

THE HEARTBEAT



HEARTLAND HEALTH & WELLNESS FUND

SPRING 2023

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IN THIS ISSUE:

Finding a Doctor

Protecting Your Skin

The Importance of Hydration

... AND MORE!



In This Issue...



The Heartbeat newsletter is all about YOU, the participants of the Heartland Health & Wellness Fund. In this issue, we're celebrating spring as a time for change and more opportunities to grow!

We're exploring technology as a catalyst for change on **page 3**. We're checking out the Hinge Health program to improve our joint and muscle pain, so we invite you to join us in starting!

On **page 4**, learn how one participant took advantage of the Virta program to improve her health. She started last year and has seen steady growth!

Like plants need to establish roots in the ground to grow healthy and strong, people need to establish a primary care physician. It can be overwhelming, but the information on **page 5** can help you start.

Plants need sunshine, but too much sun can lead to problems. We encourage you to go outside and soak up the good vibes from the sun, but it's important to do it carefully. May is Skin Cancer Awareness month, and safety tips and checking your moles on **page 6** may save your skin this season.

We've got healthy roots and sunshine, so the final resource to round out this metaphor? Water! It's important to stay hydrated, especially if you're engaging in physical activity. Most folks don't drink enough water, so review the tips on **page 7** and maybe grab a glass now to quench your thirst.

Have a wellness story, a recipe or any other feedback regarding The Heartbeat newsletter? Email Charlotte at CharlotteK@ufcwbenefitplan.com with your thoughts.



(above) Rhonda Vester, floral lead at Store 366, shows off their Derby display featuring mint julep cups. (right) Debbie Albrecht works on assembling the garland at store 356 as onlookers watch.

The Florist of Champions

The beginning of May is a busy one in Louisville, Kentucky, especially for Heartland participants who work in the Kroger floral departments. While florists in other parts of the country prepare for Mother's Day, Louisville florists are focused first on the Kentucky Derby.

Kroger has been Churchill Downs' "Florists of Champions" since 1987 when they crafted the Garland of Roses for the 113th Run for the Roses. The garland, placed on the winning horse, is handcrafted in the store while the public comes to watch. If you missed it, you can watch the process on YouTube! It requires more than 80 hours of prep work, plus 10 to 12 hours on Derby Eve, and features more than 450 stems of Freedom Roses.

Locations around the city prepare, too. Folks throughout Louisville often host Derby parties and want flowers for their display tables. It's a blast walking into a Kroger store and being greeted with horse balloons and beautiful roses!

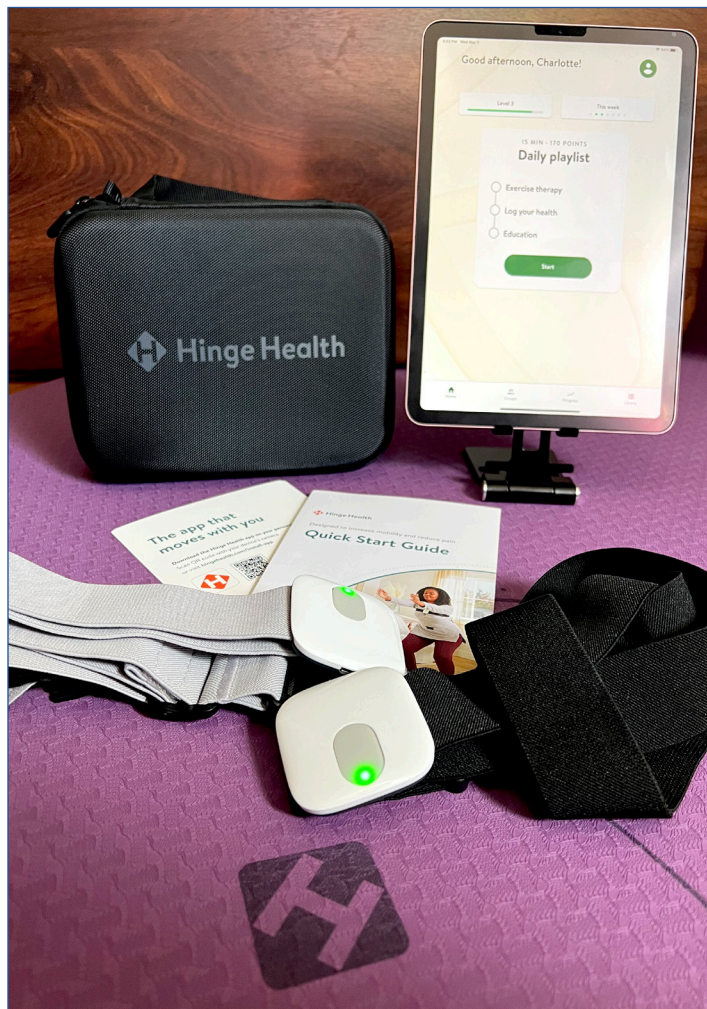


Connect with Hinge Health

Hinge Health offers digital exercise therapy programs to support back and joint health. Hinge Health connects participants with a clinical care team and provides custom exercise therapy plans, including app-guided exercises. Wearable sensors assist participants in performing the exercises correctly.

