



Health and Wellness News to *INSPIRE* You

Greetings!

You inspire us! We love to visit our Heartland members where they work. Heartland went to Napoleon, Ohio to visit 151 plan participants who work at Silgan Containers, including Kris Mendoza (pictured above). Silgan will host a biometric screening clinic for its associates this fall. Look for more member photos and stories inside the July edition of *INSPIRE*.



Member XG Is Coming Soon!

Welcome to the next generation of member benefit access! Starting Monday, August 1, you will have online access to your claims status and eligibility information from your Heartland website- heartlandwellnessfund.com. You will be able to check your benefits 24/7 and avoid calls to the Fund office. Watch your mail for more information on how to create a Member XG account for online access to your Heartland benefit information.

Member XG Coming Soon

My Healthy Life

Just as a boxer bobs and weaves to avoid a punch, Sandra Stone has her own set of moves to stay healthy and avoid a gut punch like hypertension, Diabetes or Heart Disease. Sandi is a customer service manager at the Whitewater Kroger in Cleves, Ohio and daily hits the mat to maintain wellness. She is our summer wellness champion. Check out her video and if you live in the Cincinnati area, make plans to attend her Fun Fitness Expo on Tuesday, July 26 from 4:15-5:45pm at Drive MMA.

Fun Fitness Expo Flyer



[Watch Sandi's video](#)

When You Need a Doctor,



App Download Instructions

Why Wait?

Our Indiana wellness coordinator, Madi Meguschar, visited Kroger stores to help associates including, William Judkins and Ariel Bredlar (pictured left, Westfield, IN) download the [LiveHealth](#) Online free app to their phones.

For just a \$10 copay you can see a physician on your phone or computer over a live video chat and if needed, the doctor can prescribe medications for illnesses such as flu, bites, rashes and more. Avoid waiting in-line at the emergency room or urgent care. Visit with a doctor in the comfort of your own home.

Eric's Blog: Taking the First Step

Starting to exercise can be tough, and a bit scary but it may be one of the best things you can do for your health. Any type of physical activity can reduce your risk for chronic disease, help you lose weight, improve balance, coordination, sleep habits and self esteem. In fact, some studies show that losing as little as 5 to 10% of your starting weight can lower your blood pressure and other stroke factors!

[Read More](#)



Oatmeal Pancakes

A low calorie diet, high in whole grains can result in weight loss while at the same time reducing the risk of chronic diseases according to the American Journal of Clinical Nutrition. What a great reason to eat Oatmeal Pancakes!

This recipe is great on your day off when you have a little more time to make breakfast.

[Get the recipe](#)

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.

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