

THE HEARTBEAT

HEARTLAND HEALTH & WELLNESS FUND

SUMMER 2023

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IN THIS ISSUE:

Automatic Enrollment

Navigating Misinformation Online

Healthier Grill Options

... AND MORE!





In This Issue...

The Heartbeat newsletter is all about YOU, the participants of the Heartland Health & Wellness Fund. In this issue, we're finding ways to make enrolling in benefits easier and to keep ourselves healthier!

Have you completed your annual biometric screening yet? Completing your screening can make your Open Enrollment experience easier this year. Check out **page 3** for all of the details.

On **page 4** we're hitting the road with our wellness coordinators. They've had a blast getting to know participants and promoting healthy habits.

Looking to find good health advice online to avoid scams and fads? Well, look no further than **page 5** where Erin shares helpful tips about where to get the most accurate information.

We'll give you a hint: it's probably not TikTok.

In June, Heartland celebrated Men's Health Month. Because of societal roles, men may be more likely to avoid seeking treatment. Learn how men can defy the stereotypes and take control of their health on **page 6**.

It might be a stereotype that men love their grills, but it's a stereotype for a reason. After all, there is nothing better in the summer than eating delicious meals cooked on a grill.

Good news — **page 7** shows how those meals can be healthy, too, so you don't have to miss out on family barbecues and summer picnics!

Have a wellness story, a recipe or any other feedback regarding The Heartbeat newsletter? Email Charlotte at CharlotteK@ufcwbenefitplan.com with your thoughts.

SOMETHING TO CHEW ON...

We all know how important it is to floss and brush daily, but did we ever stop to think about how our diet affects our dental health?

BENEFICIAL FOODS

FRUITS AND VEGGIES are fiber rich! Fiber helps aid in saliva flowing, serving as a natural defense against bacteria.

DAIRY PRODUCTS like cheese, milk, yogurt, etc. are full of calcium and vitamin D that can strengthen tooth enamel.

GREEN AND BLACK TEAS provide polyphenols (nutritional compounds found in plant sources) that can interfere with bacteria that leads to plaque buildup on teeth.

WATER containing fluoride helps your teeth stay strong and battles bacteria.

source: urmc.rochester.edu

FOODS TO AVOID

STICKY CANDY and sweets like lollipops, caramels, hard candy, etc. leave sugar on and in between teeth, resulting in cavities. According to the American Dental Association, chocolate washes off of teeth more quickly than other candies.

STARCHY FOODS like bread and potato chips can get stuck between your teeth. Don't forget to floss when you brush!

SOFT DRINKS and fruit juices can be loaded with sugar and citric acids that can eat through tooth enamel.

ALCOHOL and medications can cause dry mouth – it's important to stay hydrated.



In addition to brushing at least twice per day and flossing at least once per day, remember to keep up with your regular dental exams and cleanings! Need to find a dentist? Visit deltadentaloh.com to find a participating provider.*

* Participants employed by Dawn Foods have dental coverage provided by their employer and should contact them regarding their benefits and network.

ENROLLMENT MADE EASIER

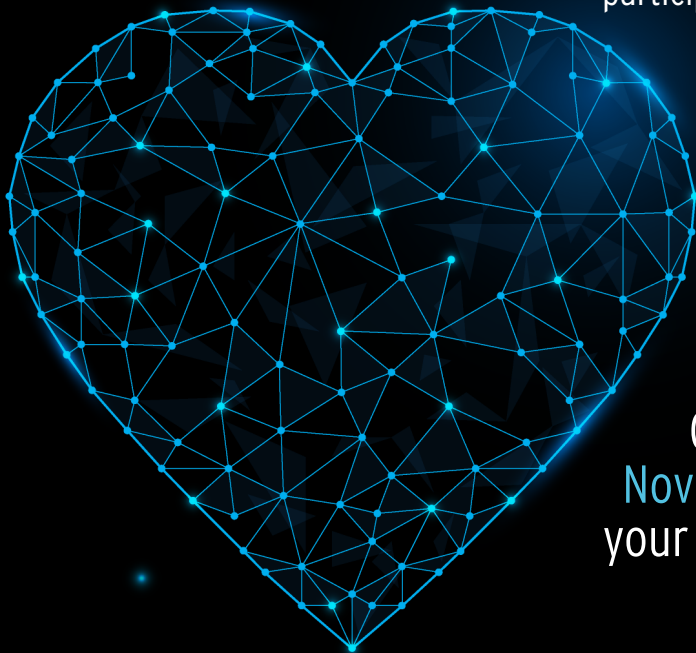
During Open Enrollment, participants are required to enroll to have benefits for the following year. For 2024 benefits, you may be eligible to qualify for automatic enrollment.

To qualify, active participants must:

- ⚙️ Be currently enrolled in 2023 benefits
- ⚙️ Complete a health screening by **September 15, 2023**
- ⚙️ Remain eligible for Plan coverage for 2024 benefits

Also known as a health screening, an annual biometric screening provides you a quick reference point for your blood pressure, BMI, and cholesterol and blood glucose levels. Participants can complete a screening at their primary care physician's office or can visit a convenient clinic option.*

Participants who qualify for automatic enrollment are not required to take action during Open Enrollment unless they want to make changes to their benefits. All other participants must enroll to have coverage for 2024 benefits.



