

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.



May 2025

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

Upcoming Webinar Trainings

Tues, May 20, 10am (EST) Topic: [Preventing Burnout](#) *click to register*

Thurs. May 22, 10am (EST) Topic: [How to Build Customer Satisfaction](#) *click to register*

Find previous webinar recordings at <https://www.housingbp.com/links-2>

*Tip: Some HAs use the library of recordings to host staff trainings. They select a topic for the month and gather in a conference room to watch.

Upcoming Conferences

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

June 10-13 SW NAHRO - Rogers, AR

June 22-24 SERC - Atlanta, GA

July 26-31 FAHRO - Orlando, FL

August 19-21 THA - Round Rock, TX

August 24-27 CCHRCO - Myrtle Beach, SC

**COME
AND
VISIT US**

Employee Assistance UHC Website Tools

The May engagement toolkit from UHC/Optum focuses on **mental health awareness**. For more information, on this topic and other topics, please access May's toolkit at <https://optumeap.com/newthismonth/en-US>. You may also click on the view toolkit link on the mental health awareness attachment.

Employee Assistance Program (EAP)

With May's health focus and the engagement toolkit directing attention to mental health awareness now is a good time to point out the Employee Assistance Program (EAP). EAP services are embedded with the medical plan at no additional cost to you. *Limitations may apply, see page 5. Your EAP offers 24/7 access to personalized support, resources, and no-cost referrals. All calls are confidential one-on-one help from a master's-level specialist such as a clinician, counselor, mediator, lawyer, or financial advisor who could help change your life for the better.

These professionals are trained to help you:

- Identify resources for managing stress, anxiety, or depression.
- Improve relationships at home or work.
- With legal and financial concerns.
- Find ways to help you cope with occupational stress and burnout.
- Address substance use issues.

Contact EAP directly at 1-888-887-4114. See attached for more information.



May's Health Focuses

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

National awareness — Mental health and physical fitness & sports awareness month

UHC's health tip — Strength for Health

UHC Rewards challenges* — Practice guided meditation for a few minutes each day and track your steps.

**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](#)

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.



May National Health Observance

Mental Health and National Physical Fitness & Sports Month



May's health observances are Mental Health and National Physical Fitness & Sports Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Exercise and mental health](#)
- [Understanding mental health](#)
- [6 habits for healthier living](#)

United at Work Presentation of the Month

Strength for Health



Strength training is a beneficial part of any physical activity routine. During this presentation, learn the benefits of resistance training and define physical activity recommendations. We will also discuss how to design a strength training program and develop and maintain a routine. [Click here](#) to view the presentation.

Health Tip Flier of the Month

Strength for Health



Check out this month's Health Tip Flier on Strength for Health. Available in [English](#) and [Spanish](#).

Health actions of the month



- Practice guided meditation for a few minutes each day
- Track your steps

Mental health awareness

This month's toolkit is about turning mental health awareness into action. Explore resources, strategies and steps you can take to manage feelings, thoughts and behaviors, and improve your overall wellbeing.

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

Featured article on how to take action to support your mental health.

Worksheet to help you outline and achieve your goals step by step.

Worksheet to guide you through identifying and setting healthy boundaries.

Quick guide for building mindful living practices into your day.

Conversation cards to help foster children feel welcome.

Podcast "Why We Do Therapy" with tips for finding a therapist right for you.

Member training course "Mindfulness."

Manager training resources, including How to lead through crisis & workplace disruption.

[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.