These tools provided by Hinge Health are designed to conquer back and joint pain, and using them helps participants recover from injuries, prepare for surgery and stay healthy and pain-free.

Hinge Health programs are available to you and your eligible dependents at no additional cost. Plus, you can complete your customized care plan anywhere, any time.



Communications Director Charlotte Kyle started her Hinge Health journey to improve her lower back pain. After signing up online, she quickly received wearable sensors and a guide to help her start the program.

ONLINE:
hinge.health/heartlandwellnessfund
BY PHONE:
855-902-2777

Visit the NEW Heartland Health & Wellness Fund website!



- Get the latest updates on your benefits, health screenings, enrollment and more.
- Access health program information and find links and phone numbers to your benefit providers.
- Check out previous issues of The Heartbeat.
- Contact the Fund office.

SPOTLIGHT

When Lori Riley received information about Virta, she decided to give it a try. After all, as a Heartland Health & Wellness Fund participant, she was eligible for the program at no additional cost.

Virta is a researched-back, one-of-a-kind, type 2 diabetes and prediabetes reversal clinic that can help you lower your A1c and blood sugar, reduce the need to take medication and lose weight.

Lori started the program in October 2022. Wellness Coordinator Erin Gebhardt caught up with Lori in February 2023 and learned Lori had already lost 30 pounds. She said she loved the program.

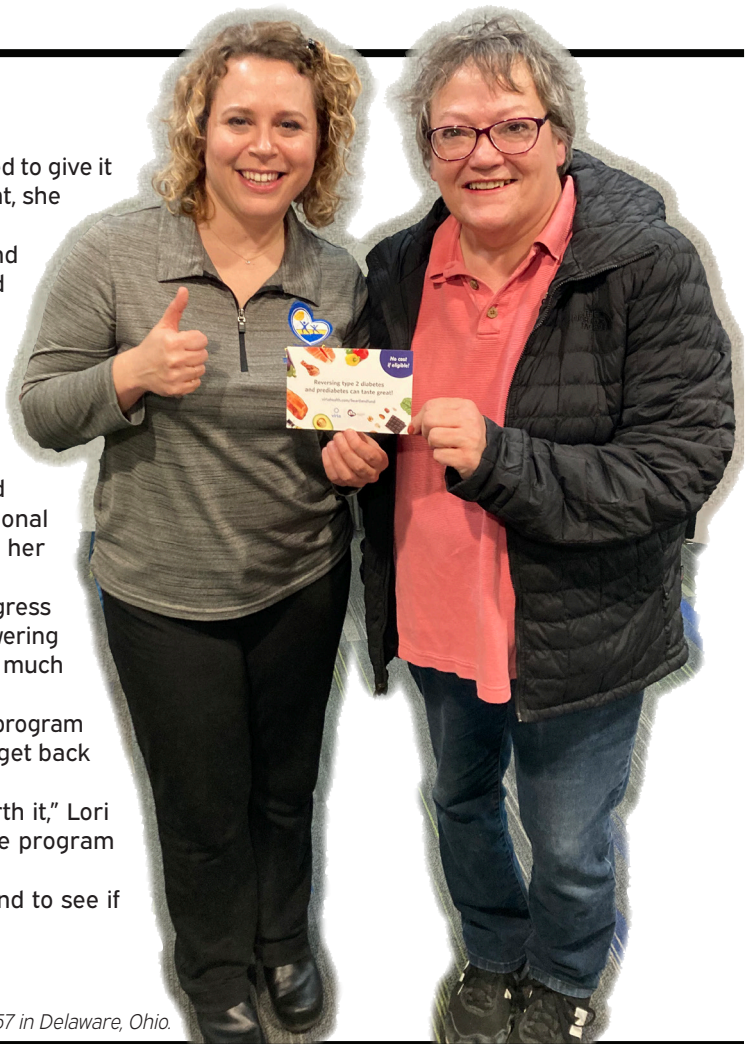
With Virta, participants work with a health coach. Lori described her coach as “very friendly and respectful,” but added that she was held accountable by her team. With the educational aspects of the program, she learned how different foods affect her wellness.

