

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.



October 2025

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



Open Enrollment 2025

Executive directors and HR managers: HBP's annual open enrollment runs from November 3rd through December 1st this year. Communications were emailed on Monday. During the Open Enrollment period, employees may make changes to their benefit elec-

tions for the upcoming plan year. Employees making changes will need to complete an **"Enrollment & Change"** form and mark "Open Enrollment" next to the reason for their changes. Completed forms may be sent by email to HBP@vimly.com by **December 1st**. You may also enter changes directly into the Vimly enrollment site at: www.SIMON365.com. If your housing authority or employees are **not** making any changes, you are not required to submit open enrollment documents. The Marketing Team is excited to announce they will be hosting a live open enrollment video session on October 29, 2025, at 10:00 am (Central) giving a basic overview of the current HBP plans and answering enrollment questions. Please watch your email as we will be sending a link to this event soon.

Vimly/SIMON Updated Invoicing System

Beginning with the September 2025 billing cycle, Vimly will be transitioning to digital-only invoices through SIMON. Agencies will receive a monthly email notification when the invoice is ready to view securely in SIMON. Please see the SIMON attachment for more information. If you have questions, you may contact the Vimly team at HBP@vimly.com or 833-570-5404.

UHC Store

What is the UHC Store? The UHC Store will offer more consumer choice through a digital shopping experience where members can purchase **dis-counted** health, wellness, and lifestyle offerings that are meaningful to them and support their individual health journey. UHC Store is available exclusively to UHC members within the UHC app and myuhc.com.

What programs are available in the UHC Store:

Everyday health: Includes women's health, mental health and more

Family wellness: Includes family planning, caregiving, pregnancy and postpartum care, and more

Fitness and nutrition: Includes weight management, nutrition, coaching and fitness

Health coordination: Includes resources and support for complex and chronic conditions such as autoimmune, gastrointestinal, and diabetes. See attachment for more information.

Upcoming Webinar Trainings

Thurs. Oct. 23, 10am (EST) Topic: [Addressing Performance Concerns](#)
click blue links above to register

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

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.



**BREAST
CANCER AWARENESS**

October's Health Focuses

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

National awareness — Women's health and national breast cancer awareness

UHC's health tip — Mammogram screening recommendations

UHC Rewards challenges* — Schedule your breast cancer screening and review your family health history

**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.

Previous newsletters can be found on HBP's website at:

[Newsletters | HousingBP.com](#)

UHC Website Tools

The October toolkit from UHC/Optum focuses on **mental health**.

For more information, access the toolkit at <https://optumeap.com/newthismonth/en-US>.

Health & Wellness Resource Update

October 2025



October National Health Observance

Women's Health and National Breast Cancer Awareness Month



October is Women's Health and National Breast Cancer Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Women's health](#)
- [Menopause](#)
- [Breast cancer symptoms and treatment](#)
- [Breast cancer screening and diagnosis](#)

United at Work Presentation of the Month

Understanding Menopause



This presentation shines light on perimenopause, menopause, and life after menopause. The changes in the body and causes of menopause, and common symptoms associated with this life stage will be discussed. Treatment options and health considerations for post-menopausal women will also be explored. Available to view in [English](#) and [Spanish](#).

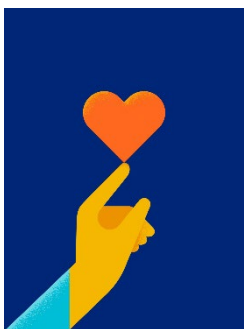
Health Tip Flier of the Month

Mammogram Screening Recommendations



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

Health actions of the month



- Schedule your breast cancer screening
- Review your family health history

World Mental Health

October 10 is World Mental Health Day. This month, explore resources to support your own well-being and help build a more open, compassionate world.

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

Featured articles on:

- Four powerful ways to make your workplace mentally healthier.
- Why talking about mental health matters, and tips for open conversations.
- The importance of checking in on your friends who seem OK.

Worksheet to check in on your own well-being.

Quick-hit guide on what to put in your mental health emergency kit.

Interactive breathing exercise for finding calm.

Interactive on ways to ease anxiety and panic.

Quick insight "How to manage your anxiety" from Uptime.

Webinar from Calm: "In it together: Tackling loneliness and creating connection."

Member training course "Supporting mental health concerns with friends and family."

Manager training resources, including "Leaders use the Calm app to reduce burnout, stress and build resiliency."

[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



Housing Benefit Plan is committed to improving efficiency and reducing our environmental impact. Starting with the **September 2025 billing cycle**, we will be transitioning to **digital-only invoices** through **SIMON®**. Your company will receive a monthly email notification when your invoice is ready to view securely on SIMON®.

Thank you for supporting a more sustainable and streamlined process!

Here are more ways SIMON® can help your business:

- **Streamline member administration** — Easily add, terminate, or update employee information, track changes, and manage enrollment activity all in one place.
- **Enhance security and accuracy** — SIMON® is a **HITRUST-certified** secure platform that reduces errors and protects your data.
- **Make payments online** — Skip the hassle of physical checks with fast, easy online payments.
- **Set up Auto Pay** — Automate your monthly payments for even greater convenience.
- **Access robust reporting** — Instantly view invoices, enrollment forms, census data, ACA reports, membership change reports, COBRA reports, and more.
- **Store documents securely** — Upload and manage important documents under **Resources** -> **Documents & Links** at no extra cost.

Need help logging into SIMON®? Contact your Housing Benefits Customer Success Team at HBP@vimly.com or call 833.570.5404 we're here to help!

Best regards,
HBP Client Service Team
Vimly Benefit Solutions, Inc.



Welcome to wellness discounts

From weight loss to family planning support, find lower costs on health and wellness products – only available to UnitedHealthcare members at the new UHC Store.



Find your fit

We're working to help make it easier to get healthier with a new shop that provides discounts on health and wellness items from brands you may know. Stop in and find offerings for all of this and more:

- Fitness
- Nutrition
- Women's health
- Sleep
- Weight loss
- Coaching



Visit UHC Store today

Your wellness-packed online shop is ready for you. Find it at myuhc.com®.



UHC Store provides a member-direct purchase of health and wellness offerings. UHC Store is not a product, program nor service, is not insurance, and is not a substitute for health plan benefits nor professional medical advice, diagnosis, or treatment. UnitedHealthcare does not endorse nor guarantee offerings available through UHC Store. UnitedHealthcare is not responsible or liable for services, or advice given by a UHC Store participant of these offerings. Individuals are responsible for understanding potential risks associated with using these offerings. Purchasing any offerings may have tax implications. Health Savings Account (HSA) use and eligibility may be impacted. Individuals should consult with a tax specialist to determine whether they have any tax obligations from purchasing offerings from the UHC Store. Components subject to change. UHC Store is not available in all states or for all members.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop-loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.

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