

THE HEARTBEAT

HEARTLAND HEALTH & WELLNESS FUND

WINTER 2023

EDITOR: CHARLOTTE KYLE/COMMUNICATIONS DIRECTOR

IN THIS ISSUE:

*Your New Benefits
About Heartland
Heart-healthy Foods
... 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 focusing on NEW features related to your benefits! We're breaking down things on **page 3**, then you can check out **page 4 and page 5** to learn more about us. Our participants are all over the country, but you can always find us when you need help.

Speaking of, we welcome new participants from UFCW Local 400 in Roanoke and Richmond who joined Heartland as of January 1, 2023! We are so thrilled to serve you.

Heart health is incredibly important, and each February, health organizations spread awareness about heart-healthy living to save lives. According to the Centers for Disease Control and Prevention, heart

disease has been the leading cause of death in the United States since 1950.

One of the risk factors for heart disease includes high blood pressure, so now might be a good time to check yours. **Page 6** includes information on high blood pressure and encourages everyone to monitor their numbers. If your numbers aren't where you want them, consult your doctor.

An unhealthy diet can also contribute to heart disease, so check out the DASH diet on **page 7** and see how to incorporate healthier changes into your meals this year.

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

Thank You!

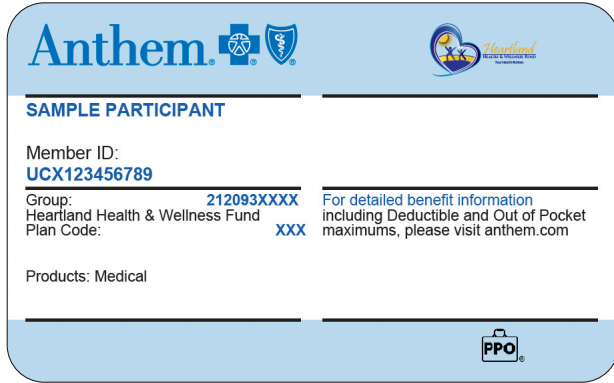
On February 1, 2023, UFCW 75 hosted a luncheon in Dayton, Ohio, to show appreciation for Heartland Health & Wellness Fund staff who were leaving. This included recognizing former Healthcare Chief Operations Officer Missy Steed for her 30+ years of service with the Fund. Thank you for all you've done, your Heartland family will miss you!



(from left to right above)
Missy Steed with Heartland Wellness Director Eric Mueller, Heartland CEO Jerry Evans and UFCW Local 75 Director of Finance Tom Bierman.



WHAT'S NEW IN 2023



NEW ID CARDS!

You should have received a new medical ID card from Anthem. Please discard any previous Anthem ID cards and begin using your new card.

Questions About Your Medical Claims?

Anthem is processing medical claims for all services beginning January 1, 2023. Participants can contact Anthem using the Fund's dedicated Anthem toll-free number:



833-862-0748



Download the Sydney Health App!

With the Sydney Health mobile app, access to Total Health, Total You benefits is as simple as picking up a smartphone. Participants can use it to view health plan details, access a digital ID card, find in-network local doctors, participate in wellness activities and chat with a Health Guide. Participants can register at anthem.com/signup and use the QR code above!

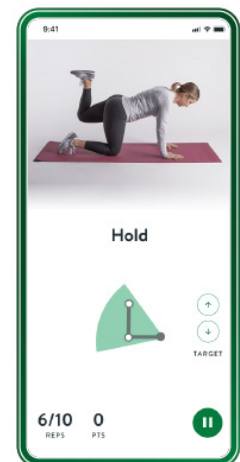


Meet Hinge Health

Hinge Health offers digital exercise therapy programs to support back and joint health.

It gives you the tools to conquer back and joint pain, recover from injuries, prepare for surgery and stay healthy and pain-free. Their programs are available to you and your eligible dependents at no additional cost. Plus, you can complete your customized care plan anywhere, any time.

Scan the QR code to learn more and apply at: hinge.health/heartlandwellnessfund or call 855-902-2777.



Home is where the **Heartland** is.



Heartland has more than 52,000 members, including plan participants, spouses and dependents in Illinois, Indiana, Kentucky, Michigan, Ohio, Pennsylvania, Tennessee, Texas, Virginia and West Virginia represented by the United Food and Commercial Workers Union. As our Heartland family grows, the Heartland Health & Wellness Fund office in Dayton, Ohio, is here to help with all your benefit questions.