With attainable goals and small changes over time, Lori’s progress was slow and steady. She was able to lower her A1c which led to lowering her insulin and other medications. She said she can even breathe much easier these days.

December was challenging with the holidays, Lori said, but the program taught her to be more aware of her habits, and she was able to get back on track quickly.

“It isn’t easy to make those changes, but they are very worth it,” Lori said, encouraging other Heartland participants to check out the program for themselves.


Visit virtahealth.com/heartlandfund for more information and to see if the Virta program is right for you.



Wellness Coordinator Erin Gebhardt and Lori Riley at Store 857 in Delaware, Ohio.


COORDINATOR CORNER

Each day, Heartland’s Wellness Coordinators visit Kroger locations in their areas to answer questions, share healthy tips and get to know our hardworking participants. Erin Gebhardt learned that Doris Miner takes care of her mental health by being a social butterfly – that includes working in the deli at age 73! Positive attitudes and upbeat personalities can make a difference to your daily life, and Graham Watson’s experiences with Yolanda and Tracy in the bakery have been a highlight for him. Meanwhile, Amanda and Aide work side by side in the produce and floral departments and loved the salad shakers that Misty Kessler brought for them.

 Kroger 836 | Dayton, Ohio




ERIN & DORIS

 Kroger 804 | Lawrence, Ind.



GRAHAM, YOLANDA & TRACY

 Kroger 379 | Louisville, Ky.



AMANDA & AIDE



PICKING YOUR PROVIDER

A quick guide to establishing a primary care physician

What is a PCP?

A primary care physician is your main doctor – your advisor and partner in helping you maintain your health. When you have a PCP, you can receive better routine care and save money compared to seeing a rotation of doctors at walk-in clinics, urgent cares and emergency rooms.

You may be young and healthy and think you don't need to establish a PCP, but this is the perfect time to make that connection. You want to be prepared while things are calm; trying to find a new doctor while you don't feel well adds more stress to your situation.

Establishing this connection can help you make a plan for a healthier life. As you age, your doctor will know your history, habits and health goals. Together, you can tackle problems as they arise or explore options to prevent future conditions.

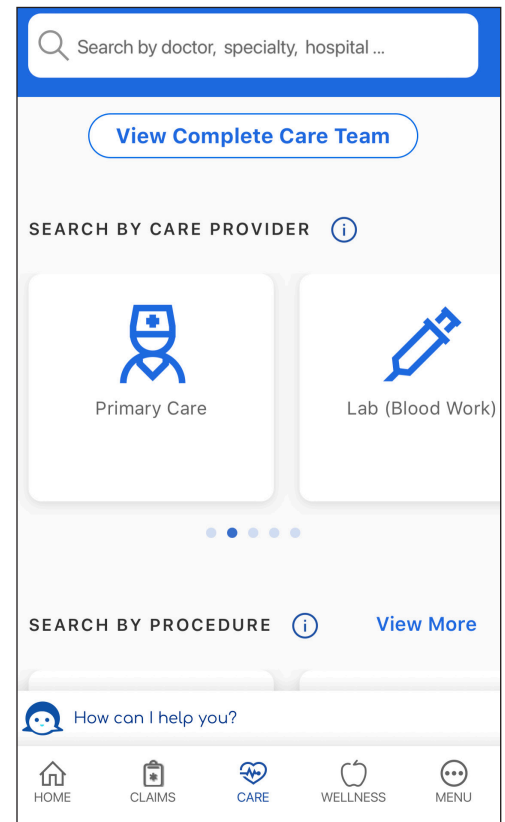
With the relationship you've built, you can save time. With established care, your PCP may be able to help you resolve routine, recurring matters over the phone or via email.

How do I find a PCP?

If you don't have a PCP, or you need to find a new one, you might feel overwhelmed and not know where to start. We've all been there. Whether you are seeing a doctor specializing in family practice, general practice or internal medicine, you will want to find someone you trust. You need to feel comfortable discussing your health and private details with this person.

You can start by asking friends and family if they have a PCP and if they are happy with the care they receive at this office. If so, you'll next need to **confirm the doctor is in-network**. You can do this by searching for them on [Anthem.com](https://www.anthem.com) or using the Sydney Health app.

In fact, the **Sydney Health app** can be a great starting point if your friends and family don't have a recommendation. Using the app, you can search for doctors and providers near your home or your work – whatever will be most convenient for you and your health. You can even **add additional filters, such as office hours, languages spoken or gender**.



