

## 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.*

### \*\*\*HBP Premium Discount for August\*\*\*

Earlier this year, HBP's participating employers voted for a premium discount. The board is happy to announce that this will be applied to your billing for August. (The August bill arrives in July.)

The premium discount is based on total premiums paid in 2024, and applies only to UHC premium (Health, Dental, & UHC Vision) amounts.

**EXAMPLE:** In 2024, ABC Housing Authority (ABC) paid \$12,000 in total UHC premiums. For August of 2025, ABC's premium will be reduced by \$240 (2% of \$12,000).

The relief provided by the premium discount is possible because of the claims experience associated with HBP, and the board's stewardship of HBP.

### Upcoming Webinar Trainings

**Tues, July 22, 10am (EST) Topic:** [Relaxation Techniques](#) *click to register*

**Thurs. August 21, 10am (EST) Topic:** [Resilience: Beyond the Basics](#) *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.

### UHC Website Tools

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

### 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".

**July 26-31**  
**August 19-21**  
**August 24-27**  
**September 14-17**  
**September 21-24**  
**October 6-10**

FAHRO - Orlando, FL  
THA - Round Rock, TX  
CCHRCO - Myrtle Beach, SC  
GAHRA - Savannah, GA  
KHA/TAHRA - Pigeon Forge, TN  
LHC—Lafayette, LA

**COME  
AND  
VISIT US**



**June 2025**

**JUNETEENTH**

**Celebrate Freedom**

**JUNE 19**

Juneteenth is celebrated on June 19, 2025. It marks the day in 1865 when the enslaved African Americans were told they were free! The first official Juneteenth celebration took place in Galveston, TX a year later. In 2021, Juneteenth was made a federal holiday.

### June's Health Focuses

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

National awareness — Men's health and national safety month

UHC's health tip — Men's health

UHC Rewards challenges\* — Join a sports league or social club and incorporate a dynamic warm up before exercise.

*\*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](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.



## Health & Wellness Resource Update

June 2025



### June National Health Observance

Men's Health and National Safety Month



June is Men's Health and National Safety Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Men's preventive health tips](#)
- [Heart disease in men](#)
- [Prostate cancer](#)
- [Back pain relief](#)

## United at Work Presentation of the Month

### Men's Health



Men have specific health recommendations and disease risks. During this presentation, you will learn facts related to men's health, define the leading cause of death among men, and look at risk factors and barriers to men's health. Finally, we will discuss the types of recommended screenings for men. Available to view in [English](#) and [Spanish](#).

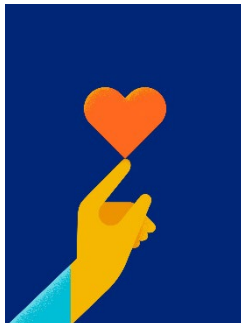
## Health Tip Flier of the Month

### Men's Health



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

## Health actions of the month



- Join a sports league or social club
- Incorporate a dynamic warm up before exercise

# Celebrating and understanding differences

This month, celebrate the uniqueness in each of us. Explore featured articles, interactive worksheets and other tools to learn more about yourself, gain new perspectives and better appreciate the lived experiences of those around you.

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

**Featured article** on why it's important to get to know yourself better and how.

**Article** on how to see the world from a different perspective.

**Self-discovery worksheet**, "What makes you, you?"

**Fun interactive brainstorm** exercise to help you explore new things to try.

**Quick guide** for turning difficult conversations into thoughtful discussions.

**Quick-hit article** on the history and importance of Juneteenth.

**Quick insight** "Kindness: Congratulations, by the way." from Uptime.

**Member training course** "Creating a respectful workplace."

**Manager training resources**, including "Embracing differences: Building engaged teams."

[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**