Georgia have access to quality, more affordable health care, and this new agreement helps accomplish that goal.

We thank our plan participants and customers for their support and patience throughout this process. We are honored to continue supporting the nearly 1.2 million individuals across Georgia who depend on us for access to quality and affordable health care.

Please do not hesitate to contact your UnitedHealthcare representative if you have any questions.



Stronger with the Peloton App



Your health plan benefits include a 1-year Peloton Digital Membership—which gives you access to the Peloton® App—available to you at no additional cost. Start your membership today for access to everything the Peloton App offers, including thousands of live and on-demand fitness classes—from cardio and HIIT to strength training and yoga.

The Peloton App gives you:



Access to thousands of fitness classes

There's something for nearly every fitness interest, ability and schedule — from 5-minute meditation to 60-minute outdoor running classes.



The flexibility to get active anytime, anywhere

The app is available on mobile devices, Apple TV, Android TV, Amazon Fire TV and Roku devices—and no fitness equipment is required.



Ways to help you have fun and stay motivated

Enjoy the app's many features, training programs and challenges, all designed to help you track your progress and stay motivated.

Get in on the app — a value of \$155

You and each covered family member* can enjoy this benefit at no additional cost—just for being a UnitedHealthcare member.**

Get started

Sign in to your myuhc.com® account to get your access code

United
Healthcare



* Available to applicable UnitedHealthcare plans for fully insured customers who register for an account with Peloton. Subject to state legal and regulatory review. Digital membership is \$12.99/ month or \$155/year. UnitedHealthcare members that own a Peloton Bike or Tread can receive equivalent value (\$155) to be credited to an All Access Membership. Credit is limited to a single All Access Membership per family.

** Must be 18+ years of age and covered under applicable UnitedHealthcare health plan. Redemption period runs from 9/1/2021 through 6/30/2022. Peloton offers services directly to consumers pursuant to an agreement between Peloton and the consumer.

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 with an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. The value of the application may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from having access to this application at no additional cost.

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