

**United Food & Commercial Workers Local Union #1189  
and St. Paul Food Employers Health Care Plan**

Administered by Wilson-McShane Corporation



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November 2025

Dear Participant:

The UFCW 1189 and St. Paul Food Employers Health Care Plan's now provides telehealth services through Included Health.



You will still enjoy the same great telehealth features of care anytime and anywhere paid by the UFCW 1189 and St. Paul Food Employers Health Care Plan at 100%, with seamless billing and no upfront cost.

Activate your free account by visiting [includedhealth.com](https://includedhealth.com) or by downloading the Included Health app.

Create an account then **add UFCW 1189 as your employer.**



**Add your employer**

Many members and their families get Included Health covered by their employer.

Showing results for UFCW 1189

UFCW 1189 >

Your health plan may cover you directly instead

We encourage you to take advantage of this great benefit offered to you through the Health Plan. If you have any questions, please do not hesitate to contact the Fund Office at (952) 854-0795.

Sincerely,

Wilson-McShane Corporation, Fund Administrator  
UFCW 1189 and St. Paul Food Employers Health Care Plan

# Welcome to healthcare designed to treat you better.

Included Health is an all-new way to get the care you need, the way you want—all from a single app. For colds, anxiety, prescription refills, and everything in between, we're here to help.

## For all things healthcare, start with Included Health.



See a doctor fast with 24/7/365 access to board-certified providers.



Connect with a licensed therapist online for mental health support when you need it.



See a board-certified psychiatrist for medication management, new diagnoses, and more.



Get prescriptions sent to a local pharmacy of your choice.



Connect anywhere, anytime virtually from your smartphone, tablet, or computer.

## How much does it cost?

Included Health is fully covered by the UFCW 1189 Health Fund and available at no cost to you and your covered dependents.

## How do I get started?

1. Download the Included Health app.
2. Activate your account or log in.  
***Please select 'UFCW 1189' as your employer when registering***
3. Get the healthcare help you need.

## Who can use Included Health?

Included Health is available to all UFCW 1189 Health Fund participants and their dependents covered on the health plan.



download the app

## Activate your account.

[includedhealth.com](https://includedhealth.com)

855-431-5533

