

The Heartbeat



A publication of the Heartland Health and Wellness Fund

December 2024

2025 OPEN ENROLLMENT

Starts: November 18, 2024 Ends: December 9, 2024

This year, participants of the Heartland Health & Wellness Fund will be **Evergreen** enrolled (*automatically enrolled*) for 2025 benefits if:

- ➔ You are currently enrolled for 2024 benefits; AND
- ➔ Your employer reported that you are eligible for 2025 benefits

If you are **Evergreen** enrolled for benefits, **NO ACTION** is required unless:

- ➔ Change your Benefit Plan; OR
- ➔ Add or remove a spouse or child(ren); OR
- ➔ Opt-out of coverage; OR
- ➔ Your spouse had a change in employment status

**Being automatically enrolled does not guarantee eligibility for benefits. In general, your eligibility for the Plan and level of benefits you may receive under the Plan are based upon your employer contributing to the Plan on your behalf.*

NEED TO ENROLL?

- ▶ Visit <https://www.heartlandwellnessfund.com/> and select the **Click to Enroll** button or scan the **QR Code** to link directly to **MemberXC**.



- ▶ Click the green **Create Account** button.

- ▶ If you are a member select **Member**, if you are a dependent select **Dependent**, input the required information click **Next**.

- ▶ Create a password that is at least 12 characters long, answer the security questions, select your password expiration time, agree to the **Terms of Use** and **Privacy Policy** then click **Finish**.

- ▶ An access code will be sent to the email address. Access your email in a new tab or browser and **DO NOT** close or navigate away from the MemberXC tab.

- Type the 6-digit access code into the box and click **Verify and Log In**.

Sydney Health App

*Did you know that you have 24/7 access to your Benefit Plan details through the **Sydney Health App**?*

Download the **Sydney Health App** anytime to:

- **Access your digital ID card**
 - › Your digital ID card is always up to date. Show, email, or fax it to your doctor right away from the app.
- **Manage your benefits**
 - › Review coverage and claims and receive important details about your Plan.
- **Find care**
 - › Search your plan's network for a doctor and other healthcare professionals. You can also connect directly to care through a video visit.
- **Chat with Anthem**
 - › Get answers about your plan benefits through live chat.
- **Get motivated**
 - › Plan and track your health goals, physical activity, and health rewards.
- **Find Support**
 - › Receive emotional and mental health guidance and/or connect to resources through the app.



Register with us

for quick, secure, digital access to all your plan information.



Scan this QR code with your phone's camera to download our **Sydney Health App** today.



Delta Dental Of Ohio



Did you know that children should brush their teeth at least twice a day for at least 2 minutes at a time?

Health Mouth, Healthy Child

Caring for children's oral health should start as early as a mother's pregnancy, as an expectant mother's oral health may have an impact on the health of her baby. Parents and caregivers can help keep newborns' and infants' mouths healthy by lightly massaging their gums with a damp washcloth. When teeth appear, lightly brush with a soft child-sized toothbrush with a smear of fluoridated toothpaste. Around a child's first birthday, it is important to have his or her first dental visit for an oral exam. When children reach preschool age, help brush their teeth with a pea-sized amount of fluoridated toothpaste and floss in between teeth once they grow in next to each other. School-aged children should brush at least twice a day for two minutes at a time, continue flossing and use mouthwash. There are several other ways to care for a child's oral health. Make sure children wear a mouthguard during sports, practice good eating habits and follow up with regular visits to the dentist.

