

HEALTH AND WELLNESS

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

EYEMED MEMBERS



A site for sore eyes GET EXPERT ADVICE YOU CAN USE

Your eyes weigh about one ounce each. They have 2 million working parts. They determine 80% of your memories. We admit it—we're amazed by your eyes. So strong. So delicate. So necessary. A website entirely focused on their care and well-being just makes sense. So we've collected eye care wisdom and advice from vision experts all in one spot. One eye-friendly, health-savvy, article-packed spot.

ARTICLES FOR ALL THINGS VISION
Introducing www.eyesiteonwellness.com



HEALTHY VISION

Your precious little peepers are surrounded by danger and disease. But you can protect them. Maybe even make them better. We'll show you how.



VISION BY AGE

Eyes change with time. So do your vision needs. Learn how to look after eyes of all ages.



EYEWEAR STYLE & CARE

What to think of first—and how to make it last. Let's make sure your contacts, glasses or shades fit your life. And your personality. And your look.



VISION TECHNOLOGY

Technology is transforming vision right before our eyes. How does the digital experience do things differently? The answers are right here.

EYEMED WEBINAR

Learn more about your Vision benefits

August 23rd – 5:30 to 6:15 PM PST

Please join us in learning more about your vision benefits with EyeMed through the Teamsters 1932 Health & Welfare Trust Fund.

We will be discussing the importance of vision coverage, what is included in your benefits as well as the many tools and discounts you have as EyeMed members!



[CLICK TO REGISTER](#)



KAISER PERMANENTE MEMBERS

Healthy habits for a healthy weight. Forget juicing, fasting, and fad diets. Just focus on being healthy and fit. When you eat right and exercise regularly, maintaining a healthy weight can happen naturally.

Visit www.kp.org/weight.

Learn more about reaching your ideal weight with:

- Programs to get you started
- Make food work for you
- Stay active
- Overcome challenges
- Handle setbacks

DELTA DENTAL MEMBERS



Prevent and improve chronic conditions.

Check out the Wellness Library at

www.deltadentalins.com/wellness for information about how your mouth can show symptoms of chronic disease and learn to identify symptoms of [chronic oral conditions](#).

August Wellness Tip: Did you know your dentist may be able to recognize the [early stages of osteoporosis](#)? Osteoporosis may be preventable with lifestyle changes like decreasing caffeine and alcohol intake and adding weight-bearing exercises to your routine!



BLUE SHIELD OF CALIFORNIA MEMBERS

Prevent or improve chronic conditions

Getting an annual checkup to screen for chronic conditions such as heart disease is key. Eating the right foods can also make a big difference. See [Use your food as medicine](#). Learn more by reading [Turn back the clock on chronic disease](#). For information on programs that can help you stay healthy, visit blueshieldca.com/teamsters1932.

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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