How can we help you today?

- » eligibility
- » enrollment
- » sick pay
- » life insurance
- » wellness
- » COBRA

CALL US:
937-665-1900
8 a.m. - 5 p.m. EST
Monday - Friday

...and more!


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. In February, Graham Watson met Barb Graham and Penni Jestic in the floral department, where they discussed positive dental insurance experiences. Misty Kessler checked in with Kasey Haynes and chatted about healthy food goals for 2023. Erin Gebhardt and Elizabeth Guiliani explored features of the Sydney Health app and how participants can view their medical claims.

 Kroger 273 | Columbus, Ohio



ELIZABETH & ERIN

 Kroger 109 | Kokomo, Ind.

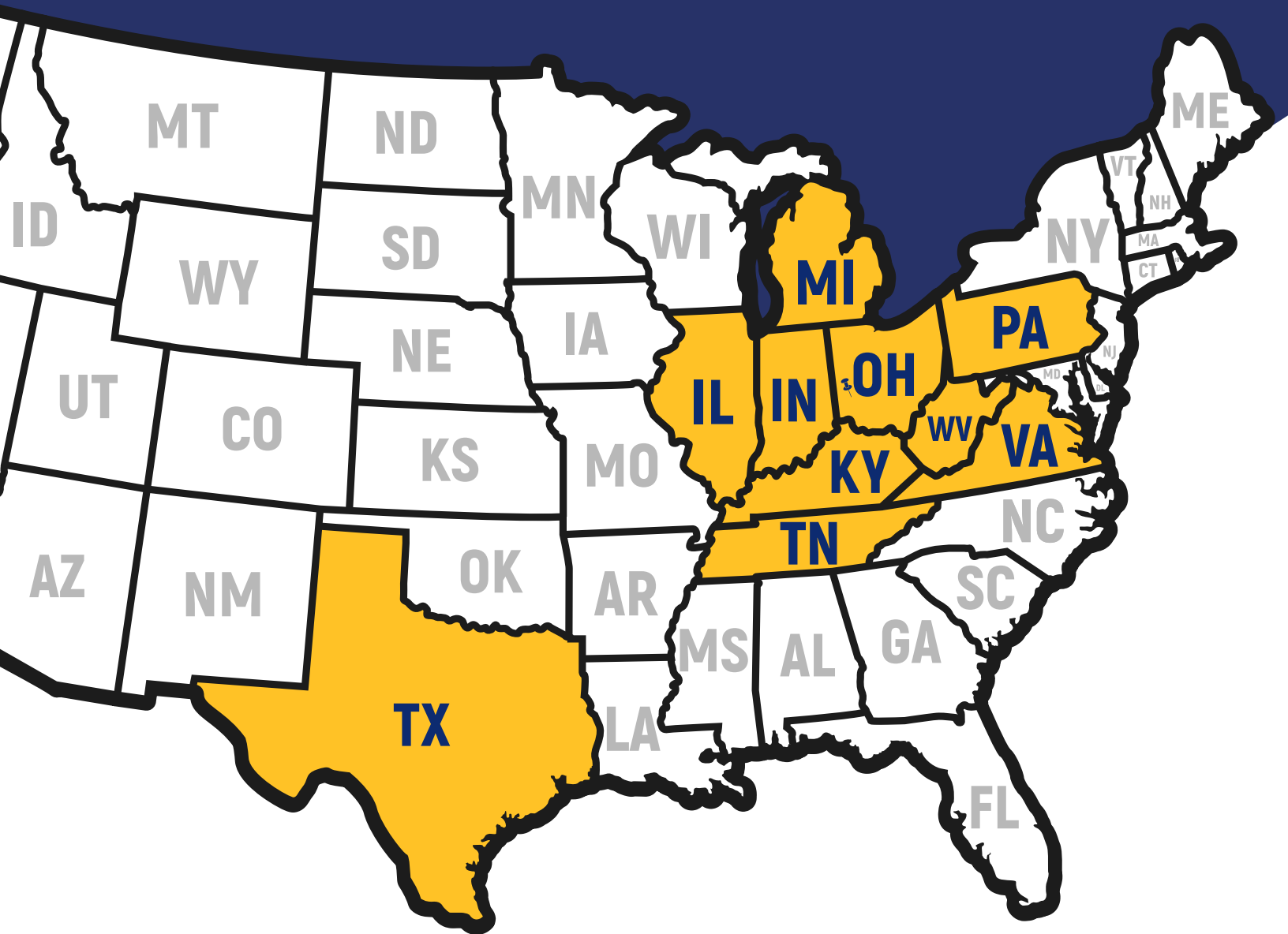


BARB & PENNI

 Kroger 903 | Brandenburg, Ky.



