

# Heartland Health & Wellness Fund

*Your Health Matters.*

# Alive

Summer 2015 Volume 8 Issue 3

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**Heartland**  
HEALTH & WELLNESS FUND  
*Your Health Matters.*



## TOTAL HEALTH SCREENING PROGRAM

How long has it been since you last checked your blood pressure, blood sugar, or cholesterol?

Do you have a family history of heart attacks, heart failures, or diabetes? High blood pressure is one of the leading signs that you have an increased risk for heart attacks and strokes.

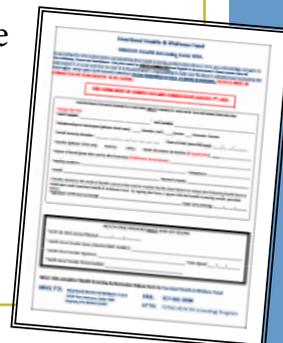
Getting your FREE annual screening helps you and your doctor stay on top of your health and reduces your risk.

**Your in-network screening is 100% paid by your insurance once per year, so don't wait!**

Did you get your screening form in the mail?

Call the Heartland Health & Wellness Fund office to get a form and more details about the program at [1-800-433-1204](tel:1-800-433-1204) or email [wellness@ufcwbenefitplan.com](mailto:wellness@ufcwbenefitplan.com).

Screening forms are also available online at [www.heartlandwellnessfund.com](http://www.heartlandwellnessfund.com). Just login and go to Download Documents.



Make sure the provider you use for your medical, dental, and vision care is **IN-NETWORK**.

Your insurance company has a group of healthcare providers and facilities they have negotiated a certain rate with for their services. If a doctor, hospital, or health care facility you visit is part of your insurance company's network, you'll get your health care at a lower price.

If you go out of your network for health care, it may be more expensive.

To find a provider in-network call:

Medical: 1-800-810-2583

Dental: 1-800-524-0149

Vision: 1-800-877-7195



## WHAT CAN I DO TO KEEP MY BLOOD SUGAR IN CHECK?

### Physical activity is crucial for an individual with diabetes

- It helps control your blood glucose
- It helps keep your weight down
- It helps keep your blood pressure down
- It helps raise your HDL (High-Density Lipoprotein), good cholesterol levels
- It helps lower your LDL (Low-density lipoprotein), bad cholesterol levels



These five benefits have a DIRECT bearing on how successfully you manage your diabetes. Exercise also has other general health benefits - you sleep better, your mental state improves, etc.



### Beginners, be careful!

If you have not exercised for a long time, you will need to start with light exercise and build up slowly over time. Each week add a little more time to each session and/or increase the intensity.

Remember, regular exercise is what matters. Five days of 30-minute sessions each is great. One day per week at 150 minutes is not.

You must talk to your health care provider about an exercise plan. He/she may want to check you over before you start. Certain exercises are not ideal for patients who suffer from high blood pressure, eye, or foot problems.

Strength training is also good. The Centers for Disease Control and Prevention (CDC) says strength exercises are good because they help you build muscle. Moderate-intensity physical activity is a good pace for your exercise. You should experience some increase in your breathing rate and there should be an increase in your heart rate. Remember, you should be able to talk while exercising but not sing.



## HEALTHY RECIPE: CHICKEN, BACON, AND ARTICHOKE PASTA



There is nothing better than a dish that hits all the senses, and this one packs a punch! This meal takes less than 30 minutes to create and is guaranteed to be a crowd favorite. Try making this meal and “like” us on Facebook to let us know what you thought!

### Ingredients

- 12oz whole grain penne pasta, dry
- 1/4lb bacon (4 slices), chopped
- 1lb chicken breast, chopped into bite-size pieces
- salt and pepper
- 1 can quartered artichoke hearts, drained and chopped
- 1/4 cup julienned sun dried tomatoes
- 5oz baby spinach

### Ingredients - Creamy Garlic Sauce

- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter
- 4 cloves garlic, minced
- 1/4 cup flour
- 1-1/2 cups milk
- 1-1/2 cups chicken broth
- salt and pepper
- 3/4 cup grated parmesan cheese
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder

1. Cook pasta in a large pot of boiling water until al dente. Drain, then set aside.
2. Cook bacon in a large skillet over medium heat until crisp. Remove to a paper towel-lined plate then discard all but 1 teaspoon bacon grease. Add chicken to the skillet then season with salt and pepper and saute until no longer pink. Add artichoke hearts and sun-dried tomatoes then saute until warmed through, 3-4 minutes. Add spinach, then flip with tongs until wilted, 1-2 minutes.
3. Meanwhile, melt butter in extra virgin olive oil in a skillet or saucepan over medium heat. Add garlic then saute for 30 seconds. Sprinkle in flour, then whisk until smooth and cook for 1 minute. Slowly stream in milk and chicken broth, whisking to avoid lumps. Season with salt and pepper, then switch to a wooden spoon and stir until thick and bubbly, stirring often, about 10 minutes. Remove from heat and stir in parmesan cheese, Italian seasoning, and garlic powder.
4. Combine pasta, chicken and artichoke mixture, sauce, and bacon. Scoop and serve.

Have a recipe you would like to share?  
Email [wellness@ufcwbenefitplan.com](mailto:wellness@ufcwbenefitplan.com)



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**ATTENTION:** Open enrollment is almost here! Keep an eye out for important information in the mail and stay tuned to our website for more information on open enrollment. Open enrollment will begin in November of 2015.

