

MEMBER XG THE NEXT GENERATION

Your 24/7 online access to Heartland claims status and eligibility information.



Health and Wellness News to *INSPIRE* You

Greetings!

Member XG is here. You can create your very own Member XG account to see your medical claims, eligibility, beneficiary and much more. Look for more member photos and stories inside the August edition of *INSPIRE*.



Robert and Janice Dieckhoff are the first plan participants to open Member XG accounts.

Member XG Is Awesome!

"My husband and I can see our medical claims anytime we want," explained Heartland plan participant Janice Dieckhoff. Robert and Janice each opened a Member XG account. "The Member XG website was intuitive and easy. We walked through the account opening process, verified our account through our email and could see our medical claims and more," explained Robert. Create your Member XG account today—just click on the blue button below to get started!

[Member XG](#)

Video Tutorial

Not so tech savvy? That's okay. We put together a video tutorial to walk you through creating a Member XG account. Just [CLICK](#) on the picture and Communications Director Brenda Donnelly will walk you through the process one step at a time.

Please note: Once you create your Member XG account, you will be required to change your password every 90 days for security.



Summer Newsletter

Our summer newsletter is packed with great stories and information. UFCW Local 23 member Kevin Nau shares his wellness story. Meet plan participants from CVS, Silgan and Kroger.

Alive

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We have a feature on your new Blue Distinction benefit from Anthem as well as great exercise tips from Heartland Wellness Director, Eric Mueller.

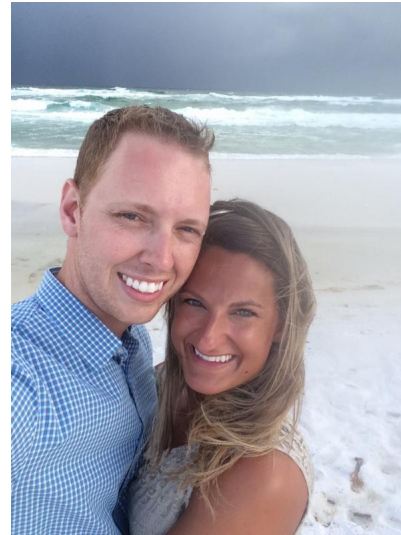
Just click [HERE](#) to read your Alive summer newsletter online.

Eric's Blog: Stay Smart this Summer

Summer is a great time of the year to get outside. Enjoying vacations, sports and outdoor trips to the park or back yard are great ways to soak in some extra vitamin D and lift your mood. However, with summer comes an increased risk for skin damage, cancer and the chance of getting burned while enjoying the heat.

Here are a few simple tips to stay smart this summer and enjoy the outdoors without risking your skin....

[Read More](#)



Wellness Warriors

Our plan participants from the Whitewater Kroger in Cleves, Ohio participated in a Fun Fitness Expo on Tuesday, July 26. The group of Kroger associates was led by friend and co-worker, Sandra Stone, who put the event together at the Drive MMA in Harrison, Ohio.

Click [HERE](#) to see all the photos.

Pictured: (l-r) Pat Forwalt, Carrie Cain, Mary Dole, Sandi Stone, Lisa Harrell-Cook, Linda Hunt and Wilma Soular.



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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