



healthy choices



live well. be well.

Running into Wellness in 2026

Running is not just exercise – it's a lifestyle and wellness movement.

Running continues to grow as one of the most popular wellness activities in 2026. With busy schedules, rising stress levels, and a strong focus on mental and physical health, more people are choosing running because it is:

- Accessible – no gym membership required
- Affordable – minimal equipment needed
- Flexible – run anytime, anywhere
- Community-driven – run clubs, charity runs, and fitness challenges are on the rise

Health Benefits of Running

Strengthens the heart and lungs

Helps maintain a healthy weight

Builds stronger bones and muscles

Improves endurance

Mental Health Benefits of Running

- Reduces stress, anxiety, and depression
- Boosts mood and confidence
- Improves focus and sleep quality
- Releases endorphins – the body's natural "feel-good" chemicals

Member Assistance Program (MAP)



YOUR WORKPLACE WELLNESS & MAP PARTNER
Counselors are available, 24 hours a day, 7 days a week.

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

1.800.832.8302

Call the Welfare Fund office at 314.835.2700 for more information.

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

Visit Your Member Site
Info@H&HHealthAssociates.com
www.H&HHealthAssociates.com



Running in 2026 is trending because it's social, tech-driven, inclusive, and meaningful. People aren't just exercising; they're building community and lifestyle habits. It's one of those fitness habits that fits into everyday life, and that's why it's here to stay.

Benefits

That support a happier, healthier, lifestyle in 2026.

Mental Health

MAP Counseling Sessions

100% coverage for approved sessions

Mental health office visit copays apply

See the 2026 Schedule of Benefits for details.

Immunizations

Covered in accordance with CDC guidelines.

The plan pays 100% with no deductible.

Smoking Cessation

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

Mammograms

Routine Mammogram outlined by American Cancer Society, 1 per calendar year beginning at age 40.

Colonoscopy

Regular screenings starting at age 45 help prevent and detect colorectal cancer early
Plan pays 100%, no deductible

Looking for a mental health provider?



Preventive Care Services

Preventive care is essential for living a healthy life. Everyone should see their primary care provider on a regular basis, but as you grow older, it becomes even more important to schedule a check-up each year.

During a wellness visit, your provider can update your vaccinations, review any medications you're taking, and help you learn your important health numbers, such as blood sugar, blood pressure and cholesterol.

Preventive care plays an important role in protecting your health. Each year, you should schedule your annual preventive checkup to stay on track and catch potential health concerns early. Recommended preventive services include a yearly *flu vaccine, skin cancer screening, BMI and weight evaluations, and depression screening.* These services help support your overall well-being and keep you healthy year after year.



Looking For A Health Provider?

Scan QR Code to access your Health Benefits and find a health provider .

For more information please visit us at www.655hw.org