

HEALTH AND WELLNESS

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



EYEMED MEMBERS

Special Offers – Your Vision Benefits

Did you know you have access to special savings just for being EyeMed members?

- Registered members can log on to EyeMed.com or download the EyeMed app to view the Special Offers.
- These are a mix of the latest discounts and extra savings that give your benefits a boost, so you can keep your eyes healthy and save some cash while you're at it.

Here are just a few of the current offers available:

- Get an extra \$50 off your services at LensCrafters
- Save 10% on contact lenses at ContactsDirect.com
- Save an extra \$25 off at Target Optical in addition to your EyeMed benefits through the Teamsters 1932 Trust.

Log on to EyeMed.com or the member app to see these offers and many more!

Do you want to learn more about your benefits and how to get the most value? Please join us for the upcoming member webinar where you can learn all about EyeMed and more!



HEALTH AND WELLNESS WEBINAR

EyeMed Member Webinar

March 22nd - 5:30 pm to 6:15 pm PST



Eligible Teamsters Members: Join us for another educational online event. Here's a look at what we will be covering:

- Teamsters 1932 Vision benefits overview
- Where to go to find providers
- How to access the member discounts and tools
- Where you can go to access vision wellness information
- And much more!

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

Inspiring Ways to Eat Smart

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy doesn't have to be hard — and you don't have to live on salad, buy expensive vitamins, or swear off snacking. Your own nutrition intuition can lead you in the right direction. Visit kp.org/foodforhealth.



BLUE SHIELD OF CALIFORNIA MEMBERS

Take Charge of Your Health Today!

Getting a preventive care exam can help you detect early warning signs of more serious, costly problems.

- You don't have to pay a copayment or meet the plan's deductible for routine preventive services.
- Learn which health screenings and immunizations are right for you: blueshieldca.com/preventive.



DELTA DENTAL MEMBERS

Understand Your Dental Plan

You've got dental coverage, congratulations! Check out these helpful videos to get the most of your plan:

[All about the Delta Dental PPO Network](#)
[Welcome to your DeltaCare USA Plan](#)

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

433 North Sierra Way | Post Office Box 571 | San Bernardino, California 92402-0571

Customer Service: (909) 494-2916 or (866) 484-1337

Email: Teamsters1932eligibility@zenith-american.com | Fax: 909-789-1311

HEALTH AND WELLNESS

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



TRUSTEE SPOTLIGHT

**KATHLEEN BRENNAN, PRESIDENT
TEAMSTERS LOCAL 1932**

"In talking with some co-workers I was asked why I haven't talked about the fact that one of the main reasons I got involved with the Union and agreed to be President was to help our Union succeed in getting the Trust up and running, and our Medical Retirement back after we lost too many coworkers who worked much longer than they needed to only because we didn't have Medical Retirement."

The one incident, in particular, was a coworker of mine that I went to see right before she had her doctor's appointment. Long story short she worked for the county for nearly 40 years and should have been retired years before but couldn't because our medical premiums were out of this world due to no Medical Retirement. She wanted to retire and spend time with her grandkids and at that doctor's appointment she found out her stomach cancer was back and she was dead within weeks and never got to retire and enjoy her grandkids.

She was an amazing programmer for the county and to this day we still have things that will run that she created. I can't give her the well-deserved time she should have had with her family, but I will do everything I can to help ensure that more people don't suffer the same avoidable scenario."



TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

433 North Sierra Way | Post Office Box 571 | San Bernardino, California 92402-0571

Customer Service: (909) 494-2916 or (866) 484-1337

Email: Teamsters1932eligibility@zenith-american.com | Fax: 909-789-1311