

THE HEARTBEAT

HEARTLAND HEALTH & WELLNESS FUND

WINTER 2022

EDITOR: CHARLOTTE KYLE / COMMUNICATIONS DIRECTOR

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New Year's Resolution Alternatives

Knowing Your Biometric Numbers

... AND MORE!

Be active - take a walk in a winter wonderland!



In This Issue...

WELCOME!

We'd like to extend a welcome to the latest members of our Heartland family! As of January 1, 2022, Heartland has welcomed new participants from UFCW 876, UFCW 881 and UFCW 951.

We serve more than 52,000 members, comprised of plan participants, spouses and dependents in Ohio, Indiana, Illinois, Kentucky, West Virginia and Michigan represented by the United Food and Commercial Workers (UFCW) Union.

We are so excited to join you and help you on your health journey. Your health matters!

The Heart Beat newsletter is all about YOU, the participants of the Heartland Health & Wellness Fund. In this issue, we're spotlighting a participant who made **small changes that led to big results!** After you've read Barbara's story on **page 3**, check out **pages 4 and 5** for ideas on how to make your own small changes to replace that (possibly broken) resolution.

It's a new year, after all, so don't forget that you'll want to **complete a biometric screening in 2022!** It's never too early to think about your health. Prep yourself with knowledge from **page 6**, then schedule your screening today!

Looking for something warm to fill you up? **Page 7** features a **slow cooker recipe** from Communications Director Charlotte Kyle. It's easy - if she can make it, so can you! Try it today then email her at CharlotteK@ufcwbenefitplan.com if you liked it!

COVID REMINDERS

- As a reminder, COVID tests performed in offices, clinics, etc., are covered at 100 percent with your Heartland medical insurance.
- Coverage information for At-Home COVID tests as it relates to the government mandate will be provided to you as soon as possible. Visit heartlandwellnessfund.com for the latest news as it becomes available.
- Continue to isolate if you have symptoms, wear your recommended mask when indoors and take care of yourselves.

THANK YOU!

Open Enrollment can be a chaotic, hectic time for everyone, especially during a pandemic. The Heartland Health & Wellness Fund would like to offer a sincere thank you to Spectrum Printing in Dayton, Ohio for printing and mailing our enrollment materials.

They put in the hard work to make sure you get what you need and they make sure our materials, like this newsletter, look good!

Thank you, Nan and the crew, for helping us help our participants!





MEMBER SPOTLIGHT

Erin Gebhardt – Ohio Wellness Coordinator

In each issue the Heartland Health & Wellness Fund's team of Wellness Coordinators likes to feature a participant who has a health-related story to tell. If you want to share your story or suggest a friend's story, email CharlotteK@ufcwbenefitplan.com.

Barbara Trott is putting on clothes she hasn't worn in a long time!

September 2021 marked 30 years of service for Trott and she said she has big plans for her quickly approaching retirement. A few years ago, Trott said she was feeling overweight and had been a smoker for 45 years. That was when she decided she wanted to enjoy her retirement years and, in order to do that, she needed to make some changes to her lifestyle.

Smoking had become a crutch that she didn't need anymore, she said, so she committed to quitting. She spoke with her doctor and together they decided that Chantix was a good option to help her quit smoking. She said it worked like a charm and she has been smoke-free for more than two years.

Trott said she also started a 1500 calorie diet and set a goal to walk 8,000 steps each day. Walking her dogs is the best way to get her steps in, she said, because they keep her motivated and accountable.

Looking back on this two-year journey, she said she is happier than ever. Like many people, she said she never thought she could do anything like it. She said feels great and has much more energy.

The icing on this healthy cake? With the money she has saved from quitting smoking, she said she paid cash for a car! She said she is looking forward to spending retirement in her hometown of Springfield, Ohio. By starting small and pushing on, Trott is on



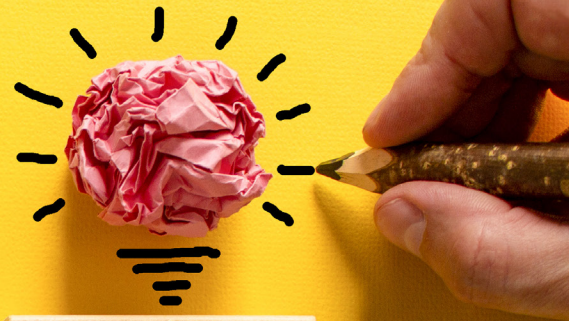
Barbara Trott poses outside of store 942 with her manager, Josh.

track to a beautiful new chapter and Heartland could not be happier for her!

“You can quit (smoking) if you truly want to,” Trott said. “Having a strong support system in key.”

Trott is well-loved and appreciated by all of her customers at Kroger Store #942 in Columbus and is very thankful to have her supportive manager, Josh. Both she and Josh agree, it's all about the people!

