



Did you turn in a Wellness Passport last year?

- Plan Your Next Move.
- Eat Smart.
 - Move More.
 - Add Color.
 - Be Well.
- Improve your 2017 numbers and be well for those who count on you!

Health and Wellness News to *INSPIRE* You

Greetings!

We know you're busy—that's why we've put together a few great tips to help you stay healthy. In your May edition of Inspire, we've got a Mother's Day pancake recipe with a healthy twist, info on your vision benefits, a self-check to make sure you're using prescription meds safely and much more!

3 Reasons you should complete a Wellness Passport

1. Because what you don't know CAN hurt you.
"I feel fine" is not a reliable gauge of health.
2. Because it's fast, it's easy, and it's free!
You can have it done within minutes, and without opening your wallet.
3. Because your personal information is protected.
"But I don't want my employer to know my results." Good news -- they won't!



Rx Quiz

Prescription Drugs: Are you using them properly?

Prescription medications are an important part of treating many health issues and are used effectively by millions of people. Misuse is when a person uses a prescription drug that is not intended for them, or uses a prescription in a way that is different than how the doctor indicated (using larger amounts, taking it more often, or using it for longer than prescribed).

Take the "[Check Yourself](#)" quiz to make sure you are using your prescriptions properly.

ABC's of Eye Exams

If you have Heartland medical benefits or ancillary coverage, your vision provider is VSP and you can have one annual eye exam covered at 100% each calendar year with a VSP provider.

Your eyes say a lot about you. Did you know that your eyes can also tell your eye doctor about your overall health? It's amazing what your eyes can reveal. Learn what your eye doctor is doing during an annual eye exam.

[Eye Exam](#)



Remember Mom This Sunday

Mother's Day is this Sunday, May 14. Here's a way to make any mom feel special. Try these healthy whole-grain buttermilk pancakes. The recipe adds mini-chocolate chips and mashed banana to the 100% whole-wheat flour base. It's a breakfast that's sure to please mom and everyone else!

[Get the Recipe](#)

Heartland is on social media. Click on any of the buttons below to be part of the conversation.



Please Note: This email and the insurance information provided is intended for plan participants of Heartland Health & Wellness Fund with active medical coverage.