Open Enrollment is scheduled for **November 6 through December 4**. Watch your mailbox for more information or visit heartlandwellnessfund.com.

* Active Kroger participants can schedule for a screening at a Kroger Pharmacy or The Little Clinic location. Active CVS participants can schedule for a screening at a CVS Minute Clinic. All other participants may select from those options.

Need assistance? Contact the Fund Office at 937-665-1900 between 8 a.m. – 5 p.m. EST Monday through Friday.

MOOD BOOSTER: HOMETOWN CONNECTIONS

When Erin drove to Louisville, Kentucky, to ride along with Misty on her store visits, they knew exactly where they wanted to go together.

Tirishia Flowers works as a bookkeeper at store 764 and Misty is always thrilled to see her at the customer service desk.

"Her smile is contagious, and she is always in a good mood," writes Misty.

Flowers has worked for Kroger for more than 20 years. Not all of that time was spent in Kentucky. Before she moved to Louisville, she worked in Columbus, Ohio.

Erin, whose region as a wellness coordinator includes Columbus, was so excited to meet a participant who used to work in her area. It doesn't matter if you're meeting for the first time, it's always a wonderful feeling to bond over a shared hometown.



Misty Kessler, Wellness Coordinator for Kentucky, Tirishia Flowers and Erin Gebhardt, Wellness Coordinator for Central Ohio, pose for a photo. Flowers has worked for Kroger for more than 20 years.

COORDINATOR CORNER

Each day, Heartland's wellness coordinators visit Kroger locations in their areas to answer questions, share healthy tips and get to know a little more about our hardworking participants.

In Columbus, Ohio, Erin Gebhardt spread the word about dental health and passed out toothbrushes from Delta Dental at store 879. Nick Wolf shared that he uses

a Waterpik, while Dolores Trejos thinks they make too much of a mess, so she prefers to use dental floss.


Meanwhile, Misty Kessler was grateful to meet Mandy Johnson at store 408 in Bardstown, Kentucky. Mandy has been active in encouraging her coworkers to complete their biometric screenings by the deadline.

Sean Chapman, the Fund's newest wellness coordinator who covers the Southwest Ohio area, spoke with Ashley Campbell about the importance of a primary care physician. Sean showed her the Sydney Health app and explained how to find in-network providers, while Ashley told Sean about her positive experiences with telehealth therapy options.

 Kroger 879 | Columbus, Ohio



NICK & DOLORES

 Kroger 408 | Bardstown, Ky.



MANDY & MISTY

 Kroger 934 | Hamilton, Ohio



ASHLEY & SEAN



WHERE TO TURN FOR MEDICAL ADVICE

With health misinformation around every corner, protecting yourself is important.

Erin Gebhardt

*Wellness Coordinator
Central Ohio*

Did you know anyone can call themselves a “health expert” or a “wellness coach” with absolutely no qualifications? It’s true, and social media is full of them.

According to GoodRx, 82% of health misinformation comes from social media, so who can you trust and what advice can you take? If you are interested in health advice you find online, do your homework and be cautious of promises that are a quick fix or a miracle cure.

Ready to Detox?

One trendy quick fix is a detox diet. These are diets that promote severely limiting specific foods (or all foods) in order to allow your body to “cleanse itself of toxins” that may be causing headaches, digestion issues or other aches and pains.

These claims are unsupported

by credible medical studies, and yet companies continue to take advantage of people who would like to improve their health.

The truth is your body is naturally designed to rid itself of toxins, and it is working to do so constantly. The human body never needs a detox diet. These diets are dangerous, and they can cause you more suffering.

Credible Sources

So if you are experiencing chronic headaches and you decide to take health advice from social media, you are most likely going to delay your treatment and recovery by wasting time. You may even make it worse.

Health misinformation can lead to delayed patient care, so the best thing to do is make an appointment with your primary care provider and discuss your ideas with them.

When you research health advice online, confirm you are visiting websites that are credible. This means the content of the website is backed by

scientific studies coming from sources you can trust.

These websites are most often government (ending in “.gov”) or university sites (ending in “.edu”).

If you are reading an article, who is the author? Check the credentials and confirm it is written by a medical professional and, ideally, medically reviewed or peer reviewed.

If you are considering following health advice you find online, always check with your primary care provider. This should be your most trusted source for health advice. If you do not have a primary care provider – it’s time to get one!



**Download the Sydney Health app
to find an in-network primary
care provider today!**

MEN'S HEALTH AWARENESS

Regular care and small changes can build a strong foundation

According to health.gov, men are more likely than women to smoke, drink too much alcohol, make unhealthy choices and delay or avoid regular medical checkups or care.

Don't worry, men! It's not too late to take care of your health.

