



healthy choices



live well. be well.



Keep Your Heart Healthy

Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Eat Better:

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.

Be More Active:

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.

Quit Tobacco:

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.

Get Healthy Sleep:

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.



Manage Weight:

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.

Control Cholesterol:

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.

Manage Blood Sugar:

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.

Manage Blood Pressure:

Manage Blood Pressure: Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

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

LIFE INSURANCE



Simply Scan the QR code
to visit our Website.

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

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

Unit 1

- Family coverage for medical, prescription drug, vision, dental, weekly disability, life and AD insurance. Contact The Welfare Fund for required hours.
- Monthly Participant: Determined by your employers agreement with the Union (family coverage for medical, prescription drug, vision, dental, weekly disability, life and AD insurance).

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

Unit 2

- Employee-only coverage for medical, prescription drug, vision, life, and AD insurance

Please contact The Welfare
Fund Office for more
information regarding life
insurance benefits.
314.835.2700 or 1.866.565.2700