

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.



July 2026

Skin Care Basics

These are things we can do to give our skin the care it needs to be healthy and age well.

- 1) Apply Sunscreen — Over the years, sun exposure can cause wrinkles, age spots and may increase your risk for skin cancer. When you're enjoying some vitamin D, be sure to follow best practices for sun protection: regularly apply sunscreen, take breaks in the shade and wear protective clothing.



- 2) Stay Away from Cigarettes — Smoking damages collagen and elastin (fibers that give skin its elasticity), making your skin look older.

- 3) Be Gentle — We demand a lot from our skin and sometimes we're pretty rough with it. Try shorter showers, mild soaps, a gentle pat to dry yourself, and daily moisturizer.

- 4) Hydrate — Aim to drink half your body weight in ounces of water daily.



Water helps our bodies flush toxins and keeps the skin hydrated.

- 5) Eat for Good Skin—Certain foods, like dairy or sugar, could trigger a skin reaction (like acne). Knowing which foods to avoid and eating a nutritious diet could do wonders for you skin.
- 6) Manage Stress — Stress might throw off your hormones and cause acne breakouts or other skin problems.

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 — [Sun Safety](#), [Skin Care](#), & [Dental Health](#)

UHC's health tip — Healthier Dental Habits

UHC Rewards challenges* — Get a cost estimate (\$20 value)

A cost estimate provides the expected cost for an upcoming visit or service. Use the myHealthcare Cost Estimator located in the Find Care & Costs section of your myUHC.com account.

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

July toolkit — Supporting Your Uniqueness

Heat-Related Illnesses

Those who work in hot environments may be at risk for experiencing heat-related illnesses. Workers and supervisors should be trained about heat-related illnesses, symptoms, and first aid.

	Heat Cramps	Heat Exhaustion	Heat Stroke (medical emergency)
Warning	• Severe muscle spasms	Heavy sweating/pale skin	Confusion, fainting, or slurred speech
Signs	• Pain in legs or abdomen	Dizziness/headache/nausea	Hot, dry skin (or profuse sweating)
	• Heavy sweating while working	Weakness and fast pulse	Vomiting
What To Do	• Stop all physical work	Move to shade or AC	Call 911
	• Rest in a cool, shaded area	Loosen heavy clothing/gear	Move worker to a cool area
	• Drink water or sports drinks	Sip cool water slowly and apply wet cloths to skin	Cool them with ice, but do not give them fluids to drink

Upcoming Webinar Trainings

Thurs, Aug 20, 10am (EST) Topic: [Understanding & Managing Stress: Strategies for Wellbeing](#) *click to register*
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.

Health tip: Healthier Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, threats to oral health, including tooth loss, poses a risk to all generations. Poor dental hygiene is correlated with several other diseases not directly in the mouth, including diabetes, heart disease, pneumonia and rheumatoid arthritis.



A healthier mouth for a lifetime includes:³

- Regular dental visits
- Brush twice a day for at least 2 minutes
- Floss once a day
- Do not use tobacco products
- Limit sugary and alcoholic beverages

Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner, and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.



Other ways to maintain good oral hygiene:³

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains – lean sources of protein
 - fruits – low-fat/fat-free dairy foods
 - vegetables



Did you know?

- 26% of adults in the United States have tooth decay¹
- 46% of adults aged 30 years & older have signs of gum disease¹
- Oral cancers are more common in older people, particularly those who drink and/or smoke²
- Besides brushing, there are other tools to keep your mouth healthy like flossing and using mouthwash¹

Sources:

¹Centers for Disease Control. <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html> 2020. Accessed on August 2022

²American Cancer Society. <https://www.cancer.org/cancer/oral-cavity-and-oropharyngeal-cancer/about/key-statistics.html>. 2022. Accessed August 2022

³American Dental Association. <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>. 2022. Accessed August 2022.

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.