DID YOU MAKE A NEW YEAR'S RESOLUTION?



HAVE YOU ALREADY **BROKEN** IT?

When people make resolutions for the new year, they frequently try to make too many changes too fast. Rather than operating with an "all or nothing" attitude, use this year to make small changes each day.

DAY

EVERY

Those changes add up.

STEPS

SMALL

TAKE

Want to eat healthier? Suddenly changing your diet to only things found in the produce department or cutting out entire food groups is not healthy or sustainable.

Instead, make healthier substitutions and introduce new meals to your menu. Soon, you may find yourself naturally gravitating toward foods that make you feel better.

Wellness Coordinator Misty Kessler has been visiting Kroger stores to speak with Heartland participants from UFCW 227 about their 2022 goals. Wendy Abell at store 762 in Clarksville, Ind., said she is excited to complete her biometric screening this year and she wants to quit smoking. Charles Gough at store 784 in Lexington, Ky., echoed Wendy's goal: he said he wants to "quit smoking once and for all!"

COORDINATOR
CORNER



Charles & Misty



Wendy & Misty

To promote healthier eating and nutrition mindfulness, our wellness coordinators spoke with Heartland participants about their Go, Slow and Whoa foods.*



WHOA!

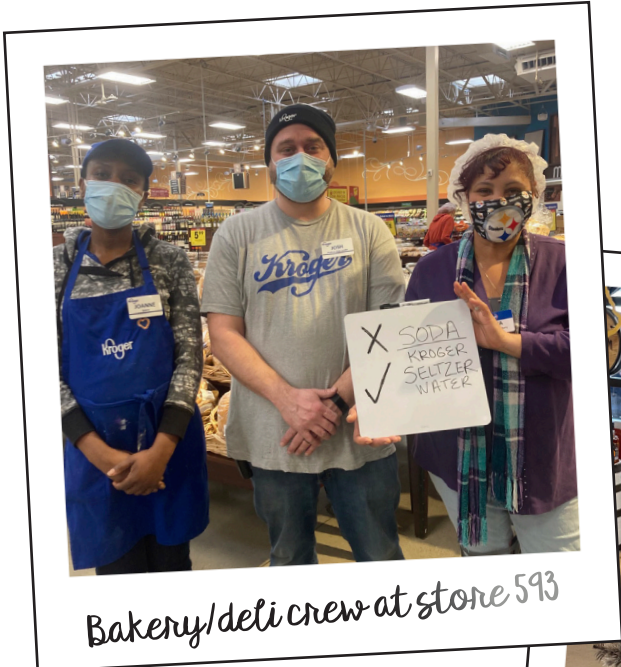
Even Cookie Monster learned that cookies are a once in a while food which is the definition of a "whoa" food. Other examples include french fries, chips, fried chicken and regular soda.

SLOW!

It's important to limit slow foods to several times a week at most. These are "sometimes" foods, things like white bread, white rice, vegetables in sauces and fruits canned in light syrup.

GO!

With a "Go" food, you can have it almost anytime. Choose filling foods with a lot of nutrients such as fresh fruits and vegetables, whole grains, fat-free milk and proteins like chicken and turkey.



Bakery/deli crew at store 593

Wellness Coordinator Erin Gebhardt chatted with deli/bakery manager Velva McCuen at store 593 in Columbus, Ohio. Erin spoke with the Local 1059 participants about healthier substitutions and how small changes go a long way. Velva said she prefers Kroger Seltzer Water as a replacement for soda.

Meanwhile, Misty and Donna Kelley at store 752 discussed their favorite Go, Slow and Whoa foods. Donna listed her favorites as blueberries (go), white bread (slow) and potato chips (whoa).



Donna & Misty



New Kids on the Block! UFCW 75 member Don recently started working Kroger store 747 in Vandalia, Ohio. He met with Graham Watson, our new Wellness Coordinator for Indiana, when Erin showed him the ropes.

*Information on "Go, Slow and Whoa" foods provided by the National Heart, Lung, and Blood Institute and National Institutes of Health. Visit nhlbi.nih.gov for more information.

HEALTH SCREENINGS ARE ABOUT MORE THAN JUST THE NUMBERS

You go to your doctor or you visit a clinic and you complete a biometric screening, also known as a health screening. You get the results and...they just sort of look like numbers to you. Your provider will explain what the results mean, how that affects your health and what you can do to improve yourself, but it's easy to forget in the moment. Medical appointments can be stressful and it's hard to keep it all straight when you're stressed. Here is some basic info to prep yourself before your annual physical.

1 HEIGHT / WEIGHT

Starting with the easiest results: this is how tall you are and how much you weigh.

