



# HEALTH AND WELLNESS

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

## EYEMED MEMBERS



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

Do you know the importance and need for vision care?

Join us to learn about...

- Vision health and vision conditions
- 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, vision health and your vision benefits?**

**August 18, 2023  
12:00pm to 1:00pm PST**

- What is conditions that can be detected in an eye exam?
- What your benefits are and how to use them
- Where to find a provide and schedule an appointment

[CLICK TO REGISTER](#)

## DELTA DENTAL MEMBERS



### Back to school for good oral health

Keep your kids' teeth and gums healthy while they're at school

[3 back-to-school tips](#) for great dental health

5 ways to pack your kids a [healthier lunch](#)

Dental health tips [for your teen](#)

What to do when your child [knocks a tooth loose](#)

Check our [wellness library](#) for more tips and follow Delta Dental on [Facebook](#), [Twitter](#) and [Instagram](#).

## KAISER PERMANENTE



### See the benefits of immunization

Get immunized and stay protected

Immunizations are a safe and effective way of protecting yourself and the people around you against certain diseases.

From the flu and COVID-19 to other serious illnesses, here are some great reasons to get immunized.

They're effective. Rather than treat a disease after you get it, immunizations can prevent you from getting sick in the first place or make the illness much less serious.

They help everyone. Vaccinations can help reduce missed school days for [children](#), which may help improve academic performance. Vaccinated adults also remain active at home and in the workforce.

They beat getting sick. Immunizations [cost less](#) than getting treated for the diseases that the shots protect you from. And the risk of getting sick is much greater than the risk of having a serious reaction to the vaccine.

[Go online](#) to learn more about the benefits of immunizations.

## BLUE SHIELD OF CALIFORNIA



**Explore diabetes management and prevention programs**

Wellvolution®, a digital lifestyle platform, offers programs that can help prevent, manage and, in some cases, even reverse – type 2 diabetes.

If you have type 2 diabetes or prediabetes, depending on the program you enroll in, you can get personal coaching, a digital weight scale, chef-inspired meal plans, and more.

**TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST**

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