

The Heartbeat



A publication of the Heartland Health and Wellness Fund

September 2024

2025 Open Enrollment

Starts: November 18, 2024

Ends: December 9, 2024



This year, participants of the Heartland Health & Wellness Fund will be Evergreen enrolled (automatically enrolled) for 2025 benefits if:

- You are currently enrolled for 2024 benefits; AND
- Your employer reported that you are eligible for 2025 benefits.

If you are Evergreen enrolled for benefits, **NO ACTION** is required unless:

- Change your Benefit Plan; OR
- Add or remove a spouse or child(ren); OR
- Opt-out of coverage; OR
- Your spouse had a change in employment status

Watch your mailbox in mid-November for a bright envelope, which will contain important information about your 2025 benefits and enrollment status. Questions? Call Heartland at 937-665-1900, Monday – Friday, 8:00 a.m. – 5:00 p.m. EST or email admin@ufcwbenefitplan.com.

**Being automatically re-enrolled does not guarantee eligibility for benefits. In general, your eligibility for the Plan and level of benefits you may receive under the Plan are based upon your employer contributing to the Plan on your behalf.*



With the **Sydney Health App** you have 24/7 customized access to your Anthem benefits through your phone, desktop or laptop at your convenience. Virtual care visits with board certified doctors who may coordinate with your PCP (Primary Care Physician) to make referrals, diagnose conditions and in some cases order prescriptions, are available through the Sydney Health app. You can also utilize LiveHealth Online for virtual urgent care visits with board certified doctors 24/7 when you can't reach your PCP and/or don't have time to set up an appointment. Visit <https://sydneyhealth.com/> or download the **Sydney Health app** with the QR code:



Virta



Heartland Health & Wellness Fund provides Virta, valued at over \$3,000, at no additional cost to all participants with type 2 diabetes, prediabetes, and/or a BMI (Body Mass Index) of 27 or greater who are enrolled in a Heartland medical plan. Virta will set you up with a personalized care team and coach to provide you with support, along with a customized care plan to reach your specific goals. To get started with Virta visit <https://www.virtahealth.com/join/heartlandfund> or download the app with the QR code:



Virta Spotlights



Donna Allen at Store #396 in New Albany, IN (State Street Marketplace) was very excited to share her success with **Wellness Coordinator Misty Kessler** since signing up with Virta. In the first 6 weeks of her customized care program through Virta, her blood sugar decreased from 147 to 90 and she lost 32 pounds.

What she loves about Virta is the support from their customer service team. At no additional cost benefit to eligible members, Virta provides an entire team and a personal coach to assist you along the way. Through the Virta app, you can reach out to your coach regarding what's working and what's not. Donna stated that she is motivated by the fact that she needs to be accountable in her weight loss goals by tracking her calories and weight daily in the Virta app. She is very happy with Virta and all the support this program has given her.

Calandra "Chef CeCe" Bright at store #752 in Louisville (U of L/Central Ave) has been the Cheese Master at Murray's for two years and a Kroger member for 16 years. She shared with Misty that she started the Virta program about two months ago because her A1C was high. Signing up for Virta does not require a doctor's referral. Virta is a type 2 diabetes reversal and weight management program that has a proven track record of success based on decades of research and ongoing clinical studies. So far, CeCe loves the support from her assigned coach and dedicated care team through the Virta app. Her biggest hurdle is staying motivated outside of work when it comes to movement. Her personal coach has been guiding her on ways to stay motivated so she can get in those extra steps. CeCe's goal is to lower her A1C and lose about 10-15 lbs. Discreetly sharing your goals through the Virta app is one of the many benefits that comes with signing up with Virta at no additional out of pocket costs, co-pays or co-insurance. She also appreciates that her coach listens to her concerns and answers her questions. Misty praised her for taking this big step towards improving her health. She promised that she would let Misty know her progress the next time they see each other. We wish CeCe the best of luck in her path to a healthier lifestyle with Virta helping her every step of the way.



