

The Heartbeat




A publication of the Heartland Health and Wellness Fund

June 2025

Your Mental Health Matters

Mental health is as important as physical health. It determines how you think, feel, act and can impact your overall well-being. Extra support can make a big difference when facing issues such as stress, depression, anxiety, eating disorders or substance use disorders.

Through your [Anthem](#)  benefits, you can access a variety of resources digitally, virtually and in-person, that provide the expert compassionate care you need.

Programs and Resources

In-person Behavioral Health Care

If you're looking for in-person care, use the **Find Care** tool on Anthem's **Sydney Health** app or visit <https://www.anthem.com/> to find behavioral health care providers in your plan's network.

Virtual Care with LiveHealth[®] ONLINE

Mental health professionals are available virtually if you prefer support from the comfort of your home. Use your smart phone, tablet or computer with a camera to:

- Talk with a licensed therapist within seven days or less.¹
- Receive help for stress, depression, grief, panic attacks and family issues.
- Consult a board-certified psychiatrist within two weeks.¹
If you're 18 or older, you can receive medication to help manage a mental health condition.²

To make an appointment, visit <https://livehealthonline.com/>, call (855) 603-7985 or access **LiveHealth Online** through the **Sydney Health** app. Medical appointments are available 24/7, psychology and psychiatry appointments are available from 7:00 am to 11:00 pm EST, seven days a week.

Scan this QR Code with your phone's camera to download the **Sydney Health** app to explore your Mental Health programs and resources.

1. Appointments subject to availability of a therapist. Members must be 10 years or older to see a therapist online and 18 years or older to see a psychiatrist online.
2. Prescription availability is defined by physician judgment. Prescriptions determined to be a controlled substance (as defined by the Controlled Substance Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counselling or talk therapy.



Delta Dental of Ohio



Network savings

Save more on dental care by staying in-network! Delta Dental's network of dentists offers lower, pre-negotiated rates, which reduce your out-of-pocket costs.

Visit <https://www.memberportal.com/mp/delta/> to find a network dentist.

Know the lingo

Understanding common dental terms can help you make informed decisions and save money! Knowing the difference between **preventative** (e.g., routine exams, cleanings, X-rays and fluoride treatments), **basic** (e.g., fillings, root canals, periodontal gum treatments and simple tooth extractions) and **major** (e.g., crowns, dentures and implants) services can help maximize your coverage. Furthermore, terms like **deductible**, **copay** and **annual maximum** help you budget for care. A **deductible** is the portion of your bill that you pay before your benefits start paying toward your bills. Some plans waive deductibles for preventative services. A **copay** is a set dollar amount you are required to pay your dentist for a service. For example, some plans may require a copay for some **preventative** services, some may not. Your **annual maximum** is the maximum dollar amount your plan will pay toward the cost of dental care within a specific period, usually a calendar year. If your dental care costs exceed your annual maximum, you are responsible for paying all costs above your maximum. Knowing what your plan covers, the levels of service associated with your plan and the key terms used in describing the benefits in your plan, all help you make informed decisions about your care.

Regular Checkups:

To schedule your 6-month checkup, find a dentist in your area, research your dental plan, print ID cards and/or set up a member profile for 24/7 access to your benefits, visit <https://www.dentaldeltaoh.com/> or call Delta Dental of Ohio at (800) 524-0149.



Vision health is important for everyone, even for those who do not currently wear corrective lenses.

Annual vision screenings are necessary because they can identify other health issues, such as multiple sclerosis and thyroid disease. An eye exam will help diagnose conditions early that you may not be aware of yet. Participants with Diabetes are eligible for additional vision benefits.

Electronic screens (TVs, PCs, tablets, mobile devices) are ever present in our lives, having an impact on our vision health. You can reduce eye strain and monitor the health of your eyes by doing the following:

- **Scheduling an annual exam.**
- **Reducing screen time before bed.**
- **Taking frequent breaks when looking at screens.**

To create a secured account to review your benefit coverage, view/download your member ID card, find an in-network doctor, schedule your annual eye exam, shop for eyewear, explore exclusive member extras and more, visit <http://www.vsp.com> for details or call (800) 877-7195.



Source: <https://www.vsp.com/eyewear-wellness/eye-health/eye-health-and-wellness>

Hinge Health



Wellness Coordinator for Kroger Louisville Local 227, Misty Kessler, met Angela Weible at Kroger Store #366 in Louisville (Mud Lane). Angela told Misty she has been actively using the **Hinge Health** benefit for two years to manage pain and build knee resilience after two replacements. Hinge Health is a digital exercise therapy program designed by licensed physical therapists to assist eligible participants, at no additional costs or copays, dealing with ongoing joint or muscular pain. Angela appreciates her Hinge Health dedicated health coach's support and the program's convenient, short, at-home sessions and access to her physical therapist. Most participants are recommended to have therapy sessions that last 10 to 15 minutes, 2 to 3 times a week. ¹Plus, if you have questions regarding your personalized care program, you can schedule a video visit with the licensed physical therapist that designed your exercise therapy routine.

To start your customized plan to pain relief, visit <https://www.hingehealth.com/heartlandwellnessfund-go> or scan the QR Code to get started:



¹Source - <http://www.hingehealth.com/heartlandwellnessfund-go>

Sean met **Angela Schwartz** at a Kroger store in Burlington, OH and engaged in an in-depth conversation about healthcare, family and work-life balance. Angela told Sean she anticipated an ER bill following a family video call where her children noticed she wasn't feeling well. On her family's advice, she promptly sought medical care. Angela appreciated the attentive and kind treatment she received in the ER. Fortunately, her condition was treatable, and she has since fully recovered. Angela's story serves as a good reminder to trust your instincts and family concerns regarding your health.