Additional tips for your child's oral health:

- **Prevent baby bottle decay.**
 - » Never let a child fall asleep with a bottle, unless it contains water. Sugary liquids can speed up decay in the mouth.
- **Reduce the risk of spreading germs.**
 - » Never share feeding utensils with a child or clean a baby's pacifier with anything other than warm, soapy water.
- **Monitor use of pacifiers and thumb-sucking.**
 - » If thumb-sucking or pacifier use continues after age 4, it can alter a child's teeth and jaw development. It can also result in an overbite or teeth that come in crooked.
- **Help establish good oral health habits.**
 - » Let children brush and floss with supervision and assistance until they can safely do so by themselves—generally around age 7

Regular Checkups:

To schedule your 6-month checkup, find a dentist in your area, research your dental plan, print ID cards and/or set up a member profile for 24/7 access to your benefits, visit <https://www.deltadentaloh.com/> or call Delta Dental of Ohio at (800) 524-0149.

Source: www.deltadentaloh.com/wellness



Vision Service Plan (VSP)



Did you know about all the savings available through your Vision Service Plan?

VSP Exclusive Member Extras.



Enjoy Savings Beyond Your Vision Benefits

Saving money on your health is now more important than ever. We put our members first by providing exclusive offers totaling over \$3,000 in savings from your VSP and other popular brands for your eye care and overall wellness needs. Save on your favorite frame brands and contact lenses, get discounts on wellness products and services, travel, entertainment, and everyday home and financial services that make your life easier.

You can save on products and services for your overall health and wellness! Save on glasses and contact lenses, get discounts on LASIK, diabetes support, hearing aids, travel and entertainment and even financial services—there's something for everyone.

It's easy to save! See how your savings add up:

- Receive up to \$1,200 off your LASIK procedure.
- Save up to \$300 or more on your annual supply of contacts.
- Save thousands on hearing aids.
- Save big with discounts on travel and entertainment throughout the year for you and your whole family.



Scan the QR code to see
how your savings can add up
at vsp.com/offers

Coordinator Corner



Krista presented at the **Kroger Indiana Local 700 Steward Conference**. She briefed Kroger members, Union Trustees and Regional Union Representatives regarding changes in benefits and enrollment for the new year. She even received a round of applause from the attendees when she announced that many members will be **Evergreen** enrolled (automatically enrolled) for 2025 Benefits. With Evergreen enrollment, any member currently enrolled in 2024 benefits that has been reported eligible for 2025 benefits by their employer, will be automatically enrolled for 2025 benefits. No action would be required by Evergreen enrolled members unless they want to change their benefit Plan, add/remove spouse/child(ren), opt-out of coverage and/or their spouse had a change in employment status.

Krista Broshears, Wellness Coordinator for Kroger Indiana Local 700



Bruce Lawson from **Store #754**, a recent **Kroger Angel Award** winner, earned this recognition for saving a coworker's life when a coworker began choking on food. He explained to **Sean** that his quick reaction and knowledge of the Heimlich maneuver were crucial in this emergency. Despite his heroism, Bruce remains humble, stating that he didn't feel like a hero but rather someone who simply did what anyone would have done under similar circumstances. He also shared that he had initially struggled in health class and had to attend summer school, but clearly, he mastered it the second time around. The Kroger and Heartland Health & Wellness Fund family are truly grateful for Bruce's courage under fire.

Sean Chapman, Wellness Coordinator for Kroger Cincinnati/Dayton Local 75



In October, **Misty** attended the annual **UFCW Local 227 Steward Seminar** in Louisville at the Mellwood Arts Center with **Union Stewards Mike Howard, Anna Turner** and many others in attendance. The special guest speaker was local news anchor, Dawn Gee. She has dealt with many health issues over the years and decided to go public about her health condition(s) sharing the details of treatment(s), recovery and rebirth with the local community in Louisville. Dawn left all the attendees feeling inspired by her story of triumph over tragedy.

Misty Kessler, Wellness Coordinator for Kroger Louisville Local 227



New **Michigan Wellness Coordinator, Geneva McCloud** and **Erin, Wellness Team Lead** visited a few Kroger locations in the Dayton Ohio area as a part of Geneva's onboarding/training and met **Patricia (Ms. Pat)** at **Store #836**. Ms. Pat has worked for Kroger over 26 years and is looking forward to a healthy and happy retirement. She is thankful for the benefits and service she received from Heartland and is looking forward to enrolling in retiree benefits. Ms. Pat is grateful for her health and the retiree benefits offered through Heartland. We celebrate and thank Ms. Pat for her years of service with Kroger and being a valued member of the Fund.

