



## Make your Wellness Appointment Now

Now is the time to call your in-network family doctor to schedule an annual wellness exam. Most doctors schedule this type of exam 4 to 6 weeks out. Your Heartland in-network wellness exam is covered at 100%, so don't miss your opportunity to see your family doctor and complete a biometric screening. (All results are confidential and not shared with Kroger or the union.)

Need to find an in-network family doctor accepting new patients? Contact Anthem **Find A Doctor** at 800.810.2583 or visit Anthem's website [anthem.com](http://anthem.com).

Bring your Wellness Passport to your appointment, and mail or email your signed passport to the Fund no later than Tuesday, August 1, 2017 to earn your 2018 wellness incentive (see reverse for 2018 incentives).



## Heartland Health & Wellness Fund

Using Adobe InDesign, I created this direct mail postcard for plan participants to remind them of their annual wellness check-up and incentive.

### Your Heartland Wellness Incentive

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<p><b>Save up to \$3</b> off 2018 weekly payroll insurance co-premium Savings depend on group participation percentages</p>	<p><b>Participant earns \$300</b> Incentive dollars toward 2018 deductible</p>	<p><b>Participant and enrolled spouse earn \$600</b> Incentive dollars toward 2018 deductible</p>
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U.S. POSTAGE  
**PAID**  
PERMIT 966  
DAYTON, OH

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.