

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 2026

UHC Perks — Cancer Support Program

The [Cancer Support Program](#) from UnitedHealthcare offers personalized support, resources and benefit navigation help for eligible members in active treatment, connecting them with oncology nurse case managers who help reinforce the care plan, manage symptoms and find trustworthy resources. This is available to HBP medical plan members who are receiving active cancer treatment or are in end-stage management. The nurse case manager will get in touch with your physician in order to help coordinate care. They can fill gaps that the physician may not have the time or resources to address such as explaining treatment options, helping to manage symptoms, or providing emotional support. To get started call 866-936-6002. More information is attached.

HBP Chat at the SERC Conference

Would you like to know more about the perks included with your HBP medical coverage? HBP marketing will be speaking about these at the June SERC-



NAHRO annual conference. This is tentatively scheduled for after the opening session, so please remain in the room for more information about your HBP membership. Perks available to you include: Real Appeal (weight loss program), UHC

Rewards (earn money for making healthy choices), the Employee Assistance Program (counseling sessions), Level 2 continuous glucose monitor, the Cancer Support Program (see the article above), One Pass Select (access to a large network of gyms), and more!

Webinar Wisdom – Getting Better Sleep

One of May's webinars for HBP's medical members was [How to Beat Fatigue and Sleep Better](#) (click for the recording). Tips for better sleep included:

- Physical exercise (Cardio in the AM is best)
- Not eating in the 3 hours before bedtime
- Reducing light (electronic-free bedroom, blackout curtains, sleep mask)

Talk to your physician if you have trouble falling asleep, staying asleep, or with snoring; you may need a sleep study.

Upcoming Webinar Trainings

Tues, June 16, 10am (EST) Topic: Navigating Conflict with Compassion

Thurs, June 18, 10am (EST) Topic: Making Time for Fitness

You can 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.

May's Health Focuses

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

[National awareness — Mental Health](#) and [Physical Fitness](#)

[UHC's health tip](#) — Stand for Health

[UHC Rewards challenges*](#) — Track sleep for 14 days (\$5 value)

Track 7 hours of sleep for 5 of 7 nights (Sun to Sat) (\$2.50 value)

**Enroll in UHC Rewards and complete these challenges to earn money.*

[May toolkit](#) — Mental Health Awareness

 **We are happy to discuss these perks with anyone at any time!**





For every cancer treatment, question and step forward

If you or a covered loved one is diagnosed with cancer, you're not alone. With the UnitedHealthcare Cancer Support Program, we're with you through it all.



Your cancer support team

Dedicated cancer nurses are here to listen, answer questions and provide helpful information so you can make confident, informed decisions about care. They can help you:

- Understand treatment options and medications
- Receive emotional support designed for your well-being and to help you navigate conversations with your loved ones
- Connect through secure video calls or text messaging for convenient, personalized support
- Manage symptoms and side effects
- Connect with a dedicated social worker to access financial resources, transportation assistance and additional tools to address individual needs
- Explore a digital library of cancer-specific content

See the difference
personalized support
can make



Scan to watch Nancy's Story

Get connected

Call **1-866-936-6002**, TTY **711**, Monday-Friday, 7 a.m.-7 p.m. CT
or visit myuhc.phs.com/cancerprograms

**United
Healthcare®**

Cancer Support Program is a program, not insurance. Availability may vary on a location-by-location basis and is subject to change with written notice. UnitedHealthcare does not guarantee availability of programs in all service areas and provider participation may vary. Certain items may be excluded from coverage and other requirements or restrictions may apply. Please check with your UnitedHealthcare representative.

Advocate services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through Advocate services is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Advocate services are not an insurance program and may be discontinued at any time.

Member story is actual member results. Individual results may vary. Health outcomes not guaranteed.

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

B2C EI255095904.0 3/26 © 2026 United HealthCare Services, Inc. All Rights Reserved. 25-4952202-C

Health tip: Stand for health

Whether it's time spent working (in the office, school or home), driving, eating or watching TV, the impacts of our sedentary lifestyles may be one of the most unanticipated health threats of our modern time.

Standing facts to know.¹



The amount of time the average person is sitting (aka sedentary) a day.



3.2 million deaths a year are related to physical inactivity.



The 4th leading risk factor for global mortality is physical inactivity.

The term “Sitting Disease” has been coined by the scientific community and is commonly used when referring to the ill-effects of an overly sedentary lifestyle.¹

Even if you engage in the recommended 150 minutes of moderate to vigorous physical activity per week, you may still experience the negative impact of too much sitting.¹

According to the Mayo Clinic, prolonged periods of sitting is associated with numerous health concerns, including elevated blood pressure, metabolic syndrome, and an increased risk of death by cardiovascular disease or cancer.²

Current research is showing that any form of extended sitting, such as at a desk, in front of a screen, or at a wheel, is harmful to the body. An analysis of 13 studies that reviewed sitting time and activity levels found that those who sat for more than eight hours per day with no physical activity had a risk of dying similar to the risks of dying by obesity and smoking.²



Try a new approach¹:

Alternate between sitting and standing every 30 minutes for improved health.

Benefits of standing and moving more¹:

- Reduce major health risk factors
- Support bone health and reduce the risk of osteoporosis
- Enhance brain power and improve mood state
- Burn calories and tone body composition
- Improve circulation
- Aid in pain relief

Changes to help reduce sitting time²:

You can make small changes that may reduce your sitting time. For example, you can:

- Take a break from sitting every 30 minutes
- Stand while talking on the phone or watching television
- Do a light workout while watching TV or stand or stretch during commercial breaks
- Park farther away from where you are going
- Stand or walk during conference calls and meetings
- Stand up or take a walk during phone calls
- Make shorter meetings “standing” meetings, if you are the organizer
- If you sit at work try a standing desk, or take a 1- to 2-minute break every hour to stand or walk around
- Take the stairs

¹ Just Stand, The Facts. www.juststand.org/the-facts/. 2023. Accessed August 2023..

² Mayo Clinic, What are the Risks of Sitting Too Much? www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005. July 2022. Accessed August 2023.

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.