

HEALTH AND WELLNESS

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



BLUE SHIELD OF CALIFORNIA MEMBERS

Supporting You In Getting Through COVID-19 Is Our Top Priority

As an eligible Teamsters Member, you have many ways to get the care you need when you need it — at no extra cost:

- **Shield Concierge** — Call one toll-free number to connect to a team of healthcare experts ready to answer your questions and resolve any issues.
- **Teladoc** — Talk to a U.S. board-certified Teladoc® medical doctor or licensed mental health professional by phone or video.
- **Other virtual services** — Speak with a registered nurse anytime with [NurseHelp 24/7SM](#). Get confidential support for personal, legal, and other issues with [LifeReferrals 24/7SM](#).

Visit blueshieldca.com/teamsters1932 to get vaccine updates, learn about your benefits, and more. To get the most out of your plan, [sign up for an online account](#).

Achieve Your Health Goals With Wellvolution

[Wellvolution](#)®, Blue Shield's digital health platform, offers highly rated apps and programs to help you achieve your health goals – whether that's losing weight or reversing chronic disease. Here's how it works:

- Enter information about your health goals. This information will help Blue Shield to find the apps or programs right for you.
- Blue Shield will recommend a number of apps or programs based on your health profile, and you get to decide which one you want to try.

Receive weekly action plans, track results in real time, and develop healthier habits with Wellvolution! Take charge of your health today. Sign up at wellvolution.com.



HEALTH AND WELLNESS WEBINAR

Get started with Wellvolution!

Feb 25th - 5:30 pm to 6:15 pm PST



Eligible Teamsters Members Covered Under a Blue Shield of California Plan: Learn how to lose weight and reverse your health risks with Wellvolution.

[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.



KAISER PERMANENTE MEMBERS

Healthy Habits, Happy Heart

You can help avoid future heart problems by making healthy changes today. The same habits that help keep your heart strong also reduce your risk for other conditions — another good reason to take these health tips to heart. Visit kp.org/heart for more information.



EYEMED MEMBERS

Vision Benefits, Demystified

What's a copay? How exactly do discounts and allowances work? [This quick review](#) answers these and other common questions to help you understand your vision benefits - step by step, inside and out.



DELTA DENTAL MEMBERS

Looking for a Dentist?

At deltadentalins.com it's easy to look for a Delta Dental dentist in your area. How to search:

- Go to deltadentalins.com
- Click on Find a Dentist tool
- Enter your ZIP code
- Select your network (PPO or DeltaCare USA)
- Click Find a dentist

For a targeted search, you can Refine Search and list name of dentist, filter by specialty or language.

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