Erin Gebhardt, Wellness Coordinator for Kroger Columbus Local 1059

Hinge Health



Did you know that you can get physical therapy from a Licensed Physical Therapist at no additional costs or co-pays with your Heartland Benefits without leaving home with Hinge Health?

A Personalized Program

Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.

A dedicated Physical Therapist, Health Coach and more

Get guidance from your physical therapist to improve your mobility. Stick to your goals with support from your health coach. Connect with your team via text, email, phone call, or video chat.

Convenient Exercise Sessions

Through the Hinge Health app, you can do your exercise therapy anytime, anywhere. Plus, your exercises are designed so they can be done in about 15 minutes or less.

Tools to Assist in Your Therapy

Participants may be eligible to receive a free Enso device as part of their program. An Enso is a small wearable device that helps relieve muscle-skeletal pain; whether you're working, relaxing or exercising.

Getting started is easy

Tell us about yourself

- Complete a 10-minute questionnaire at <https://my.hingehealth.com/onboarding/heartlandwellnessfund/registration> to open your account and tell us about your experience with pain. Once your account is approved, you can log into the app.

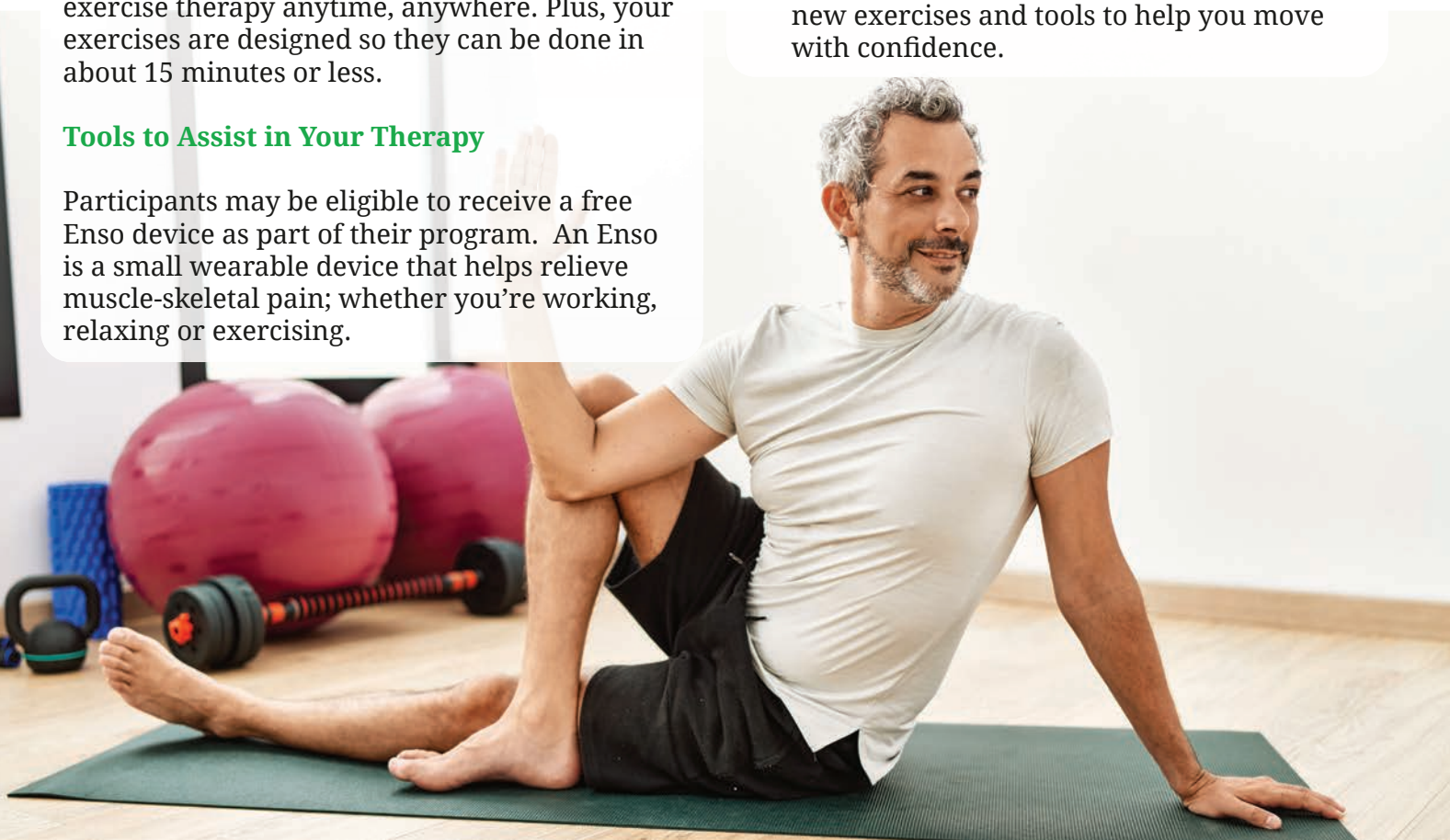
Help us build your care plan

- Download the Hinge Health app and log in to your account. Then, do a few exercises so we can learn about your pain. This allows us to design the right care plan to help you do more every day, with less pain.



Start your program

- And start feeling better! As your pain improves, so does your care plan—with new exercises and tools to help you move with confidence.



Healthy Bites from Virta



Crustless Pumpkin Cheesecake

A low-carb easy dessert

Ingredients (makes 10 servings)

- 16 ounces of cream cheese
