

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!

Heartland Health & Wellness Fund plan participants with medical coverage can have a 100% covered wellness exam with biometric screening, vision screening and two dental check ups along with many other preventative checks every calendar year. But remember, time is running out to complete your 2016 Wellness Passport.



[Request Passport](#)

Wellness Passport Deadlines

As we enter cold and flu season, doctor's offices and clinics become packed with sick people. Now is the time to avoid the rush and complete your Wellness Passport. Wellness Passports must be mailed or emailed and received in the Heartland Fund office by the following deadlines:

- **THURSDAY, DECEMBER 15, 2016**

Kroger & CVS UFCW Local 75 participants

(**Exception:** Kroger Valley participants in UFCW Local 23—deadline expired August 1, 2016.)

(**Exception:** Kroger Indiana participants in UFCW Local 700—no deadline, but are encouraged to complete a Wellness Passport every year.)

- **SATURDAY, DECEMBER 31, 2016**

All other plan participants NOT listed above.

Shop Healthy

Do you shop intentionally? Making a decision to eat healthy means spending a little bit more time in the store to choose the best options for you and your family. In this video, Heartland Wellness Director Eric Mueller and Kroger Nutrition Manager Karissa Boone give you tips on how to shop healthy.

[Watch Video](#)





[Watch Tutorial](#)

Create Your Member XG Account

Take a few minutes to open your Member XG account and view your medical claims, deductibles, eligibility and more online. If your plan permits, you will be able to complete Open Enrollment from your Member XG account. A personal email is required for every user to verify the account with an access code. A password change is required every 90 days for security. If you need help opening your account, watch the video or contact the Fund office at 800.433.1204.

[Go to Member XG](#)

2017 Open Enrollment: Dates Announced

They say in this life, there are two things you can count on—death and taxes. You can add Open Enrollment to that list. Heartland Health & Wellness Fund Open Enrollment will be from November 14 - December 18, 2016. You are required to re-enroll every year or you will lose your existing medical insurance. Watch for more information about 2017 Open Enrollment in the coming weeks.



[MARK YOUR CALENDAR](#)



California Chicken Flatbread with Chipotle Ranch Sauce

California chicken flatbread with juicy chicken, bacon, avocado, red peppers, cilantro, and creamy chipotle ranch sauce. This recipe is written as an appetizer that will feed four. If you want to use this recipe for a main dish, double the recipe.

For the sauce, you can use any brand of store-bought chipotle seasoning or a homemade version. If you have neither, you can drizzle the ranch dressing straight up!

[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.

Sent by wellness@ufcwbenefitplan.com in collaboration with



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