

Health and Wellness News to *INSPIRE* You

Greetings!

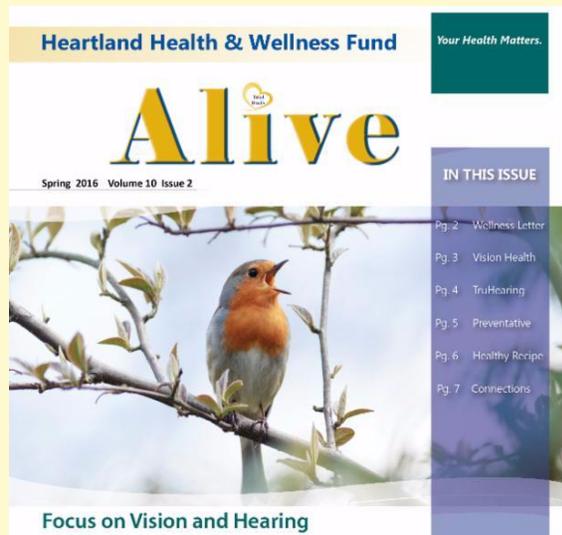
Join your wellness partner, Heartland Health & Wellness Fund and take steps to improve your health. It begins with a biometric screening. In this month's issue of *INSPIRE*, we'll show you how to get started.

What Is A Biometric Screening?

Kroger Pharmacist Scott Uram walks you through a typical biometric screening. A biometric screening is a simple blood test taken after fasting that gives you a snapshot of your health. The test measures your glucose and cholesterol levels and gives you the opportunity to talk with a healthcare professional to learn what lifestyle changes you can make to improve your wellness. Complete your Heartland biometric screening soon. Click [HERE](#) to request a Wellness Passport Form to take to your 2016 biometric screening.



[Watch the video](#)



Look Inside the Spring ALIVE

Your Heartland newsletter, the spring issue of *Alive* is in your mailbox and available to read online. Just click the photo or link below. In this edition, we're looking at vision and hearing and what benefits Heartland provides to you. We have a special photo section with pictures of plan participants. Want a healthy Mediterranean dish to serve, check out this quarter's Healthy Recipe--Chicken Shawarma.

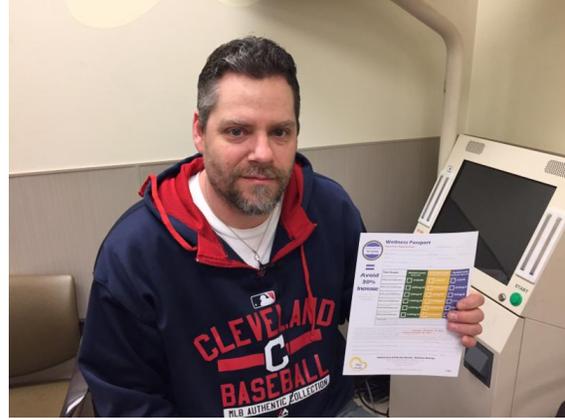
[Read more](#)

Special Event for Toledo, Ohio Plan Participants

The Fund has partnered with Kroger Pharmacy to provide in-store biometric screenings for Toledo, Ohio Kroger plan participants. Participants are asked to sign up by their store time clock, fast for 12 hours prior to their appointment and bring their medical ID card. Click on the link for available locations.

[Screening Locations](#)

If your plan permits, call 877.444.9689 to make an appointment to complete your biometric screening at a Kroger Pharmacy convenient for you.



Mike Barker completed his biometric screening at the Holland, Ohio Kroger store.



[Watch the video](#)

Quit Smoking Event Indianapolis, Indiana

Heartland Wellness Fund wants to help you quit smoking. We have proven strategies to help you become smoke free. In this video, you'll get some great tips on how to quit.

Our Indiana Wellness Coordinator Madi Meguschar wants to help you quit smoking this summer. Visit her information table in three Indiana store break rooms:

[Click here for store locations](#)

12 Years Unchained!

As the Heartland Health & Wellness Fund Wellness Director, I've had the opportunity to hear remarkable stories about overcoming addictions, weight struggles and overall health issues. It's been a blessing to see the results of the culture the Fund is cultivating not only within the lives of plan participants but reaching out to the families of our members. Making a healthy lifestyle change isn't always the easiest thing to do, but knowing we are all in this together can help...

[Read more](#)



Heartland is on social media. Click on any of the buttons below to be part of the conversation.



Please Note: This email and the insurance information provided is intended for plan participants of Heartland

