

THE HEARTBEAT

HEARTLAND HEALTH & WELLNESS FUND

SUMMER 2021

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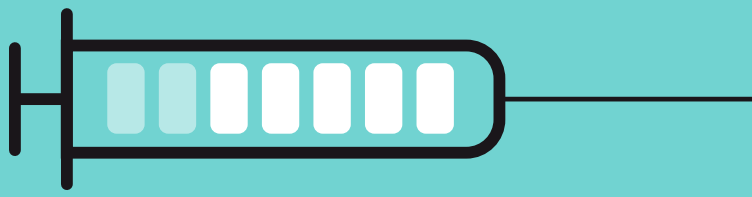
Protecting Yourself

Enjoying Nature

Checking on Your Health

... AND MORE!





Vaccination in progress

Visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for more information, including answers to frequently asked questions and the facts vs. the myths you may be concerned about.

Who Can Get the Vaccine

Everyone 12 years of age and older is now eligible to receive the COVID-19 vaccine. You should be vaccinated even if you have previously been diagnosed with COVID-19 and recovered.

Incentives

Many companies are offering discounts or other rewards to their customers. Visit [vaccines.gov](https://www.vaccines.gov) for a complete list. Depending on your state of residence, you may be eligible to enter a lottery for cash prizes.

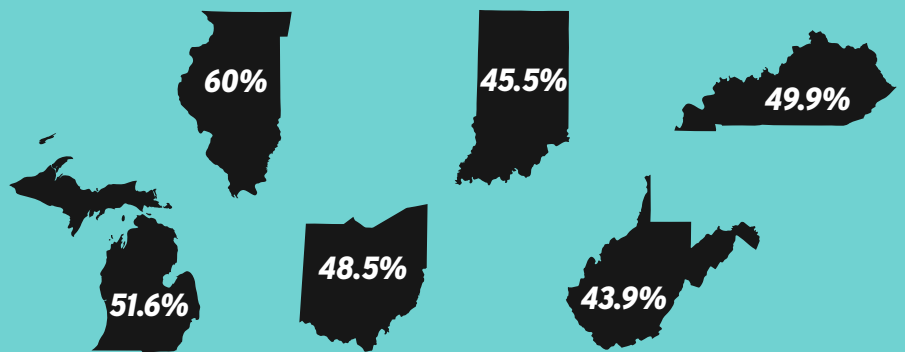
Where to Get It

Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829 or call 1-800-232-0233 to find vaccine locations near you. You will also notice signs and information at your local pharmacies.

What Is the Cost?

The COVID-19 vaccine is available at no cost; the federal government is providing the vaccine free of charge to all people living in the U.S. Providers will collect your insurance information to bill the plan for a vaccine administration fee, but you pay nothing.

Progress by State (as of 7/8/2021)*



*Updated data available on [mayoclinic.org](https://www.mayoclinic.org). Numbers reflect percentage of state population with at least one dose of the COVID-19 vaccine. If you receive the Pfizer or Moderna vaccine, please remember you are not fully vaccinated until two weeks after your second dose.

Member Story

Choosing to Protect Myself



Mary Pitts, a union steward at Kroger #811 Beavercreek, Ohio, needed to consider her autoimmune condition when deciding on her vaccination plan.

“I wasn’t nervous or anything about getting the actual vaccine, even though some (people) believe there are many reasons to be scared,” Pitts said. “I trust in science. How can we not if we want to cure cancer or any other diseases?”

“I did quite a bit of research to make sure the vaccine was safe for me,” Pitts said. Pitts lives with psoriatic arthritis, a chronic inflammatory disease of the joints. “All of the medical pages I could find said it (isn’t) a ‘live’ vaccine which means it wouldn’t trigger my disease as a live vaccine (might).”

Pitts received the Moderna shot and said she didn’t have much soreness in her arm, and she was able to work her entire shift the next day with very little pain.

In addition, Pitts said she was lucky she’s in remission and not on any medications that could lessen the effectiveness of the vaccine.

While she said she knows everyone’s body reacts differently to vaccines and medications, she feels lucky she did not experience severe side effects.

And for those who are



still hesitant to get their shot? “Honestly, if there is no medical reason to not get vaccinated, I say ‘do it,’” Pitts said. “Worst case is you have

a reaction that is less than pleasant, but I’ll take that over a hospital stay or death.”

WHAT DO WE DO NEXT?



Even as regulations are lifted and life returns closer to “normal” in the United States, it’s important to continue with things we learned during this global pandemic. Social distancing, masks and handwashing not only helped slow the spread of COVID-19 but also resulted in lower flu numbers this past winter.

According to Healthline, there was a 98% decrease in flu hospitalizations from October 1, 2020 to January 30, 2021. Both COVID-19 and influenza spread through aerosol droplets, so minimizing contact to protect against one also protected against the other.

