

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.

Summer Safety-Hydration and Healthier Beverages

Summer is here and so is the heat. Because of the warmer temperatures, it is important to stay hydrated. As you get older, your body's water percentage reduces, putting you at higher risk for dehydration. According to research, you have a higher risk of death due to dehydration than to the absence of any other nutrient. Caffeinated drinks act as a diuretic and will dehydrate you. Replacing the caffeinated drink with water is one of the best ways to stay healthy and hydrated. Please see attachment for more information.



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



July 2025



July's Health Focuses

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

National awareness — Summer safety and dental health awareness month.

UHC's health tip — Healthier dental habits.

UHC Rewards challenges* — Make an appointment with a dermatologist and schedule your dental cleaning.

**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.



Health & Wellness Resource Update

July 2025



July National Health Observance

Summer Safety and Dental Health Awareness Month



July is Summer Safety and Dental Health Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Skin care tips, conditions, and treatments](#)
- [Sun safety](#)
- [Dental and oral health](#)

United at Work Presentation of the Month

Healthier Dental Habits



Regular dental hygiene translates to good health overall. In addition to reviewing the importance of healthy and regular dental habits, we will define common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care. Available to view in [English](#) and [Spanish](#).

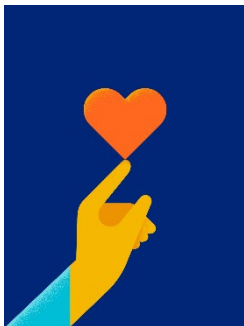
Health Tip Flier of the Month

Healthier Dental Habits



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

Health actions of the month



- Make an appointment with a dermatologist
- Schedule your dental cleaning

Welcoming your uniqueness

Every person is unique inside and out — and that’s something to celebrate. This month, explore resources to better understand and value yourself and others.

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

Featured articles on:

- Breaking down cultural barriers to mental health support.
- What neurodiversity means and why it’s important.
- Why we celebrate Disability Pride Month.

Fun interactive exercise to get to know yourself and others better.

Podcast “Working to be neuro-inclusive” from Until It’s Fixed.

Quick-hit article on how brains function differently.

Quick insight “The power of different” from Uptime.

Member training course “Building awareness and practical strategies for supporting neurodivergent family and friends.”

Manager training resources, including “Embracing neurodiversity 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.

Hydration & healthier beverages



Water is very important to our bodies, but just how important is it? Water makes up over 50% of an adult's body and it plays an important role in your body's function.¹ Most of us know that we need to stay hydrated, but not all beverages are created equal.

Water facts²



80%

of people's water intake comes from drinking water



20%

of people's water intake comes from food

Why do we need water?³

- Water helps the body keep your temperature normal
- Water lubricates and cushions joints
- Water rids the body of waste
- Water protects the spinal cord

How much fluid should I drink?⁴

- Women should drink about 11.5 cups of fluid or 92 ounces daily
- Men should drink about 15.5 cups of fluid or 124 ounces daily

Signs of dehydration⁵

- Thirst
- Dry, cool skin
- Dry or sticky mouth
- Dizziness
- Feeling tired
- Dark yellow urine or not urinating much

Preventing dehydration⁵

- Fill that water bottle—don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat—increase fluid intake in hot weather
- Change it up—add some fruit to your water for variety

Check the label for hidden sweeteners.⁶

Many beverages include sweeteners that go by several different names. In order to know if you are drinking a sugar-sweetened beverage, be on the lookout for these ingredients:

- High fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose



Make a splash

Fun ways to flavor your water

No recipe to follow. Quantities of fruit and other flavorings can vary based on taste and what you have on hand.

Mix and match. Whether it's a full pitcher or just a glass, get creative.

Freeze your fruit

Add frozen berries for flavor and color or freeze pureed fruit or 100% juice in ice cube trays.

- **Very Berry**
- **Mango Delight**
- **Marvelous Melon**

Squeeze in citrus

Cut fruit into wedges or slices— or just splash the juice in.

- **Lemon Lover**
- **Luscious Lime**
- **Orange Fusion**

Go herbal

Add unique flavors with chopped or whole herbs and spices.

- **Minty Refresher**
- **Juicy Ginger**
- **Basil Sipper**



Sources:

¹ USGS, The Water in You: Water and the Human Body, https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects, accessed August 2021.

² The Wonders of Water, by Kathleen Zelman, MPH, RD, LD, WebMd, <https://www.webmd.com/a-to-z-guides/features/wonders-of-water>, accessed August 2021.

³ Centers for Disease Control and Prevention, Water & Nutrition, <https://www.cdc.gov/healthywater/drinking/nutrition/index.html#>, accessed August 2021.

⁴ Mayo Clinic, Nutrition and Healthy Eating, <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>, accessed August 2021.

⁵ Dehydration, MedlinePlus, <https://medlineplus.gov/dehydration.html>, accessed August 2021

⁶ Centers for Disease Control and Prevention, Rethink Your Drink, https://www.cdc.gov/healthyweight/healthy_eating/drinks.html, accessed August 2021.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.