

The Heartbeat



A publication of the Heartland Health and Wellness Fund

March 2025

Preventive Care with your Primary Care Physician (PCP)

Having a personal relationship with a doctor who knows you, knows your family history and personal preferences are essential to preventing disease and detecting health problems early. Preventive care visits, including yearly checkups, are no extra cost to you when you see a doctor in your Plan's network.

Some of the benefits of having a PCP include:

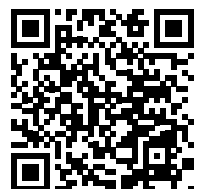
- ▶ Regular health checks that give you and your doctor information about your overall health.
- ▶ It's easier to share health issues with a doctor you know and trust.
- ▶ They can guide you through treatment options for chronic conditions, like high blood pressure and diabetes.
- ▶ Your health history is with one doctor, making it convenient to access and share records.

Finding the right PCP in your area and under your plan's network is easy. You can scan the following QR code to download the **Sydney Health** app and choose **Find Care** or use the chat feature to connect with an **Anthem Health Guide** for live assistance.

Anthem  


sydney

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



Delta Dental of Ohio



ORAL HEALTH BITE

Visit [memberportal.com](https://www.memberportal.com) to review your dental benefits.

Make the most of your dental benefits by reviewing your coverage regularly to ensure you're staying on top of your oral health care needs.

Get to know Member Portal!

Make the most of your dental benefits by reviewing your coverage regularly to ensure you're staying on top of your oral health care needs. Delta Dental of Ohio participants can easily check their benefits, claims and eligibility by logging into <https://www.memberportal.com/mp/delta/>. Taking a few minutes to stay informed can help you plan for cleanings, exams and other dental treatments without surprises!

Keep tabs on your Oral Health!

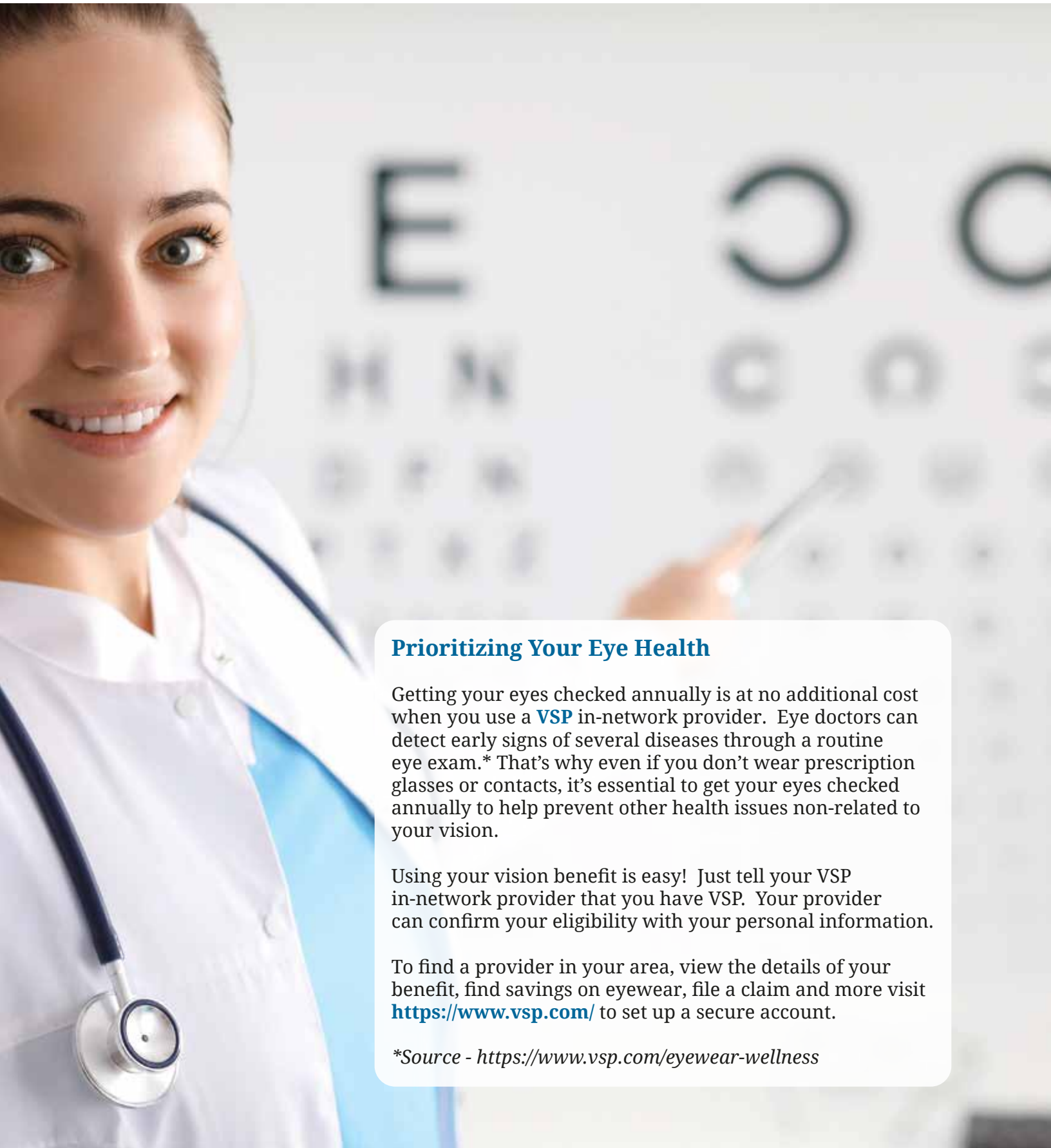
Taking advantage of your 6-month regular checkups through your benefits helps you identify common periodontal issues, such as red or swollen gums, bleeding while brushing or persistent bad breath are indicators to more serious oral health problems. Find more oral health care tips, preventative care tips, etc. by accessing your Delta Dental of Ohio wellness page: <https://www.deltadentaloh.com/Member/Wellness>.