If you want more help, the dedicated health guides at Total Health, Total You are committed to assisting you with your health care needs. Contact them via phone at **833-862-0748** or through the Sydney Health app.

HERE COMES THE SUN

Let's talk about Skin Cancer Awareness.

With the warm temperatures and bright days of spring and summer approaching, more Heartland Health & Wellness Fund participants may find themselves spending their free time outside. While time in the outdoors can improve your health, it's important for everyone to keep themselves safe from the sun's harmful rays.

Skin cancer is the most common cancer in the United States. One in five Americans will develop skin cancer by the age of 70. Having five or more sunburns doubles your risk for melanoma, so use the tips below to keep yourself safe. Don't forget to check your moles, too. When detected early, the five-year survival rate for melanoma is 99%.



WEAR A BROAD HAT



WEAR PROTECTIVE CLOTHING



AVOID THE SUN BETWEEN 11 AM & 3 PM



SEEK SHADE



USE SUNGLASSES



USE SUNSCREEN



DRINK MORE WATER



AVOID DIRECT SUNLIGHT



Self-check moles using the **ABCDE** method:

- A**symmetry – One half of the spot does not match the other half
- B**order – The border of the spot is not defined or is irregular
- C**olor – The spot has varying shades or colors
- D**iameter – The size of the spot is bigger than a pencil eraser
- E**volving – The spot has changed over time in size, shape or color

Information provided by skincancer.org and aad.org

From the Heartland A Participant's Story

Jeremy Roberts, the Dairy Department Lead at Kroger store 339 in Louisville, Kentucky, spent a lot of time in sunny Florida as a child. At the age of 12, he recalls getting a very severe sunburn on his shoulders. As an adult, he noticed a mole on his shoulder and decided to have it checked. The dermatologist diagnosed him with stage 3 skin cancer and he began treatment. As of July 2022, Jeremy has completed his treatments and will continue to see his dermatologist to follow up until he gets the "all clear." He wants everyone to check their moles and see a dermatologist because it's important to catch this as early as possible!





DRINKING WATER KEEPS YOU FRESH & COOL

Your Body Is Water

They say your body is roughly 60% water, so it makes sense that you'd want to keep it that way. Drinking enough water can not only prevent dehydration and kidney stones, but also help your body function properly. Water keeps your body a normal temperature, cushions your joints and protects your spinal cord and other sensitive tissues. You eliminate waste through urination, perspiration and bowel movements, all of which require water.

Your Food Is Water, Too

Drinking enough water isn't only about what flows from the faucet, but also about what comes from the grocery store. Many foods contain a high percentage of water. The most obvious is watermelon – it's in the name! You can also add lettuce, tomatoes, apples, celery, zucchini, cabbage and cantaloupe to the list. When you have a choice of soup or salad, either will help add to your water consumption.

How Much Is Enough?

Every body is different, so there is no easy answer to the question: "How much water do I need in a day?" Health professionals typically recommend between six to 12 cups depending on your activity level. A good rule of thumb: If you're thirsty, drink some water. Most importantly, remember to drink more if you live in a hot climate, are physically active, are pregnant or breastfeed, if you are running a fever or experiencing diarrhea or vomiting.

HYDRATION TIPS

- Carry a water bottle and refill it throughout the day.
- Opt for water when dining out to save money and reduce calories.
- Need more flavor? Add lemon or try a water enhancer like Crystal Light or Mio for a treat.
- Set a routine. For example, drink a glass of water when you wake up.
- Hungry or irritated? You might be thirsty. Try drinking water first to see if that changes your mood.
- Use your smartphone to help your habit. Download a water tracker app or set alarm reminders to take a water break.



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

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Phone: 877.665.0075 | Website: ufcw75.org

UFCW LOCAL 227:

Phone: 800.443.5191 | Website: ufcw227.org

UFCW LOCAL 400:

Phone: 800.638.0800 | Website: ufcw400.org

UFCW LOCAL 536:

Phone: 800.832.9536 | Website: ufcwlocal536.org

UFCW LOCAL 540:

Phone: 800.282.0714 | Website: ufcw540.org

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UFCW LOCAL 1776:

Phone: 866.329.1776 | Website: ufcw1776.org

PENSION OFFICE:

Contact your local UFCW for information

ANTHEM:

Dedicated Toll-free Line: 833.862.0748

Website: anthem.com

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: 888.953.6703

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Find an Eye Care Provider: 800.877.7195

Website: vsp.com