- 2 packets of gelatin powder
- 8 ounces of pumpkin cooked
- $\frac{2}{3}$ cup of sugar alternative (xylitol, stevia)
- $\frac{1}{4}$ tsp of allspice
- $\frac{1}{2}$ tsp of nutmeg
- $\frac{1}{4}$ tsp of cinnamon
- $\frac{1}{4}$ tsp of vanilla extract

Directions:

1. Preheat oven to 425 degrees and generously butter a rimmed baking sheet.
2. Cut the pumpkin in half and remove the seeds. Place the pumpkin face down on the baking sheet and bake until soft.
3. Let the pumpkin cool for 5-10 minutes and use a fork/spoon to remove the pumpkin skin. Blend cooked pumpkin with a food processor and set aside 8 ounces (or 1 cup) of blended pumpkin.
4. Mix the 2 packets of gelatin powder with the $\frac{2}{3}$ cup of sugar alternative (xylitol, stevia) in a bowl, then pour in 1 cup of boiling water. Stir until gelatin and sugar alternative are completely dissolved (1-2 minutes).
5. Combine all the remaining ingredients (cream cheese, allspice, nutmeg, etc.) together with the blended pumpkin and beat until smooth.
6. Pour the blended contents into a buttered glass pie plate and chill in the refrigerator for 3 hours (or until firm).



Nutritional Analysis	Per Serving
Serving Size	1/3 cup
Carbohydrates	17 grams
Protein	8 grams
Fat	16 grams
Calories	249

Changing what you eat can be hard. Making the smallest tweaks to your favorite foods can make a huge difference. Scan the QR Code to claim your **Virta** benefit to unlock a personalized nutrition plan full of recipes and other healthy options designed to meet your tastes, lifestyle and preferences.





Heartland
HEALTH & WELLNESS FUND

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2025 OPEN ENROLLMENT

Starts: November 18, 2024 Ends: December 9, 2024

Watch your mailbox for a bright yellow envelope containing important information about your 2025 benefits.

Questions? call Heartland at 937-665-1900, Monday through Friday from 8:00 a.m. to 5:00 p.m. EST.

