

Health and Wellness News to *INSPIRE* You

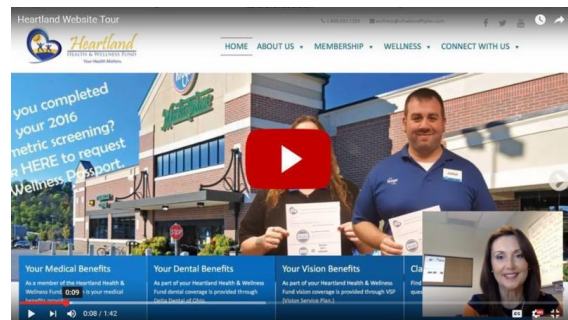
Greetings!

June is a great month to schedule your biometric screening. Provider offices are less crowded, so you can get in and out faster. Remember, Heartland doesn't require 12 months between biometric screenings. Simply have a screening once every calendar year. Need a Wellness Passport? Click below to request your's. In the meantime, enjoy the June edition of *INSPIRE*.

[Request Wellness Passport](#)

Tour Your Heartland Website

Your Heartland Health & Wellness Fund website is a great resource for information about your medical and wellness benefits. We've put together a short video tour to help you navigate some important resources on the website. We're always adding and updating the website, so be sure to visit often. In the meantime enjoy your tour!



[Website Tour](#)

heartlandwellnessfund.com



New Indiana Law Allows LiveHealth Online Doctors to Prescribe Medicine

Starting July 1, 2016 Indiana will allow physicians to prescribe medication through LiveHealth Online. Now you can be at home, in your car or on break and ask a doctor about a cough, ear pain, rash...

[Read more](#)

Health Tip Sheets

We want to help you take positive steps to reach your wellness goals after completing your biometric screening. We've created six tip sheets to address frequent concerns after receiving your biometric screening results. Click on the blue "Health Tips" box below for everyday activities you can do to improve your health.

[Health Tips](#)



No-Lettuce Salad

This is a quick and tasty spin on a traditional lettuce



salad. It's wildly refreshing and complements just about any entree.

(serves 4 to 6)

1 red bell pepper, chopped
1 yellow bell pepper, chopped
(more)

[Click here for the recipe](#)

Everyday Choices Matter

I've completed my biometric screening with my doctor for the past three years and it is amazing the impact we can make on our overall health when we begin to understand our numbers.

Since I started working at the Fund, it has offered annual physicals covered at 100% to keep our health in check. This preventative wellness check typically includes a cholesterol, blood pressure and glucose screening. These numbers help us understand our bodies and risks for developing lifestyle conditions such as diabetes, atherosclerosis, heart disease, stroke and many others...

[Read more](#)



Heartland Wellness Director Eric Mueller brings his lunch to work. "Today, I'm having grilled chicken fajitas with green peppers and cherries for dessert."

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 Health & Wellness Fund with active medical coverage.

Heartland Health and Wellness Fund | 7250 Poe Avenue, Suite 300, Dayton, OH 45414

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