

## 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.**



**March 2024**

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

### Connecting To Your Plan

When it comes to managing your health plan, myuhc.com lets you see what's covered, manage costs and so much more. To help everyone get more from their plan, it's important that each member age 18 and over consider creating their own account. Use myuhc.com to:

- Find and estimate the cost of care
- See what is covered under your plan
- View claim details
- Check your plan balances
- Find network providers

To get started, go to myuhc.com and register. Have your ID card handy and follow the step-by-step instructions.

### Download the UnitedHealthcare App

The UnitedHealthcare app puts your health plan at your fingertips. Download it to:

- Find nearby care options in your network
- See your claim details and view progress toward your deductible
- View and share your health plan ID card with your doctor's office
- Video chat with a doctor 24/7

Go to myuhc.com for more information.



### Apple Watch

Members can get an Apple Watch today and pay it off with the rewards they earn over 12 months. Please see attachment for more details.

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

### Upcoming Conferences

The Marketing Team will be attending the following conferences as a vendor. Please come by our booth and say "hi".

**March 27-28** TX NAHRO-Dallas, TX

**May 13-15** KS/OK NAHRO-Wichita, KS

**June 25-28** SW NAHRO-St. Louis, MO

**August 25-28** CCHRCO-Myrtle Beach, SC

**September 15-18** GAHRA-Savannah, GA

**April 16-18** AR NAHRO-North Little Rock, AR

**June 23-26** SERC NAHRO-Greensboro, NC

**August 13-15** THA-Galveston, TX

**September 15-18** KHA/TAHRA-Covington, KY

**September 16-20** LHC-Lake Charles, LA

### March's Health Focuses

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

National awareness — National nutrition and colorectal cancer awareness

UHC's health tip — Mindful eating

UHC's employer tip — Creating a mindful work environment

UHC Rewards tip — Take a health survey

Information on each is attached.

Please note that attachments may have links that provide more information. If you receive this by email, you may click the links as desired. If the newsletter is printed, you may want to print the additional linked information for your team. Previous newsletters and all (clickable) attachments can be found on HBP's website at:

[Newsletters | Housing Benefits Plan \(housingbp.com\)](#)

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.

# Member Educational Materials for March

## National Health Observance: National Nutrition Month & Colorectal Cancer Awareness Month

March's health observances are National Nutrition Month & Colorectal Cancer Awareness Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- [Eat healthy for less](#)
- [Everyday nutrition](#)
- [Understanding colon cancer](#)

## Health Tip Flier of the Month: Mindful eating

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 Mindful Eating ([English](#) & [Spanish](#)).

UnitedHealthcare | Health Tip

### Health tip: Mindful eating

**Mindfulness** is the practice of paying attention, deliberately and non-judgmentally. With practice, mindfulness may cultivate the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. This practice can be applied to any area of your life; applying these principles to eating may allow for an improved relationship with food.

With so many distractions in daily life, it's easy to eat without much thought. One method to combat this is mindful eating. Mindfulness involves focusing on the present—what you're feeling or sensing in each moment—even while eating. Mindful eating also teaches you to follow hunger cues. It takes up to 20 minutes for your brain to register the chemicals that let you know when you're full. Slowing down helps your brain catch up, reducing the chance of overeating.<sup>1</sup>

**Mindful eating encourages questions<sup>2</sup>**

- Why do I eat?
- What types of food do I eat?
- Where do I eat?
- How does what I eat make me feel?

**Mindful eating tips<sup>3</sup>**

- Assess your hunger
- Make time for meals
- Avoid distractions when eating
- Choose modest portion sizes<sup>4</sup>

**Creating a personal hunger scale<sup>5</sup>**

Before you eat, ask yourself "how hungry am I right now? Am I eating out of hunger, or am I bored or stressed?" Think of a scale from 1 to 10 where 1 is starving and 10 is stuffed. Aim to eat when you're a "5" – somewhat hungry, but not yet starving.

**Mindfulness techniques**

- Taking smaller bites
- Putting down your utensils in between bites
- Setting a timer for 20 minutes to slow down the eating process
- Treating the meal as a self-care ritual

Studies suggest that bringing mindfulness to your eating habits may reduce binge eating and emotional eating.<sup>6</sup>

Mindful eating is an art and skill which may become easier and more natural the more it is practiced. Having patience and compassion is key.