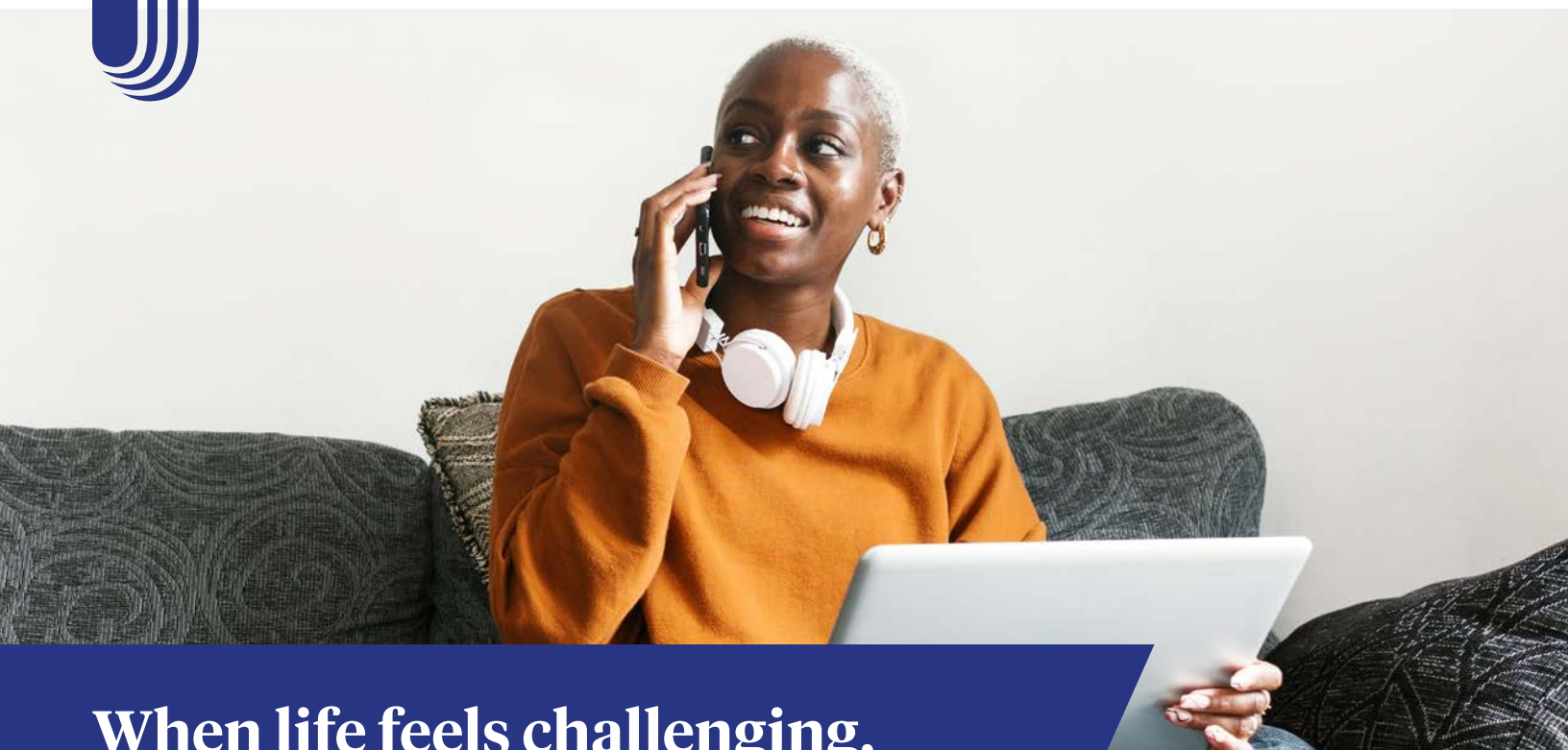


Content Library – Ongoing access to your favorite content.



Support for everyone – Share toolkits with those you think might find the information meaningful.

Optum



When life feels challenging, get caring and confidential help

Your Employee Assistance Program (EAP) offers access to personalized support, resources and no-cost referrals. It's confidential one-on-one help from a master's-level specialist.

No-cost, 24/7 access to support in the moments that matter

EAP helps you and your family with a range of issues, including:

- Identifying resources for managing stress, anxiety and depression
- Offering specialized help in improving relationships at home or work
- Providing guidance on legal and financial concerns
- Finding ways to help you cope with occupational stress and burnout
- Connecting you with care for addressing substance use issues

**Call EAP at
1-888-887-4114**

- 3 free counseling sessions per incident, per year
- Confidential and private; services will not be shared with your employer



**Scan for
more info**

Use your phone's camera to scan this code and learn more.

The material provided through this program is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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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