

HEALTH AND WELLNESS

UPDATES FROM THE TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST AND YOUR PROVIDERS:



KAISER PERMANENTE MEMBERS

Everyday Ways to Ease Your Worries

Everyone gets overwhelmed sometimes. But too much stress can be hard on your health — so it's important to find ways to offset those negative effects.

These healthy habits can help you stay cool under pressure, even when you're pressed for time.

- Symptoms of stress can create a vicious cycle between your mind and body. Exercise helps to break this cycle by relieving tension and releasing feel-good brain chemicals that fight the effects of stress.
- When stress strikes, try a few minutes of deep breathing. Breathe in for a count of 5, hold for 5, and exhale for 5. Repeat 10 times or until you start feeling more calm, grounded, and focused.
- Your phone needs time to recharge, and so does your brain. Disconnecting from digital noise for a little while each day can help you stress less, sleep better, and spend time doing more rewarding activities.

Sweat more, stress less, take a break to breathe, unplug to recharge. Visit kp.org/stressmanagement.

Please join us for the upcoming webinar to learn about well-being resources for Kaiser Permanente Members.

HEALTH AND WELLNESS WEBINAR

Find Your Healthy Place

April 29th - 5:30 pm to 6:15 pm PST



Good health goes beyond the doctor's office. Join us for a webinar with Kaiser Permanente representatives to explore healthy resources to help you thrive.

See how easy it is to stay on top of your health when you register on kp.org. Learn how you can get wellness support and take advantage of extra wellness perks provided to Kaiser Permanente members.

[CLICK TO REGISTER](#)



Take care of yourself and your family today and in the future through the Teamsters Trust. We're here to help you learn about your resources, online tools, and other services available.



BLUE SHIELD OF CALIFORNIA MEMBERS

Your Options for Mental Health Services

In addition to [Teladoc's mental health services](#), you can access the [MHSA Network](#).

Providers in this network can treat anxiety, depression, and much more. This includes conditions that require intensive outpatient care or admission to a hospital or residential treatment center. Visit the [MHSA Network](#).



DELTA DENTAL MEMBERS

Looking to budget your expenses? Plan ahead!

- Log in to your account at deltadentalins.com (if you don't have one yet, click [Register](#)).
- Click the Cost Estimator link by your name.

Wellness Tip: See 5 ways to [wake up your morning routine](#) and jump-start your day.



EYEMED MEMBERS

Quiz: "Framing your personality"

Ready to enhance your personality with a new look? Take this quick [online quiz](#) to see which style of eyewear matches your personality profile.

Did you know you can apply your vision benefits to online purchases? [Login or Register](#) to get started.

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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