



# HEALTH AND WELLNESS

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

## EYEMED MEMBERS



### What's new with EyeMed...

Have you heard of the new Ray-Ban stories glasses?

Did you know you can use your frame allowance to get the Ray-Ban stories glasses? Here are just a few things you can do with the Ray-Ban stories glasses:

- Record videos
- Take pictures
- Take phone calls
- Listen to music

Ray-Ban Stories prescription frame and lenses are covered with your EyeMed vision benefits.

## EYEMED WEBINAR



### What's new with EyeMed

**April 27, 2022**  
**4:30pm to 5:15pm PST**

- What's new with EyeMed
- What your benefits are and how to use them
- Where to find your providers and how to schedule an appointment

[\*\*CLICK TO REGISTER\*\*](#)

## DELTA DENTAL MEMBERS



### Flossing for your overall health

You know brushing is important, but here's why you shouldn't forget to floss:

[Flossing](#) isn't just about maintaining healthy teeth! When you floss, [the rest of your body](#) will be healthier, too. You'll cut down your risk of developing serious conditions, including:

- [Heart disease](#)
- [Diabetes](#)
- [Rheumatoid arthritis](#)

Visit [Delta Dental's Wellness resources](#).

## KAISER PERMANENTE



### Stress Management

#### Build boundaries, reclaim your inner calm

For many of us, the last few years have blurred the lines between work and home. Chronic stress and burnout are on the rise, but with simple strategies for structuring in breaks, building boundaries and winding down your workday, you can reduce stress and reclaim your inner calm.

- Take scheduled breaks
- Create work-life harmony
- Unplug to recharge

Visit: [kp.org/stressmanagement](http://kp.org/stressmanagement)

## BLUE SHIELD OF CALIFORNIA



### Save on Fitness Your Way®

**From April 1, 2022, to April 27, 2022**, enroll in Fitness Your Way® to get a discounted price on the new Power package launching in May.

This package includes access to full-service fitness clubs offering amenities such as pools, saunas, group fitness classes, racquetball courts, and more.

Visit: [Fitness Your Way April Promotion](#)

## 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](mailto:Teamsters1932eligibility@zenith-american.com) | Fax: 909-789-1311