Health Screening

Don't forget to complete your Health Screening, the deadline is approaching!

All participants currently enrolled in medical benefits with the Heartland Health & Wellness Fund are eligible to participate in the 2024 Health Screening Program to earn incentives toward their 2025 benefits by completing their Health Screening by **September 15, 2024**. Health screening forms are available at your local union, work break rooms and online at <https://www.heartlandwellnessfund.com/benefits>. You can also request a Health Screening form and find out more information about the incentives available in your area by calling (937) 665-1900, press 1, then 2, Monday-Friday from 8:00 a.m. to 5:00 p.m. EST or by emailing wellness@ufcwbenefitplan.com.


Don't miss out on earning incentives toward your 2025 benefits!

How to complete your health screening

1. Make an appointment for a health screening by your required deadline at one of the following:
 - a. With an in-network primary care physician; OR
 - b. Kroger Pharmacy (Health and Wellness Scheduler - Kroger) (choose *Biometrics Screenings* option <https://www.kroger.com/health-services/scheduler>); OR
 - c. Kroger Little Clinic; OR
 - d. CVS Minute Clinic
2. Bring your health screening form with you. Complete the form with your provider.
3. Submit your health screening form. It is **YOUR** responsibility to mail, email or fax your completed form to the Health Fund to receive your incentive.
 - a. Email: wellness@ufcwbenefitplan.com
 - b. Mail: Heartland Health & Wellness Fund
7250 Poe Ave., Ste. 300
Dayton, OH 45414
 - c. Fax: 937-910-0600

Incentives available to participants for participating in the Heartland Health & Wellness Fund's wellness program. Incentives are also available to participants with disabilities who are unable to participate in the health screening. Contact Heartland at (937) 665-1900 Monday-Friday 8:00 a.m.-5:00 p.m. EST to learn more about your incentive or to determine eligibility to participate in an alternative wellness program with the same incentives

2024 HEALTH SCREENING FORM



I am (select one): ☐ a member ☐ the spouse of a member Questions? Call Heartland at 937.665.1900.

BIOMETRIC SCREENING

First Name

Last Name

Medical ID#

Last 4 digits of SS#

Email

Telephone

Street Address

City State Zip

I understand this form must be fully completed and legible to be processed. Results must be from a 2024 biometric screening to be eligible. **Please remember to fast 12 hours in advance.** By signing this form, I agree with the health screening results provided. I hereby authorize the medical health care provider and/or medical facility to release the health data to the Fund's wellness and claims analysis providers and the Heartland Health & Wellness Fund.

SCREENING TEST	RESULTS	SCREENING TEST	RESULTS	SCREENING TEST	RESULTS
BMI		Blood Pressure		Total Cholesterol	
HDL Cholesterol		LDL Cholesterol		Triglycerides	
Blood Glucose		Notes:			

(Signature of person screened)

(Print name of in-network provider)

Date of Screening

(Signature of in-network provider)

You are responsible for returning this completed and signed form to the Fund office.

EMAIL	MAIL	FAX
wellness@ufcwbenefitplan.com	Attn: The Wellness Department Heartland Health & Wellness Fund 7250 Poe Avenue, Suite 300 Dayton, OH 45414	937.910.0600

Generic



Oral Health Bite

Your smile is the first thing others notice about you. When it comes to your oral health, the choices you make every day are more important than you think. Taking care of your mouth now will give you a beautiful smile today and in the future. Don't know where to begin? Don't worry, we've got your covered!

Drink Choices:

Drinks like soda, energy drinks, and juices can be loaded with sugar which lead to cavities. Incorporating more water and drinks without sugar into your diet will help reduce the risk of cavities.

Eating Habits:

We all know that candy is bad for our teeth, but other foods like bread and breakfast cereals can stick to our teeth as well. Flossing is recommended at least once a day, but flossing after every meal gives you that extra added security in preventing cavities.