2 BLOOD PRESSURE

This refers to the pressure of circulating blood against the walls of your blood vessels. The two important numbers to know are the top and bottom numbers, or the systolic and diastolic. More importantly, you'll want to know if your blood pressure is high or low. Both can be dangerous and your vitals need to be monitored by your primary care physician.

3 HDL CHOLESTEROL

You might hear this referred to as "good" cholesterol. High-density lipoprotein (HDL) absorbs cholesterol and carries it back to the liver so it can be flushed from the body. High levels of HDL cholesterol lowers the risk for heart disease and stroke.

4 LDL CHOLESTEROL

Where there's good, there's bad. That might be how you know of low-density lipoprotein (LDL) which makes up most of your body's cholesterol. High levels of LDL cholesterol raise the risk of heart disease and stroke. Medicine and lifestyle changes can help keep both of these numbers where they need to be.

5 TRIGLYCERIDES

This type of fat found in your blood is often checked alongside your cholesterol. A high level of triglycerides can increase the risk of heart disease by thickening the artery walls, so it's important to keep this number in a healthy range to live a heart healthy life.

6 BLOOD GLUCOSE

You've probably called this your blood sugar and it's your body's main source of energy. Most people associate this with diabetes, but you can have problems with your blood sugar being too high or too low even if you do not have the disease. Levels higher than normal may be referred to as prediabetes, which can be remedied with diet and exercise.

GET YOUR SCREENING!
You can complete your biometric screening now. Don't wait for a deadline to approach - make YOUR HEALTH a priority!



SCREENING TEST	SCREENING RESULT
HEIGHT	
WEIGHT	
BLOOD PRESSURE	
TOTAL CHOLESTEROL	
HDL CHOLESTEROL	
LDL CHOLESTEROL	
TRIGLYCERIDES	
BLOOD GLUCOSE	

RECIPES FROM *the Heartland*



"Artoo's White Chicken Chili"

Charlotte Kyle
Communications Director

The best thing about soups and chilis is that you can't go wrong with modifications. You can keep adding ingredients you like and omitting ones you don't until one day you craft the perfect cauldron of a magic potion to keep you warm and full on a winter day.

In our household, this white chicken chili recipe has been a different version every time we've made it, but after years of concoctions, I think we've landed on the perfect mix. A little heat, a little sweet and so delicious.

Ingredients

- 3 lbs chicken breast, boneless & skinless
- 4 limes
- 4 14 oz cans of chicken broth
- 1 cilantro bunch
- 3 15.5 oz cans of great northern beans
- 2 teaspoons chili powder
- 3 15.5 oz cans of cannellini beans
- 2 teaspoons garlic powder
- 2 4 oz cans of diced green chiles
- 1 teaspoon cayenne pepper
- 1 15.25 oz can of southwest style corn
- 1 teaspoon paprika
- one medium onion



BEHIND THE NAME

Fun fact: the can of corn was only introduced to the mix recently, inspired by our cat's love of corn. Because of that, we now call this recipe Artoo's White Chicken Chili.

Instructions

1. Cut chicken into bite-sized chunks and add to 7-quart slow cooker.
2. Dice onion and add to slow cooker.
3. Add beans (drained), green chiles, chicken broth and corn (if desired) to slow cooker. Omit can of beans or amount of broth if your slow cooker becomes too full.
4. Cut limes in half and squeeze or juice. Add lime juice to mixture.
5. Add chili powder, garlic powder, cayenne pepper and paprika. Adjust seasonings to taste.
6. Chop up your cilantro and add to slow cooker.
7. Stir ingredients to mix, then cover and cook on high for 4 hours or low for 8 hours. Chicken should be cooked thoroughly.

Add shredded cheese or sour cream to servings to reduce spiciness and serve with your favorite crackers for extra crunch.

Refrigerate any leftovers. Your chili may separate when stored in the refrigerator - this is normal, just stir and reheat.



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

7250 Poe Ave Suite 300 Dayton, OH 45414-2547

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

UFCW LOCAL 75:

Phone: 877.665.0075 | Website: ufcw75.org

UFCW LOCAL 227:

Phone: 800.443.5191 | Website: ufcw227.org

UFCW LOCAL 536:

Phone: 800.832.9536 | Website: ufcwlocal536.org

UFCW LOCAL 700:

Phone: 800.334.3619 | Website: ufcw700.org

UFCW LOCAL 876:

Phone: 800.321.6406 | Website: ufcw876.org

UFCW LOCAL 881:

Phone: 847.294.5064 | Website: local881ufcw.org

UFCW LOCAL 951:

Phone: 800.999.0951 | Website: ufcw951.com

UFCW LOCAL 1059:

Phone: 614.237.7671 | Website: ufcw1059.com

UFCW LOCAL 1776:

Phone: 866.329.1776 | Website: ufcw1776.org

PENSION OFFICE:

Contact your Local UFCW for information

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