United Healthcare

<sup>1</sup> Mayo Clinic. Connect. Tips for Mindful Meals. <https://connect.mayoclinic.org/longview-change-healthy-eating-ways/medicines/001/tips-for-mindful-meals>. April 2022. Accessed September 2023.  
<sup>2</sup> Food52. Mindful Eating. <https://www.food52.com/recipes/healthy-eating-ways/mindful-eating>. February 2023. Accessed September 2023.  
<sup>3</sup> News in Health. Mindfulness for Your Health. <https://www.newsinc.com/health/001/001-mindfulness-for-health>. June 2023. Accessed September 2023.  
<sup>4</sup> The information on this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding your medical condition.  
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UnitedHealthcare | Consejo de salud

### Consejo de salud: Alimentación consciente

**La atención consciente** es la práctica de prestar atención, deliberadamente y sin prejuicios. Con la práctica, la atención consciente puede cultivar la posibilidad de liberarse de patrones reactivos y habituales de pensamiento, sentimiento y actuación. Esta práctica se puede aplicar a cualquier área de su vida; la aplicación de estos principios a la alimentación puede permitir una mejor relación con los alimentos.

Con tantas distracciones en la vida diaria, es fácil comer sin pensar demasiado. Un método para combatir esto es la alimentación consciente. La atención consciente consiste en centrarse en el presente —en lo que siente o percibe en cada momento— incluso mientras come. Además, la alimentación consciente le enseña a seguir las indicaciones del hambre. El cerebro tarda hasta 20 minutos en registrar las sustancias químicas que le avisan cuando usted está lleno. Disminuir la velocidad ayuda al cerebro a procesar esa información, reduciendo la posibilidad de comer en exceso.<sup>1</sup>

**La alimentación consciente fomenta algunas preguntas<sup>2</sup>**

- ¿Por qué como?
- ¿Qué tipos de alimentos como?
- ¿Dónde como?
- ¿Cómo me hace sentir lo que como?

**Consejos para una alimentación consciente<sup>3</sup>**

- Evalúe su hambre
- Tómese un tiempo para las comidas
- Evite distracciones cuando come
- Elija porciones de tamaño moderado<sup>4</sup>

**Cómo crear una escala de hambre personalizada<sup>5</sup>**

Antes de comer, pregúntese "¿cuánta hambre tengo ahora mismo? ¿Estoy comiendo porque tengo hambre, o estoy aburrido o estresado?". Piense en una escala del 1 al 10, en la que 1 es famélico y 10 es satisfecho. Intente comer cuando se encuentre en un nivel de "5", es decir, cuando tenga algo de hambre, pero todavía no esté famélico.

**Técnicas para la atención consciente**

- Comer bocados más pequeños
- Apoyar los cubiertos en el plato entre los bocados
- Configurar un temporizador durante 20 minutos para reducir la velocidad del proceso de alimentación
- Pensar en la comida como un ritual de autocuidado

Los estudios sugieren que aplicar la atención consciente a sus hábitos alimenticios puede reducir los atracones y la alimentación emocional.<sup>6</sup>

La alimentación consciente es un arte y una habilidad que puede ser más fácil y natural cuanto más se practica. La clave es tener paciencia y compasión.

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# Health tip: Mindful eating



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- Make time for meals
- Avoid distractions when eating
- Choose modest portion sizes<sup>1</sup>

## Creating a personal hunger scale<sup>1</sup>

Before you eat, ask yourself “how hungry am I right now? Am I eating out of hunger, or am I bored or stressed?” Think of a scale from 1 to 10 where 1 is starving and 10 is stuffed. Aim to eat when you're a “3”—somewhat hungry, but not yet starving.

## Mindfulness techniques

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- ¿Por qué como?
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## Consejos para una alimentación consciente<sup>1</sup>

- Evalúe su hambre
- Tómese un tiempo para las comidas
- Evite distracciones cuando come
- Elija porciones de tamaño moderado<sup>1</sup>

## Cómo crear una escala de hambre personalizada<sup>1</sup>

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La información incluida en esta herramienta educativa no sustituye el consejo médico, diagnóstico ni tratamiento de su médico. Consulte siempre a su médico o a un proveedor de salud calificado si tiene alguna pregunta sobre su condición médica.