Now that we are equipped with that knowledge, what can we do to continue to promote health and prevent spread?

EVEN IF YOU’RE FULLY VACCINATED....

WEAR A MASK AS NEEDED

It’s not a bad idea to continue to wear a mask when you’re in crowded areas with unfamiliar people. Even if the business or venue no longer requires a mask, wearing a face covering can help protect you from others or help stop you from spreading a cold if you’re unaware you are sick.

STAY HOME IF YOU’RE SICK

If you’re sick, it’s important to stay home or stay away from other people to help prevent the spread of whatever illness you have. Not only will you keep others safe, but you’ll also get some much-needed rest and relaxation that can help you recover quickly.

WASH YOUR HANDS

Everyone should be washing their hands anyway, but the increase in hygiene and hand sanitizer helps protect ourselves from influenza and other cold viruses. Another sanitizing habit we should continue post pandemic? Cleaning frequently touched surfaces, such as door knobs and light switches.

You are essential.

During the pandemic, many essential workers continued to show up every day, prepared to help their communities as they tried to navigate an unfamiliar and scary situation. Those essential workers kept things running, and everyone is grateful for the daily work they did.

No matter your job or your role in society, you are essential.

You may be a parent, a child, a sibling – you are someone to someone. You are loved. You are needed. You bring a smile to someone’s face. You make someone laugh. You are a shoulder to cry on. You are a caring friend.

It’s important to keep yourself healthy, so you can continue to be all of those things and more.

Stay safe and seek care if you need physical or mental help. YOU are essential.

FRESH AIR

Heartland Wellness Coordinator Erin Gebhardt explores the free benefits and feel-good properties of nature.

At the Corryville Kroger (Store #513) in Cincinnati, Ohio, new Wellness Coordinator Erin Gebhardt was surprised to find the benefit of nature ... inside! Designed, installed and maintained by Urban Blooms, the store's 42-foot living wall, located in the food court area, is Ohio's tallest living wall.

According to urbanblooms.org, an indoor living wall acts as an art installation to energize the space. Each wall features an automated irrigation system and unique plant selection, with the wall in Kroger highlighting the neighborhood's diversity by including 30 plant species. These include bromeliads, five-foot ferns, banana trees and small-leafed philodendrons.

We asked Erin to share her passion for nature and wellness and hope her words will inspire you to explore the world around you.



Tyler Wolf (owner of Urban Blooms), Erin Gebhardt and Nancy Sartor (34 years of service, floral department) pose in front of the living wall at the Corryville Kroger.

In the United States, we are facing serious health issues: obesity, heart disease, diabetes, anger, anxiety and depression are steadily rising. **Spending time in nature can lower blood pressure, lower stress, improve sleep and decrease pain levels.** Appreciating the beauty surrounding us is a reminder that there is more to life than work, bills and errands. It has a profound way of saying to us that we are part of something special, something bigger.

You are literally surrounded by nature every day, so you can find something that works for you! You've heard the phrase "stop and smell the roses" — it's a great reminder to take a moment and notice the aromas of the flowers and the trees, feel the warmth of the sunshine and take a nice big breath of fresh air!

Feed the birds, take a stroll down your street or at a local park, go fishing or take a drive in the country. **Make enjoying nature a priority instead of an afterthought.** These simple, few minutes will immediately relieve tension and come at no cost.

How NATURE Can Improve Your LIFE!

1. Improve your **memory** & increase **concentration**
2. Heal your **body** & prompt **weight loss**
3. Absorb **vitamin D** to strengthen your **immune system**

4. Keep your spirit **youthful** & reduce **stress**
5. Brighten your **mood** & restore **feelings of happiness**



LIFE'S A PICNIC!

The essentials needed to turn a simple picnic into a recipe for relaxation.

Maybe your picnic won't be picture perfect like you see in magazines, but a healthy and happy picnic experience is possible by following these tips!

time to get comfy

The most important part of outdoor dining is being comfortable. Use any soft blankets you already own, or bring folding travel chairs or cushions if you need extra padding or back support. Protecting your joints is important!

bring on the appetizers

Whether you're having a full meal or just a midday snack, having simple appetizers is key to fueling your body. Shop the deli section for your favorite cheeses and crackers and stock up on fresh fruits and portable veggies.

Have fun with it: Celery with some peanut butter and raisins makes ants on a log — that's much better than ants on your picnic blanket!

energy for the trails

Exploring nature can use a lot of energy, so refuel with homemade trail mix. The best part about trail mix is you can make it your own: Customize it based on what you like! Combine your favorite types of granola, dried fruit and nuts — and don't forget to include a little chocolate, too.

simple sandwiches

There is a reason sandwiches are so popular for lunch: They're easy, filling AND they can provide essential fuel for your body! Go with the classic peanut butter and jelly or choose your favorite deli meats and cheeses.

stay hydrated

Summer safety is all about keeping your body hydrated. Avoid caffeine, alcohol or sugary drinks and instead keep a reusable bottle of water handy, especially if you're sweating a lot. You can also supplement with water-rich foods like watermelon and strawberries.



