

You turned in a Wellness Passport Last Year.



What's Next?

- Eat Smart.
- Add Color.
- Move More.
- Be Well.

Can you improve your 2017 wellness numbers?



Heartland
HEALTH & WELLNESS FUND
Your Health Matters.
7250 Poe Avenue,
Dayton, OH 45414

It's time to complete your 2017 Wellness Passport.

Making small lifestyle changes can improve your screening results. Try a few of these:

- Park farther away and walk more.
- Drink water instead of soft drinks when you eat out.
- Never eat out of the bag—put healthy snacks in a dish.
- Lighten up at dinner—eat your largest meal at breakfast or lunch.

Complete Your Passport!

Heartland covers one wellness exam and/or biometric screening at 100% each calendar year.

Questions?

Contact Heartland Wellness Director,
Eric Mueller at 800.433.1204 ext. 2090

Incentives available to plan participants for participating in Heartland Health and Wellness Fund's Wellness Program are also available to those unable to participate. Contact Wellness Director Eric Mueller at 800.433.1204 ext. 2090 to determine eligibility to participate in an alternative Wellness Program with the same incentives.