Todas las marcas comerciales y los logotipos son propiedad de sus respectivos titulares en los Estados Unidos y otras jurisdicciones.

# Employer Support Materials for March

## At-a-glance flier of the Month

### Creating a mindful work environment

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, Creating a mindful work environment. In this flier, employers will learn what mindfulness is and how it impacts stress reduction, relaxation and improvements to quality of life. It also explains the importance of mindful in relation to productivity. Finally, it includes examples of mindfulness strategies that may be implemented in the workplace.

The flier is titled "At-a-glance: Creating a mindful work environment" and is from UnitedHealthcare | Wellness. It is divided into three main sections: "What is mindfulness?", "Why mindfulness is important?", and "How to implement mindfulness strategies at the worksite".

**What is mindfulness?**  
Mindfulness is the practice of **paying attention** in the present moment, with **openness, acceptance and non-judgment**. Results suggest beneficial effects including stress reduction, relaxation, and improvements to quality of life. In addition, a mindfulness practice may:  

- Improve sleep
- Enhanced memory, concentration and perception
- A healthier immune system
- Increased levels of happiness and compassion
- Improved alertness and ability to focus

**Why mindfulness is important?**  
Mindfulness is important because employees in the workplace are constantly distracted. And, they are multi-tasking as well. The result is employees may be less productive and their performance could deteriorate. Mindfulness may increase employee productivity, help employees be more aware of the stress in their lives, and help them learn how to effectively address it.\*

**40%**  
Multitasking reduces productivity by 40%.<sup>2</sup>

**How to implement mindfulness strategies at the worksite**

Create a space and time for:  

- Employees to re-energize and refuel
- Meditation and yoga classes and Mindfulness-Based Stress Management programs
- A "mindful moment" each hour to prioritize their work
- A break from technology

Post organizational value statements around the workplace.

In meetings, place food on a side table and put water in the middle of the table as this may encourage water intake.

When ordering lunch for a work meeting, select healthier catering options and develop policies to support healthier food and snacks at meetings.

**United Healthcare**

\* Source: Mindworks. www.mindworks.org/blog/long-term-benefits-of-meditation/. 2021. Accessed May 2023.  
† The Benefits of Encouraging Employees to Practice Mindfulness. UnitedHealthcare. March 2023. Accessed May 2023.  
‡ Multitasking effects on a worker's performance. Chron. https://smallbusiness.chron.com/multitasking-effects-workers-performance-202309.html. Accessed May 2023.  
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# UHC Rewards activity of the month

## Take a health survey

Through UnitedHealthcare Rewards, **incentives are available for covered employees and spouses for completing a variety of activities**, including taking a health survey. See below for more information about this incented activity. To learn more, check out the 3-minute [UnitedHealthcare Rewards recorded overview](#).



### Take a health survey

Get a reward for checking in on your health. This simple survey lets you learn how your health journey is going and may offer ways to help improve your well-being.

You'll be asked a series of questions: for example, what is your health and weight, how much do you exercise and sleep, and whether you have asthma or other conditions. You'll get results that include recommendations that may help you set and meet your health goals.

You receive your reward after completing the survey. After completing the survey, it may take a few moments for your rewards earnings to update.



### Get started

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



# Women's mental health

March 8 is International Women's Day. This month, we focus on supporting women's mental health, through major life transitions and challenges.

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

**Featured article** on coping with infertility

**Featured article** on showing support for a loved one who is struggling with infertility

**Tips** for nurturing the mental health of women

**Interactive guidance** on postpartum depression and anxiety signs and symptoms

**Member training course** "Menopause and mental health"

**Manager training resources, including the podcast** "Leaders supporting women's mental health 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 toolkits with those you think might find the information meaningful.

# UHC Rewards - Earn It Off (effective 1/1/24)

Members can get an **Apple Watch** today and pay it off with the rewards they earn over 12 months



## Get an Apple Watch

Members choose an Apple Watch and pay a lower — or \$0 — upfront cost today



## Earn rewards

Every dollar members earn with UHC Rewards, including any already in their account, is put toward their Earn It Off total



## Pay off the balance

Members pay off the cost of their Apple Watch over 12 months



APPLE WATCH SERIES B    APPLE WATCH ULTRA    APPLE WATCH SE

