



Health and Wellness News to *INSPIRE* You

Greetings!

Get on the road to Open Enrollment—it's your opportunity to enroll/re-enroll for Heartland Health & Wellness Fund benefits. Online or Telephone enrollment starts on Monday, November 14. Read your eNews to learn more...



Open Enrollment Coming Soon!

Look for your 2017 Open Enrollment packet to be mailed in early November and get on the right track. For most Heartland participants, Open Enrollment starts on **Monday, November 14** and doses at midnight on **December 18, 2016**. There are a few exceptions, so please read your packet carefully.

If you have not opened a Member XG account, your fastest method to complete Open Enrollment is to call Heartland at **800.433.1204 and press 0**.

[Online Enrollment Website](#)

Create Your Member XG Account

The only way to complete Open Enrollment **ONLINE** is to create your Member XG account. You **MUST** have a **personal email** to open a Member XG account. Your Member XG account is secure and requires email verification with a unique access code. If you try to sign into your Member XG from a new device, you will be required to obtain a new access code. A password change is required every 90 days for security. Click on the blue box to get started.

[Go to Member XG](#)



Wellness Passport Deadlines



Request Passport

If you have **NOT** already turned in your 2016 Wellness Passport, time is running out.

THURSDAY, DECEMBER 15, 2016
Kroger & CVS UFCW Local 75 participants

Exception: Kroger Valley participants
UFCW Local 23—deadline expired August 1, 2016

Exception: Indiana Kroger participants
UFCW Local 700—deadline has been extended to February 28, 2017. Call the Fund for more information 800.433.1204.

SATURDAY, DECEMBER 31, 2016
All other participants NOT listed above

Not sure Heartland received your Wellness Passport?
Call us at 800.433.1204 ext. 2985.

Fall Newsletter online

The Fall edition of Alive was mailed at the end of October. If you did not receive your copy, you can read it online. Learn about 2017 Open Enrollment, penalties for not having medical insurance, claims information and a healthy recipe.

Read More



We Are Heartland

At Heartland Health & Wellness Fund, you are our first priority. Our team of professionals are thoroughly trained to help you navigate your medical benefits, answer your questions and give you excellent customer service. We invite you to watch our video and discover how at Heartland, **YOUR HEALTH MATTERS.**

Watch the video



Zucchini Lasagna

This recipe gets two thumbs-up not only for being gluten-free, but also for allowing you to keep your blood sugar in check. By replacing lasagna noodles with thin layers of sliced zucchini, the carbs stay low, but the flavor is still full and zesty.

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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