



healthy choices

live well. be well.

Healthy Heart



Steps to prevent heart disease and stroke

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).



Healthy Foods

- ♥ Pick fresh fruits and vegetables
- ♥ Opt for high-fiber snacks
- ♥ Eat fewer processed foods
- ♥ Limit salt, fats and cholesterol
- ♥ Watch for hidden sugars
- ♥ Eat 5 portions of fruit and vegetables a day



Live tobacco-free

Don't smoke, vape or use tobacco products. If you don't think you can quit for good on your own, ask for help. Avoid second hand smoke, too.

Smoking Cessation medication is covered at 100%; through **participating network pharmacies**.



Watch your weight

Being overweight can increase your risk of heart disease.

Weight loss benefits are available, please see SPD or contact The Welfare Fund for more details.

Move More



Move more, with more intensity, and sit less. Aim for 150+ minutes each week of moderate-intensity aerobic activity.



Get Enough Sleep

6-8 hours of sleep is recommended each night.

Life Insurance

Through UFCW Local 655 Welfare Fund



Life insurance is important, as it protects your family and lets you leave them a non-taxable amount at the time of death.

Employee-Only Benefits

The amount of your life insurance benefits is determined by your length of employment and unit coverage as shown.

Unit 1

At least 1 year but less than 10 years	\$10,000
At least 10 years but less than 15 years	\$15,000
At least 15 years but less than 20 years	\$20,000
20 plus years	\$25,000

Unit 1: Family coverage for medical, prescription drug, vision, dental, weekly disability, life and AD&D insurance. Contact The Welfare Fund for required hours.

Unit 1 Monthly Participant: Determined by your employers agreement with the Union (family coverage for medical, prescription drug, vision, dental, weekly disability, life and AD&D insurance.

Unit 2

At least 1 year but less than 10 years	\$2,000
At least 10 years but less than 15 years	\$5,000
At least 15 years but less than 20 years	\$10,000
20 plus years	\$15,000

Unit 2: Employee-only coverage for medical, prescription drug, vision, life, and AD&D insurance.

Please Contact the Welfare Fund for more information regarding life insurance benefits
314.835.2700 or 1.866.565.2700