Oral Piercings:

They seem cool, but piercings in and around your mouth can make it hard to talk, chew and swallow. In some cases, you could lose your sense of taste and drool excessively. Plus, infections are common with piercings and sometimes can be life threatening.

Regular Checkups:

To schedule your 6 month checkup, find a dentist in 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.deltadentaloh.com/> or call Delta Dental of Ohio at (800) 524-0149.

Source-deltadentalmi.com/lifesmile

Coordinator Corner



This is Dwayne and Jan at Kroger from store #819 in Columbus. Jan invited Erin to spend some time in the company conference room so that participants could come in and speak with their local Wellness Coordinator one on one to ask questions, learn about programs and resolve any issues they may be having regarding their benefits. Erin was able to share some valuable information on programs that the Heartland Health & Wellness Fund has to offer such as the Sydney Health app and LiveHealth Online.

Erin Gebhardt, Wellness Coordinator for Kroger Columbus Local 1059



Sean had a delightful time speaking with Dorothy "Dottie" Lanthorne at Kroger store #946 today in the bakery. Dottie had a few questions regarding being able to continue to use the Heartland benefits after cutting back on her hours. Dottie and Sean both believe that it is her drive to continue to stay busy that has kept her healthy through the years. Dottie shared that she just had her 90th birthday earlier this year and has been working for Kroger for 27 years. That's something you don't hear every day!

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



Please give a warm Heartland Health and Wellness Fund welcome to our new member, Sherry Walker! Sherry works at Store #350 in Louisville (New Cut Rd.). Sherry was excited to learn about the programs and benefits offered by Anthem such as Hinge Health, Virta and Carrum. Misty spent some time with her explaining these programs and answered any questions that she had. Sherry was particularly interested in looking into Hinge Health for overall pain management that's convenient to her schedule.

Misty Kessler, Wellness Coordinator for Kroger Louisville Local 227



Spotlight: Hinge Health

Sean Chapman
Wellness Coordinator for
Kroger Cincinnati/Dayton
Local 75



Sean had the pleasure of speaking with Penny Kettler of store #429 earlier this year. Penny has worked for Kroger for 45 years, with experience in many stores in the region across different departments. Penny has always tried to be proactive when it comes to taking care of herself, and recently gave Hinge Health a try. She has been very satisfied with the program and

can really tell what a difference it has made. She also enjoys the convenience of getting her therapy on her own time virtually through the Hinge Health app. Penny is a great example of the importance of self-care and embracing innovative solutions like Hinge Health for her overall well-being!



Healthy Dessert

Virta 1-Minute Low Carb Mug Cake

Ingredients (makes 1 mug cake)

¼ cup almond flour

1 egg

1 teaspoon vanilla extract

1 tablespoon sugar-free sweetener (we recommend sugar-free Torani syrup, erythritol, Lakanto golden sweetener, or Splenda)

Optional: dark or sugar-free chocolate chips (like Lily's)

Directions:

1. Combine all ingredients in a coffee mug and stir to combine.
2. Microwave mug for 1 minute.
3. Enjoy! For an added treat, you can top your cake off with berries or homemade whipped cream.



Scan the QR code to learn more about [Virta](#) and gain access more recipes like this:



Nutritional Analysis	Per Serving
Serving Size	1 mug cake
Carbohydrates	7 g
Protein	12 g
Fat	19 g
Calories	249

Source- <https://www.virtahealth.com/join/heartlandfund>



Heartland

HEALTH & WELLNESS FUND

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heartlandwellnessfund.com

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Did you know about some of the benefits that come with being a member of the Heartland Health & Wellness Fund?

Anthem 

Sydney Health App

 **carrum**health

Centers of Excellence

 **Hinge**
Health

Virtual physical therapy

 **virta**

Type II diabetes prevention
and reversal + weight loss