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.



Vision Service Plan (VSP)



Prioritizing Your Eye Health

Getting your eyes checked annually is at no additional cost when you use a **VSP** in-network provider. Eye doctors can detect early signs of several diseases through a routine eye exam.* That's why even if you don't wear prescription glasses or contacts, it's essential to get your eyes checked annually to help prevent other health issues non-related to your vision.

Using your vision benefit is easy! Just tell your VSP in-network provider that you have VSP. Your provider can confirm your eligibility with your personal information.

To find a provider in your area, view the details of your benefit, find savings on eyewear, file a claim and more visit <https://www.vsp.com/> to set up a secure account.

*Source - <https://www.vsp.com/eyewear-wellness>

Hinge Health



Hinge Health is your personal digital exercise therapy program designed by licensed physical therapists to assist eligible participants at no additional costs or copays dealing with ongoing joint or muscular pain. Through the Hinge Health app, your licensed physical therapist will design a therapeutic exercise therapy regiment that is used to manage and/or prevent types of joint or muscular pain with gentle stretches and exercises.

Support and convenience are the cornerstones of the Hinge Health app. Most participants are recommended therapy sessions that last 10 to 15 minutes, 2 to 3 times per week.* Your dedicated health coach will help you navigate your care routine, set goals that matter to you and much more. You'll also have the convenience of reaching your health coach by text, email, phone call or video chat. Plus, if you have questions regarding your personalized care program, you can schedule a video visit with the licensed physical therapist that designed your exercise therapy routine.

Build your personalized care plan now!

- Download the Hinge Health app, create a unique profile and log in to your account. You will be prompted to do a few exercises to help Hinge target the source of your pain. In doing so, this assists in the development of the right care plan to help you do more every day, with less pain.

Scan the QR Code
to get started!



**Source - hinge.health/heartlandwellnessfund-go*



Coordinator Corner

Erin had the pleasure of meeting **Sandra Cook** and **Jakyla Lynn** in the health & beauty department at **Kroger Store #968**. These ladies embody the spirit of self-care. For Sandra, her self-care routine is centered around spending quality fun time with her grandchildren. For Jakyla, it's all about pampering herself with the cosmetics and perfumes available in her department. In doing so, she's able to speak with Kroger patrons about products for sale at her store. Work/life balance is essential to anyone's overall health and these lovely ladies have found a routine that works!

Erin Gebhardt, Wellness Coordinator for Kroger Columbus Local 1059



Geneva met **Keith Ledin** during the fall of 2024 at **Kroger Store #729** in Commerce Township, MI, while completing ride-alongs with a local business agent. At that time, Keith was considering taking some time off for surgery. Geneva discussed contacting the **Disability Department** at the **Heartland Health & Wellness Fund** to ensure that he took the proper steps to file his disability claim.

After meeting Keith a second time, Geneva was pleased to hear that his surgery, filing of his disability claim and timely disbursement of his disability benefit went well.