- Sean Chapman, Wellness Coordinator for Kroger Cincinnati/Dayton Local 75

Ellen Squire at **Kroger Store #500** in Indianapolis, IN has been with Kroger since 1992. She has been with three different stores in several departments. She currently works as a Deli Clerk and enjoys learning new skills by being cross trained in various departments across her store.

She has been pleased with the vision benefits with **VSP** and credits her current optometrist for saving her vision. Vision issues are a family trait, and she is very thankful for the preventative services offered at no additional cost or co-pay with VSP. Ellen encourages everyone to take advantage of all the benefits that come with being a member of the **Heartland Health & Wellness Fund**. - Krista Broshears, Wellness Coordinator for Kroger Indiana Local 700

Kandi has over 30 years of service with the **Kroger** family! She is the Team Lead in the Floral Department of the newest and largest store in the area that recently opened, **Kroger Store #385** in Plain City, OH. She says that working in this store is like being a part of a "dream team" because everyone is so supportive and positive. Mother's Day is Kandi's favorite time of year because she says that it is her time to shine with lots of flowers and gifts for the moms.

- Erin Gebhardt, Wellness Coordinator for Kroger Columbus Local 1059

Krista works at **Kroger Store #688** in Ann Arbor, MI and is new to the area. Krista has been a member of the Kroger family for nearly five years at different locations. She enjoys meeting and engaging with the variety of Kroger patrons in her role as Drug & General Merchandise Team Lead. Being new to the area, Krista was looking for a new **Primary Care Physician**.

Geneva advised her of the tools available in Anthem's **Sydney Health** app, such as the **Find Care** option to locate in-network PCPs. **Anthem Health Guides** are also available through the Sydney Health app for live assistance in locating care in her vicinity. It's great to know that members have the flexibility and convenience to find the health care they need as a member of the **Heartland Health & Wellness Fund**.

- Geneva McCloud, Wellness Coordinator for Kroger Michigan Local 876

Kroger Store #356 in Louisville (Middletown) serves as the "Main Stage" where members of the Floral department dedicate their time and talent to creating the iconic Kentucky Oaks Lily and Derby Garlands for the **Kentucky Derby**. **Josh Cummings** was formerly the Deli Lead at **Kroger Store #764** in Louisville. To **Misty's** surprise, Josh was outside dressed as a Derby Jockey heating up the grill in preparation for the annual Pre-Derby Walk Through. Visiting Store #356 during Kentucky Derby week has become a yearly tradition for Misty because it's one of the most festive times of the year in Louisville.

- Misty Kessler, Wellness Coordinator for Kroger Louisville Local 227





Wellness Coordinator for Kroger Michigan 876, Geneva McCloud, met **Traci** at the service desk at **Kroger Store #656** in Bloomfield, MI. Traci had experienced health challenges with **type 2 diabetes** and **weight management** in the past. She decided to contact **Virta** to see how they would be able to help manage her conditions. Virta is a health benefit, available to those who qualify, that can help you develop and maintain healthier habits by offering a personalized nutrition plan, a dedicated support team and the resources to help you every step of the way toward a healthier you. As a result of signing up with Virta, Traci is no longer taking diabetic medications and has lost a significant amount of weight. She attributes her success to the supportive coaching team through the app. Her dedicated team helped her with putting together a nutrition plan, supplies (scale, glucose meter, testing strips) and setting trackable goals. Traci is holding up the “V” sign with her hands as a homage to Virta for helping her get off diabetic medications, making better nutritional choices and losing weight. Kudos to Traci for taking control of her health!



To start your journey toward a healthier you, claim your benefit at no additional cost, copay or premium (for participants that qualify) at <http://www.virtahealth.com/join/heartlandfund> or scan the QR Code:



Healthy Bites from virta



Buffalo Chicken Dip

(Keto friendly)

Ingredients

- 2 cups of cooked chicken (chopped or shredded)
- 8 oz of cream cheese
- 1 cup of cheddar cheese (grated)
- 1 cup of Frank's Wing Sauce
- 1 cup of ranch dressing

Directions:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients in a bowl until well mixed.
3. Place into an oven-safe dish and bake for 20 minutes, or until bubbly and heated through.
4. Serve with sliced fresh veggies (e.g. celery sticks).
5. *Optional:* For an extra kick, add a sprinkle of blue cheese crumbles and chopped green onions on top.



Nutritional Analysis	Per Serving
Serving Size	1/3 Cup
Carbohydrates	3 g
Protein	10 g
Fat	20 g
Calories	227

Source - <https://www.virtahealth.com/categories/recipes>



Heartland

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Your New Virginia Wellness Coordinator

On April 7, 2025, **Tracey Ikenberry** joined Heartland as the **Wellness Coordinator** to serve our **Richmond** and **Roanoke**, Virginia, members. She is a native of Virginia and has a Bachelor of Science in Community Health Education. Tracey has over 15 years of experience in the health and wellness sector. Throughout her career, she has empowered countless individuals by creating supportive environments that help people achieve their health goals. Tracey is passionate about promoting wellness and looks forward to educating her members on the variety of **Heartland** benefits, nutrition, and overall health.

Richmond & Roanoke members can find Tracey in their stores and can ask about:

- Benefits Information
- Health Screenings
- Eligibility Questions
- Enrollment
- Wellness Programs