The most common health problems for men, such as heart conditions, diabetes and certain cancers, are mostly preventable with regular care. By visiting the doctor on a regular basis and scheduling preventive checkups, "you can help lower your risk and detect problems early when they are easier to treat," according to Anthem.com.

More importantly, it's necessary for you to be honest and open with your health care provider. In order to properly monitor your health, you need to be vulnerable regarding any problems you may be experiencing. After all, you don't have to be embarrassed to talk about your health.

Recognizing your feelings can help you notice if you are experiencing symptoms of depression. While feeling sadness from time to time is common, depression is a condition that requires professional help. Symptoms of depression include being angry or irritable, feeling anxious, restless or dissatisfied and experiencing a loss of interest in work, family or hobbies.

Mental health is a part of health, too, so seeking support for depression, anxiety and stress is just as important as seeking care for physical ailments. Reaching out to loved ones and selecting realistic goals can set you up for success.

You can start making changes today – you just need to start small. Taking a walk instead of watching TV, drinking water instead of soda or other sugary drinks and trying to get seven to nine hours of sleep each night are little ways you can build healthy habits to help reduce your risk of disease.

To recognize Men's Health Month, the Heartland wellness coordinators spoke with participants about conditions and issues that men frequently experience, plus asked them to share what they do to take care of themselves.



(Left) Michael Pence, store 785, loves music and has seen Bruce Springsteen more than 100 times! Listening to music is one way to improve your mood and mental health – plus, it can be a great motivator for exercise. Michael stays on top of his overall health by **working out on a regular basis** and scheduling an annual physical.

(Below) John Gottschall, store 341, uses the support of his family to keep his health on track. After he lost his wife to cancer a few years ago, his daughter watches out for him and encourages changes to help him enjoy life as much as possible. He said he plans to take a cruise vacation next year and has set a goal to **lose 20 pounds** before then.



FIRE UP THE GRILL!

There's nothing quite like gathering around the grill with your friends and family on a summer day. Burgers and hot dogs are delicious, but those are "sometimes" foods. Knowing some healthier options to cook gives you an excuse to invite folks over and fire up the grill more often.

Pick Your Protein – Then Portion It!

Fish, skinless chicken breast and lean ground poultry are great alternatives to red meats. Fish like salmon and trout have good fats to provide you with more health benefits. If you want meats like pork, select a lower fat cut, such as a loin.

When you're fixing your plate, remember a healthy portion of any type of meat is around three ounces. Imagine the size of a deck of cards. It may not sound like a lot, but that leaves you plenty of room for grilled veggies and side dishes.

No Need to Get Salty

Try experimenting with marinades or spice rubs for your meat. Adding flavors using spices can lower the amount of salt needed.

More Than Just Meat

Add extra flavor to fruits and vegetables by tossing them on the grill! You can use a grill basket or make kebabs, just make sure to cut them into pieces that will cook quickly and evenly. Popular veggies include bell peppers, corn, mushrooms, squash and potatoes. Did you know you can increase the sweetness of fruits with the grill? Sliced apples and pineapples are great dessert options.

On the Side

Homemade sides will have less saturated fat and sodium than store-bought, so skip the tubs of baked beans, potato salad and coleslaw and make your own. You can even swap those classics for some more colorful salad options such as a bean salad, leafy green salad or fruit salad.





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Phone: 877.665.0075 | Website: ufcw75.org

UFCW LOCAL 227:

Phone: 800.443.5191 | Website: ufcw227.org

UFCW LOCAL 400:

Phone: 800.638.0800 | Website: ufcw400.org

UFCW LOCAL 536:

Phone: 800.832.9536 | Website: ufcwlocal536.org

UFCW LOCAL 540:

Phone: 800.282.0714 | Website: ufcw540.org

UFCW LOCAL 700:

Phone: 800.334.3619 | Website: ufcw700.org

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Phone: 800.321.6406 | Website: ufcw876.org

UFCW LOCAL 881:

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UFCW LOCAL 951:

Phone: 800.999.0951 | Website: ufcw951.org

UFCW LOCAL 1059:

Phone: 614.237.7671 | Website: ufcw1059.com

UFCW LOCAL 1776KS:

Phone: 866.329.1776 | Website: ufcw1776.org

PENSION OFFICE:

Contact your local UFCW for information

ANTHEM:

Dedicated Toll-free Line: 833.862.0748

Website: anthem.com

DELTA DENTAL OF OHIO:

Find a Dentist: 800.524.0149

Website: deltadentaloh.com

PRESCRIPTIONS:

Active Kroger employees:

Kroger Prescription Plan (KPP) 800.575.7712

All CVS employees:

CVS Caremark 866.284.9226

All other employees not listed above:

Express Scripts 800.467.2006

HIGH TECH IMAGING/ECHO/SLEEP: 888.953.6703

LIVEHEALTH ONLINE:

Website: livehealthonline.com

Phone: 888.548.3432 ext. 2

VSP (Vision Service Plan):

Find an Eye Care Provider: 800.877.7195

Website: vsp.com