DON'T FORGET THE SUNSCREEN!

Limit your time directly in the sun: Choose a shady spot for outdoor activities, especially between 10 a.m. and 4 p.m. when the sun's UV rays are strongest. In addition, pack and wear your sunscreen! The World Health Organization recommends applying a broad-spectrum sunscreen of SPF 15+ liberally and reapplying every two hours. Exercising or swimming? Apply after you finish, too.



Looking Forward

Don't forget about these upcoming tasks!

Complete Your Wellness Passport

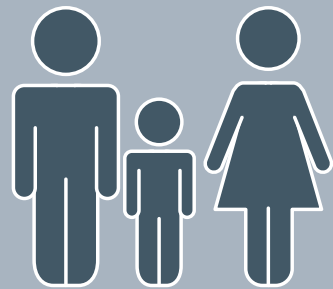
Each calendar year, Heartland participants are offered one in-network wellness checkup with their personal care provider and/or an in-network biometric screening covered at 100%. Knowing the results can help you on your journey toward healthy living. **Complete your screening now!**



If you need a Wellness Passport or have questions regarding your plan, contact Heartland at 937-665-1900 or email wellness@ufcwbenefitplan.com.

Verify Your Dependents

If your spouse or dependent children are enrolled in Heartland benefits, you should have received information from Part D Advisors. The Heartland Health & Wellness Fund is undergoing a dependent eligibility audit, so participants are asked to provide documentation to PDA for verification. Return your dependents' information ASAP to avoid any interruption in benefits.



Enroll During Open Enrollment

Open Enrollment occurs every November/December. Remember: You must enroll every year in order to guarantee your benefits. It can be hard to keep track of when you need to do things, so keep an eye on your mail this fall for a reminder to enroll.



When you do get that reminder? Do it! Don't wait. The sooner it's completed, the less likely you are to forget. Go ahead and put a reminder on your calendar now.



Find us on  [Facebook.com/heartlandwellnessfund](https://www.facebook.com/heartlandwellnessfund)

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Phone: 937.665.1900  Fax: 937.665.0900  Email: admin@ufcwbenefitplan.com

UFCW LOCAL 75:

7250 Poe Ave Suite 400 Dayton, OH 45414
Phone: 877.665.0075 Fax: 937.665.0600 Website: ufcw75.org

UFCW LOCAL 227:

3330 Pinecroft Dr Louisville, KY 40219
Phone: 800.443.5191 Website: ufcw227.org

UFCW LOCAL 700:

3950 Priority Way S Indianapolis, IN 46240
Phone: 800.334.3619 Website: ufcw700.org

UFCW LOCAL 951:

3270 Evergreen Dr NE Grand Rapids, MI 49525
Phone: 800.999.0951 Website: ufcw951.com

UFCW LOCAL 1059:

4150 E. Main St Columbus, OH 43213
Phone: 614.237.7671 Website: ufcw1059.com

UFCW LOCAL 536:

101 Grant Rd Marquette Heights, IL 61554
Phone: 800.832.9536 Website: ufcwlocal536.org

UFCW LOCAL 1776:

3031-A Walton Rd Plymouth Meeting, PA 19462
Phone: 866.329.1776 Website: ufcw1776.org

PENSION OFFICE:

Contact your Local UFCW for information

HEALTH INSURANCE FUND OFFICE EXTENSIONS:

Eligibility: 2025 & 2073

Claims*: 2082, 2074 & 2986

Sick Pay: 2018 & 2975

Need ID Card*: 2013

Biometric Screening & HRQ Questions: 2985

COBRA: 2986

Retiree: 2074

PRE-CERTIFICATION:

HealthLink: 877.284.0102

ANTHEM:

Find a Doctor: 800.810.2583

Website: anthem.com

Plan: Blue Access PPO

DELTA DENTAL OF OHIO:

Find a Dentist: 800.524.0149

Website: deltadentaloh.com

PRESCRIPTIONS:

Active Kroger employees:

Kroger Prescription Plan (KPP) 800.575.7712

All CVS employees:

CVS Caremark 866.284.9226

All other employees not listed above:

Express Scripts 800.467.2006

HIGH TECH IMAGING/ECHO/SLEEP: 888.240.5057

LIVEHEALTH ONLINE:

Website: livehealthonline.com

Phone: 888.548.3432 ext. 2

VSP (Vision Service Plan):

Find an Eye Care Provider: 800.877.7195

Website: vsp.com

*Local 227 participants should contact their benefit providers for claims and ID card requests.