

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 2025

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

Medicare Primary Corner

If your Housing Authority has fewer than 20 employees and has an **Employee** who is turning 65 years old, the Medicare Exception applies. Each **Employee** in the medical plan that reaches the age of 65 **must** enroll in Medicare Part B in addition to Part A. Medicare will become the primary coverage. UHC will still be your drug coverage and will also be your supplemental insurance. Bonnie Cooper of PBA will contact the housing authority when this applies and walk them through the process. ******Please note**, the employee should enroll in Medicare Part A and Part B **only**. Medicare Primary members **cannot** enroll in a Medicare Advantage plan as it will not work in conjunction with the Medicare Primary program. Once approved and proof of enrollment in Medicare Part B has been received by Vimly, the HBP premium will be significantly reduced. ****The reduced premium **will not** go into effect until Vimly has received a copy of the employee's Medicare card showing Medicare Part B coverage. The Medicare card should be scanned and emailed to Vimly at hbp@vimly.com. Once the employee is 65, this program will also apply to a covered spouse. Please contact marketing at 800-288-7623, option 5 if you have any questions.

Real Appeal

Speaking of healthier eating habits, did you know there is a program available through your HBP medical insurance that can help get you on the right track? Well, there is!!

Real Appeal is a **FREE** weight-loss program that provides you with a transformation coach and online group to help you achieve your weight loss goals. They assist with meal planning and a fitness program as well. Using the app or online dashboard, you can track your meals, exercise, water, and weight. Pictured is half of the success kit members receive. What are you waiting for? Register at <https://www.realappeal.com>.



Employee Assistance UHC Website Tools

The March engagement toolkit from UHC/Optum focuses on **women's mental health**. 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 and would love for you to come by our booth and say "hi".

March 19-20 MO NAHRO-Branson, MO

April 23-24 AR NAHRO- North Little Rock, AR

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.



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 & colorectal cancer awareness month

UHC's health tip — Mindful eating
UHC's employer tip — Aligning the worksite with a focus on health

UHC Rewards challenges* — Fill half your plate with fruits and/or vegetables and schedule your colon cancer screenings

**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](#)

Member Educational Materials for March

National Health Observances: National Nutrition Month and National Colorectal Cancer Awareness Month

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


- [Healthy Eating](#)
- [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.¹

Mindful eating encourages questions²

- 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 tips³

- Assess your hunger
- Make time for meals
- Avoid distractions when eating
- Choose modest portion sizes⁴

Creating a personal hunger scale⁵


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

- 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.⁶

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.



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.¹

La alimentación consciente fomenta algunas preguntas²

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

Consejos para una alimentación consciente³

- Evalúe su hambre
- Tómese un tiempo para las comidas
- Evite distracciones cuando come
- Elija porciones de tamaño moderado⁴

Cómo crear una escala de hambre personalizada⁵


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 hambriento y 10 es satisfecho. Intente comer cuando se encuentre en un nivel de "3", es decir, cuando tenga algo de hambre, pero todavía no esté hambriento.

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.⁶

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.



¹ Mayo Clinic. Consejo. Tip for Mindful Eating. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-center/infographic/mindful-eating/slp-20190101>. Accessed September 2023.

² Mindfulness. Mindful Eating. <https://www.mindfulnessalliance.org/mindful-eating/>. February 2023. Accessed September 2023.

³ Mayo Clinic. Mindfulness for Your Health. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-center/infographic/mindfulness-for-your-health/slp-20190101>. Accessed September 2023.

⁴ The Mindfulness Resource Center. <https://www.mindfulnessresourcecenter.org/>. Accessed September 2023.

⁵ Mayo Clinic. Mindfulness for Your Health. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-center/infographic/mindfulness-for-your-health/slp-20190101>. Accessed September 2023.

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² HelpGuide.org, Mindful Eating. <https://www.helpguide.org/articles/diets/mindful-eating.htm>. February 2023. Accessed September 2023.

³ News in Health, Mindfulness for Your Health. <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>. June 2021. Accessed September 2023.

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² HelpGuide.org, Mindful Eating. <https://www.helpguide.org/articles/diets/mindful-eating.htm>. Febrero de 2023. Consultado en septiembre de 2023.

³ News in Health, Mindfulness for Your Health. <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>. Junio de 2021. Consultado en septiembre de 2023.

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.

At-a-glance: Aligning the worksite with a focus on health

The work environment may impact decisions made throughout the day. Are you looking to align your worksite with a focus on health and well-being? If so, consider the following environmental enhancements taken by other UnitedHealthcare customers.

Move	Eat	Feel	Care
Walk-and-Talk meetings	Healthier cooking demonstrations	Mindfulness sessions	Telehealth office (for Virtual Visits)
Onsite walking trails mapped	Healthier vending/cafeteria options	Quiet/relaxation rooms	Onsite biometric screenings and flu shots
Onsite fitness equipment and/or virtual classes	Fruit sampling day	5-Minute stretching breaks	Wellness champion network
Treadmill conference rooms	Onsite gardens	Paid time off for volunteer work	Tobacco-free worksite
Stand up desks	Free onsite salad bar	Behavioral health counseling	Financial wellbeing programs



Ensure healthier food options are available in vending machines, cafeterias, and at company events. And, consider putting healthier options at eye-level within vending machines and denoting those options with stickers.



Having a meeting? **Put your walking shoes on** and talk on the go...have a “Walk-and-Talk” meeting.



Onsite or virtual yoga has numerous physical and emotional benefits.¹



Use available office space to create a low-lit “Relaxation Room” to **help employees recharge and lower their stress levels**. Consider providing noise-cancelling headphones with soothing music and/or mindfulness audio programs.



Consider banning all forms of tobacco (and vaping/e-cigarettes) from company premises, at company events, and within company vehicles.



Consider dedicating a private room to Virtual Visits. Allow employees to **connect to a Virtual Visit provider** as needed and during the work day.

A successful health & well-being program requires a supportive work environment that prioritizes health. UnitedHealthcare offers solutions, tools and resources to help support your well-being program. For additional resources, please work with your UnitedHealthcare team.

Source:

1. Yoga: Effectiveness and Safety. <https://www.nccih.nih.gov/health/yoga-effectiveness-and-safety>. August 2023. Accessed November 2024.

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