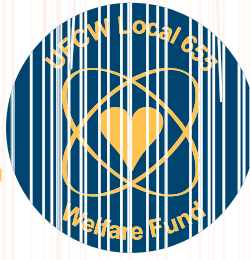


healthy choices



live well. be well.



# Heart Health

## Cardiac Arrest vs. Heart Attack

### What is Cardiac Arrest?

Cardiac arrest is an **“Electrical”** problem.



Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly.

### Warning Signs

— Rarely any warning signs

### Victims Response

— Loses consciousness or is found unconscious.

— May be found gasping for air.

### Risk of Death

— Death can occur within minutes with out shock from AED.

### What to do

- Call 911
- Begin CPR
- Retrieve AED and follow instructions

### What is a Heart Attack?

A heart attack is a **“Circulation”** problem.



Heart attack occurs when the blood flow to the heart is blocked.

### Warning Signs

- Chest pains
- Shortness of breath
- Nausea and sweating

### Victims Response

— Usually remains awake and able to talk.

### Risk of Death

— Many survive with early and appropriate treatment.

### What to do

- Call 911

# 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 benefit is determined by your length of employment and unit coverage as shown below.

### 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 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

### Do you have a beneficiary on file with the Welfare Fund?

A beneficiary is someone who will receive the death benefits when the insured passes away. Please visit [www.655hw.org](http://www.655hw.org) to download a Beneficiary Form or call us today to request one by mail.

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