Geneva McCloud, Wellness Coordinator for Kroger Michigan Local 876



Cooper Harris has been with Kroger for 34 years at **Kroger Store #770** in Owensboro, KY. He works in the produce department and has been a **Union Steward** for nearly 23 years. **Misty** only gets to meet with "Coop" about 2-3 times a year but enjoys chatting with him every time they meet. Coop is an information resource for his fellow union members when it comes to work relations and health benefits. **Heartland, Kroger** and the **UFCW Local 227** are thankful for his decades of service and dedication to his work family.

Misty Kessler, Wellness Coordinator for Kroger Louisville Local 227



During a visit to **Kroger Store #920** in Mt. Orab, **Sean** had the pleasure of meeting **Marissa Gruber**, a **breast cancer survivor** who has been in remission for over 2 years. She credits her recovery to the relationship she has with her medical team, the immense resources provided through her medical coverage administered by **Heartland** and the support from her family to continue to make healthy lifestyle choices.

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



Dawn Burtson has 18 years of service and currently works in the floral department at **Kroger Store #965**. She shared her story about **Hinge Health** with **Krista**. **Hinge Health** is a customized digital exercise therapy program designed by licensed physical therapists to assist eligible participants *at no additional costs or copays* dealing with ongoing joint or muscular pain. With the support of her dedicated Wellness Coach and convenience of completing her therapy through the app, Dawn has experienced significant relief. It's always great to hear members of the **Kroger** family taking advantage of the benefits administered by **Heartland**.

Krista Broshears, Wellness Coordinator for Kroger Indiana Local 700





7 out of 10 participants say it's easy to eat healthy with Virta**

As a reminder, **Virta** is your personalized nutrition program to lose weight, lower blood sugar, and reverse* type 2 diabetes.

Virta's nutrition approach to weight loss and diabetes reversal is rooted in science, centered around your unique needs, and designed for lasting results. No medications, calorie counting, or extra gym visits—just eating real food.

With Virta, your dedicated team of health coaches and medical providers will work with you to create a personalized nutrition plan that fits your preferences, lifestyle, and health goals.

Claim your benefit at no additional cost for eligible participants at <https://www.virtahealth.com/join/heartlandfund> or scan the QR Code:



*Reversal of type 2 diabetes on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications. Diabetes and related issues can return if lifestyle changes are not maintained.

**Source: Virta internal survey, member population data gathered 4/2024. medications beyond metformin.



Air Fryer Garlic Parmesan Wings

(A low-carb easy meal)

Ingredients

- 3 pounds of chicken wings
- 6 garlic cloves (minced)
- 4 tablespoons of oil (avocado oil recommended, or your cooking oil preference)
- $\frac{3}{4}$ teaspoon of garlic powder
- $\frac{3}{4}$ teaspoon of salt
- $\frac{1}{4}$ teaspoon of black pepper
- 5 tablespoons of butter (melted)
- $\frac{1}{2}$ cup of grated Parmesan cheese
- $\frac{3}{4}$ tablespoon of parsley (chopped)

Directions:

1. Preheat the air fryer to 400°F. Spray air fryer basket with non-stick oil spray or lightly brush with oil.
2. Place wings in a large bowl. Drizzle cooking oil over wings and toss to coat.
3. Add minced garlic, garlic powder, sea salt, and pepper to the wings and toss again to coat.
4. Place wings on the air fryer basket or tray with space between wings so air can circulate (may need to cook wings in 2 batches depending on basket or tray size).
5. Cook chicken wings for 25 to 30 minutes flipping halfway through the cooking time (25 minutes for thawed wings and around 30 minutes for frozen wings, or until done).
6. Add cooked wings to a large bowl and drizzle the cooked wings with the melted butter and toss to coat.
7. Add Parmesan cheese and chopped parsley and toss the wings to coat and serve.



Nutritional Analysis		Per Serving
Serving Size	4 wings	
Carbohydrates	1 g	
Protein	21 g	
Fat	32 g	
Calories	376	

Source - <https://www.virtahealth.com/categories/recipes>



Heartland

HEALTH & WELLNESS FUND

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Contents

Page

Anthem Sydney.....	1
Delta Dental.....	2
VSP.....	3
Hinge Health.....	4
Coordinator Corner.....	5
Virta.....	6
Healthy Meal.....	7



Heartland

HEALTH & WELLNESS FUND

**Heartland Health & Wellness Fund
has benefits that work for you!**

Anthem 

Sydney Health App



 **carrum**health

Centers of Excellence



 **Hinge
Health**

**Virtual physical
therapy**



 **virta**

**Type II diabetes
prevention
and reversal
+ weight loss**

