

## 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.*

### GlassesUSA

UnitedHealthcare members can now easily shop online for their eyewear needs at a great price with some upgrades included at no additional cost. GlassesUSA.com sells, produces, and ships thousands of customized glasses daily to customers and holds one of the largest collections of eyewear online. UnitedHealthcare members will enjoy state-of-the-art lens solutions that cover all prescription requirements for glasses and sunglasses. For more information regarding GlassesUSA, please see attachment.



### Open Enrollment Period for 2023— November 7 - December 5, 2022

**Benefits enrollment is right around the corner.**

The benefits enrollment period will be November 7—December 5, 2022. Annual enrollment material has gone out this week. As we've mentioned, employees will have an active enrollment period this year, which means **everyone will need to fill out a form**—whether you want to keep the same benefits, change to a different plan, or decline benefits. As you have done in the past, you will fill out a form and hand it to your housing authority contact. There will be slight changes to the form, so read it carefully when you receive it from your executive director or HR manager. Executive directors and HR managers will receive training on SIMON®, the new benefits administration platform provided by Vimly. While the platform is built for ease of use, training is scheduled on **October 18th, 2:00—3:30 PM Eastern, or October 20th, 11:00—12:30 PM Eastern**. You should have received a calendar invite from HBPinfo@mercerc.com already. If you haven't, please reach out to Mercer. Training sessions will be recorded and shared. Post-training, you will have a dedicated Vimly customer success team to assist you with additional questions and support needed. You will be sent the contact information for this dedicated team shortly. The Vimly customer service phone line provided on the new enrollment form you received in the open enrollment email is scheduled to go live on November 1, 2022.

### Check Your Bill Monthly

Please review your bill on the website, [IBA 2.0 Login \(mercerc.com\)](#) **each month**. Examine it carefully each time a change is made, to assure that members are correctly enrolled or terminated. If anything is incorrect, please contact Mercer's Client Services **immediately** at [ClientServices\\_Billing3@mercerc.com](mailto:ClientServices_Billing3@mercerc.com). With the exception of Texas which does not allow retro terminations, any mistakes found can only be corrected up to 60 days back, no matter when the error occurred or who made it.

### 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](http://www.myuhc.com/covid) for **up-to-date plan and benefit information**.

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



October 2022

### 2023 Benefit & Rate Information

Housing authorities should be watching for an Open Enrollment email from Mercer. Each of you should be receiving this 2023 benefit and rate information in early October.

### October's Health Tips



October's Health

Observance is National Breast Cancer Awareness & Women's Health. Breast cancer is the

second leading cause of death from cancer in American woman. Although there are several risk factors for developing breast cancer, the main threat is age—most breast cancers are diagnosed after age 50. Prevent the development of breast cancer by receiving a mammogram at the recommended timeframe.

Please see the following attachment for more information regarding:

- Women's Health
- Understanding Breast Cancer
- 5 Qs to ask before a mammogram

The attachment also includes the Rally Mission of the Month —“Make time to unwind.” Rally is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare.

### Timely Bill Payments Required

Housing authorities that fail to pay their bill within the 60-day grace period will be terminated for non-payment.

### Upcoming Webinar Trainings

**Tues. Oct. 18, 10am (EST) Topic:** Addressing Performance Concerns  
Find previous webinar recordings at <https://www.housingbp.com/links-2>

# Employer Educational Materials for October

## National Health Observance: National Breast Cancer Awareness & Women's Health

October's Health Observance is National Breast Cancer Awareness & Women's Health. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Women's Health](#)
- [Understanding Breast Cancer](#)
- [5 questions to ask before a mammogram](#)

### Women's health

Women's health has come a long way since the Women's Health Movement in the 1960s and 1970s. Since then, the attention, resources and quality of care for women have all greatly improved — and continue to do so. Today, we have women's clinics, dedicated women's health specialists, like gynecologists and resources created with women's health as their core focus.

Here, you can dive into different topics with information that may help empower you to be in charge of your health journey as a woman, at any age.



#### All about birth control (contraception)

For many women, having control over when they choose to have children is an important part of their overall health. And today, women have quite a few options when it comes to birth control methods. Each one comes with a list of pros and cons — including possible side effects. Having a conversation with your doctor about your health, family history, future plans and personal preference can help you decide which method may be best for you and your lifestyle.

[Learn more about birth control for women →](#)

## Health Tip Flier of the Month: Women's Health

UnitedHealthcare Health Fliers may be a visual and engaging way of providing member-level education. Check out this month's Health Tip Flier on [Women's Health](#).

UnitedHealthcare | Health Tip

### Health tip: Women's health

#### Understanding women's health

It is important to understand women's health, as it may vary from that of men. Women are faced with unique health concerns across the lifespan that may impact their overall well-being. Specifically, women may be challenged by things such as certain types of cancers, changes in reproductive health, eating disorders, osteoporosis, and domestic violence.<sup>1</sup>

During each stage of life, it is important to understand the types of diseases that may affect a woman, as well as one's risk factors, recommended preventive screenings and healthcare needs. As these things evolve, a woman's best defense toward developing a chronic disease is prevention and action.

#### Disease prevalence, risk, and prevention

Although women are at risk for many diseases, specific ailments, such as heart disease and certain types of cancer, tend to affect women more often.

**Heart disease** is the leading cause of death for women, killing 1 in 5 women in the United States. Key risk factors for developing heart disease include high blood pressure, high LDL cholesterol, and smoking.<sup>4</sup>

**Breast cancer** is the second leading cause of death from cancer in American women, affecting mostly white females. Although there are several risk factors for developing breast cancer, the main threat is age — most breast cancers are diagnosed after age 50. Prevent the development of breast cancer by receiving a mammogram at the recommended timeframe.<sup>5</sup>

**Cervical cancer** is another form of cancer that affects only women. Like breast cancer, there are many risks for cervical cancer. However, the major risk factor for developing cervical cancer is being diagnosed with HPV — spread mainly via sexual contact. Therefore, it is recommended to receive a pap smear to screen for cervical cancer once you become sexually active, or by age 25.<sup>6</sup>

**Colorectal cancer** should also be taken seriously, as it is the third leading cause of death from cancer in the United States, not just among women. Age, family history, and lifestyle choices may increase the likelihood of developing colorectal cancer. Moreover, it is recommended to begin screening for colorectal cancer at age 45, regardless of gender.<sup>7</sup>

To prevent the development of these diseases, it is crucial to understand your risk, get recommended screenings, and see a physician regularly.

#### Facts to know<sup>2,3</sup>

- 14.4%** of women over age 18 are in fair or poor health
- 41.8%** of women over age 20 are obese
- Less than 50%** of women over age 18 meet the federal guidelines for aerobic physical activity
- 20M** women suffer from eating disorders

continued

UnitedHealthcare



# Employer Educational Materials for October

## Rally Mission of the Month: Make time to unwind

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, Make time to unwind.

Rally is available at no additional cost to members as part of health plan benefits with UnitedHealthcare. Use the Rally Member Flier linked below to help promote Rally to members.



The Rally Member Flier features a dark blue header with the UnitedHealthcare logo and a fork holding a slice of citrus. The main text reads: "Get support to eat healthier, sleep better and move more". Below this, it states: "Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way." Three icons represent the benefits: a checkmark for "Take the Health Survey", an apple for "Get personalized recommendations", and a gift for "Earn rewards". A call to action at the bottom says "Visit myuhc.com® > Health Resources > Rally". The footer includes the UnitedHealthcare and RALLY logos and fine print.