MISTY & KASEY



UFCW LOCAL 75

UFCW LOCAL 227

UFCW LOCAL 400

UFCW LOCAL 536

UFCW LOCAL 540

UFCW LOCAL 700

UFCW LOCAL 876

UFCW LOCAL 881

UFCW LOCAL 951

UFCW LOCAL 1059

UFCW LOCAL 1776



THE PRESSURE IS ON!

The fight against heart disease starts now.

According to the CDC, **heart disease is the leading cause of death in the United States**, so taking steps to protect your heart is important. Understanding your risk for heart disease can assist with determining the actions you can take to fight against the disease.

According to the National Heart, Lung, and Blood Institute, heart disease risk factors include having high blood pressure, being overweight or obese, smoking and not getting regular physical activity. Each risk factor you have increases your chances of developing heart disease.

“Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood,” according to the NHLBI. “If this pressure rises and stays high over time, it can damage your heart and your blood vessels and lead to plaque buildup.”

According to the CDC, high blood pressure can also be linked to a higher risk of dementia. By taking care of your body now, you are helping to take care of your mind in the future. After all, high blood pressure affects people of all ages. The CDC states nearly 1 in 4 adults aged 20 to 44 have high blood pressure.

Because high blood pressure doesn't have any signs or symptoms, your annual health screening is an excellent time to check your numbers and assess your risks. Often people won't know they have high blood pressure and only learn of their condition

Eat a Healthy Diet

For heart-healthy options, see the next page.

Be Physically Active

Try brisk walking or bicycling for 30 minutes per day.

Don't Smoke

If you smoke, it may be time to consider quitting.

Limit Alcohol

Alcohol raises blood pressure, so practice moderation.

Get Enough Sleep

You're never too old to give yourself a bedtime.

because of this preventive screening. For high blood pressure, your doctor may suggest lifestyle changes or medication.

If you are under a doctor's treatment for high blood pressure, monitoring your numbers more frequently than once a year is important. Personal devices are available for your home, or you can take advantage of the machines available in local pharmacies and grocery stores. Ask your doctor for guidance on what is right for you.

Heart-healthy Eating



The DASH Eating Plan

One recommended diet for fighting heart disease is DASH. DASH stands for Dietary Approaches to Stop Hypertension and is a flexible and balanced eating plan rather than a strict diet that leads to frustration and feelings of failure.

There are no special foods; instead, there are daily and weekly nutritional goals. The chart to the right details the types of foods someone following the DASH plan should limit, and the foods they should eat. Remember to consult with your doctor before implementing any diet changes.

Controlling Your Sodium Levels

If you struggle with high blood pressure, your doctor may recommend taking a look at your sodium intake.

Most of the sodium consumed by Americans is found in processed and prepared foods, especially convenience foods and condiments. Convenience foods include frozen dinners, prepackaged foods and soups. When shopping, review the nutritional labels of your favorite items and seek lower sodium alternatives if the amount does not fit into your eating plan.

Select lean meats, poultry or fish over cured food such as bacon or ham. When pairing vegetables with your meal, pick fresh or frozen over canned. If you do select canned, rinse these foods to remove excess sodium.

Rather than reaching for the shaker of table salt to flavor your home-cooked meals, select salt-free seasoning blends or fresh or dried herbs and spices. With these changes, you can make a difference in lowering your daily sodium intake.

DASH Eating Plan	
The Benefits: Lowers blood pressure & LDL "bad" cholesterol.	
Eat This	Limit This
Vegetables	Fatty meats
Fruits	Full-fat dairy
Whole grains	Sugar sweetened beverages
Fat-free or low-fat dairy	Sweets
Fish	Sodium intake
Poultry	
Beans	
Nuts & seeds	
Vegetable oils	

www.nhlbi.nih.gov/DASH

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.



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

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UFCW LOCAL 75:

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

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.org

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

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

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