



HEALTH AND WELLNESS

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

EYEMED MEMBERS MEMBERS



What's new with EyeMed

Do you Know the importance of an eye exam?

Join us and learn about:

- Vision health
- Your benefits and how to use them
- EyeMed discounts and much more

Eye health is important so join us, to learn about your EyeMed benefits and how easy it is to use it.

EYEMED WEBINAR

Would you like to learn more about what's new with EyeMed and your vision benefits?

**August 30, 2022
11:30am to 12:15pm PST**

Attend this webinar to learn about:

- 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](#)

BLUE SHIELD OF CALIFORNIA MEMBERS



Don't let your health overwhelm you

Sometimes you need support for your health. Care Management gives you a dedicated care manager and supportive team at your side, at no extra cost.

Your care manager can help you:

- Understand your condition and treatment options
- Fulfill your day-to-day health needs
- Meet your health goals
- Navigate the healthcare system

Learn more at [Care Management](#).

KAISER PERMANENTE MEMBERS



Weight Management- 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.

- Fill up with fiber
- Make time to move
- Rethink your drinks

Visit: kp.org/weight to learn more.

DELTA DENTAL MEMBERS



Back to school with a smile

Make oral health a priority as kids head back to school with Delta Dental's [wellness resources](#):

- [Top oral health tips for back-to-school time](#)
- [Suggestions on how to pack a healthier lunch](#)
- [Great advice for teens about their teeth](#)

Check our [website](#) for more smile-friendly, kid-approved [recipes](#), and follow Delta Dental on [Facebook](#), [Twitter](#) and [Instagram](#).

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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