



healthy choices



live well. be well.



# Tips to relieve stress so you can start living a healthier, happier life.



1. Organize your time with checklists.

2. Don't worry about what others think of you.

3. Don't do life alone.

4. Meditate.

5. Have patience and learn from mistakes.

6. Don't listen to negativity.

7. Seek out a therapist.

8. Exercise.

9. Breathe.

10. Don't forget that you come first.



**H&H Health Associates is here to help with counseling, resources, guidance and support.**

H&H Health Associates provide confidential, compassionate, and comprehensive assistance services

## Member Assistance Program (MAP)

*YOUR WORKPLACE WELLNESS & MAP PARTNER*

3660 South Geyer Road  
Suite 100  
St. Louis, MO 63127

Call the Welfare Fund office at 314.835.2700 for more information

Visit Your Member Site  
[Info@HHHealthAssociates.com](mailto:Info@HHHealthAssociates.com)  
[www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)

# Important Changes with UFCW Local 655 Welfare Fund for 2022



Effective 1.1.2022, Anthem will be partnering with the Welfare Fund for your new medical and mental health network. Look for your temporary cards to come in December and permanent cards to follow in early January.



**Is Your Current Provider In-Network With Anthem?**  
**Follow the Steps below to find out**

1. Go to [WWW.655HW.ORG](http://WWW.655HW.ORG)
2. Click on the "Anthem.com" in pop up box.
3. After going to Anthem.com, click on the "Find Care" button in green.
4. Scroll down to "Member ID or prefix (first three values):" and enter F4X
5. Enter zip code and scroll down to select type of care (no need to log in when using the F4X prefix):

Please call the Fund office at 314.835.2700 or toll free 866.565.2700 if you have any questions or need further assistance.