## Introducing a new benefit for our members coming in October

### LiveHealth Online

Visit a doctor without going to a doctor's office.

Sometimes you just need a doctor – whether you're at home in the middle of the night or in the middle of a road trip. Now you can talk to a doctor any time of day, wherever you are.

LiveHealth Online lets you have face-to-face conversations with a doctor on your computer or mobile device. It's medical advice the moment you need it and it costs less than a regular doctor visit. Just a \$10 copay.

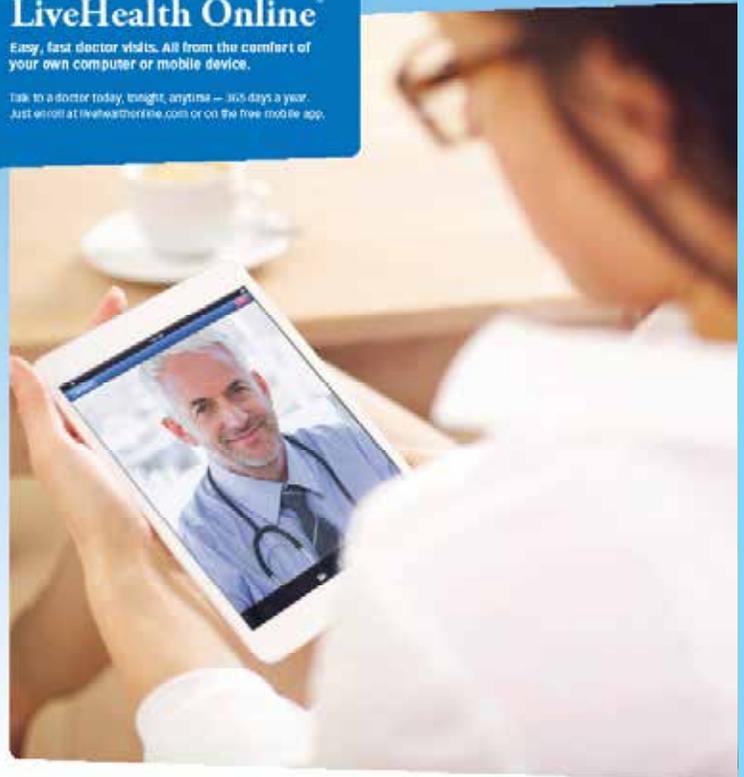
**No appointments. No waiting. So simple.**

**Download the app or visit  
[www.livehealthonline.com](http://www.livehealthonline.com)**

### LiveHealth Online<sup>®</sup>

Easy, fast doctor visits. All from the comfort of your own computer or mobile device.

Talk to a doctor today, tonight, anytime – 365 days a year. Just enroll at [livehealthonline.com](http://livehealthonline.com) or on the free mobile app.



**Anthem**  **LiveHealth<sup>®</sup>**  
BlueCross BlueShield **ONLINE**

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Changing your address and contact information? Have any questions about your benefits?

Call or email **Heartland Health & Wellness Fund** at 1-800-433-1204 or [admin@ufcwbenefitplan.com](mailto:admin@ufcwbenefitplan.com)



[www.heartlandwellnessfund.com](http://www.heartlandwellnessfund.com)



7250 Poe Avenue, Suite 300, Dayton, OH 45414-2547

Phone: 937.665.1900 ☎ Toll Free: 800.433.1204 ☎ Fax: 937.665.0900 ☎ Email: [wellness@ufcwbenefitplan.com](mailto:wellness@ufcwbenefitplan.com)

**UFCW LOCAL 75:**

7250 Poe Avenue, Suite 400, Dayton, OH 45414  
Phone: 1-877-665-0075 . Fax: 937-665-0600  
Website: [www.ufcw75.org](http://www.ufcw75.org)

**UFCW LOCAL 23:**

345 Southpointe Blvd., Suite 200, Cannonsburg, PA 15317  
Phone: 1-800-562-2523

**UFCW LOCAL 880:**

9199 Market Place, Suite 2, Broadview Heights, OH 44147  
Phone: 1-800-241-5930

**UFCW LOCAL 700**

3950 Priority Way S, Indianapolis, IN 46240  
Phone: 1-800-334-3619

**HEALTH INSURANCE FUND OFFICE EXTENSIONS:**

Eligibility: **2025** • Sick Pay: **2018 & 2975** • Claims: **2082**  
Need ID Card: **2013** • COBRA/Retiree: **2029**  
TOTAL HEALTH Screening & Assessment Program: **2985**

**PENSION OFFICE:**

Please contact your Local UFCW for information about your Pension office.

**ANTHEM:**

Find a Doctor: 1-800-810-2583  
Website: [www.anthem.com](http://www.anthem.com)  
Your Plan: Blue Access PPO

**DELTA DENTAL:**

Find a Dentist: 1-800-524-0149  
Website: [www.deltadentaloh.com](http://www.deltadentaloh.com)

**VSP (Vision Service Plan):**

Find an Eye Care Provider: 1-800-877-7195  
Website: [www.vsp.com](http://www.vsp.com)

**PRESCRIPTIONS:**

Southwest, Northwest & Tri-State Kroger Employees call Kroger Prescription Plan (KPP) 1-800-575-7712  
All CVS Employees call CVS Caremark 1-866-284-9226  
Express Scripts Members call 1-800-467-2006  
Indiana Kroger Employees call Catamaran Rx: 1-888-354-0090

**PRE-CERTIFICATION:**

HealthLink: 1-877-284-0102