



# HEALTH AND WELLNESS

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

## EYEMED MEMBERS



### Choosing the right pair of glasses

Get a new perspective on frames by choosing the right pair of reading glasses.

Signs you may need prescription glasses:

- Noticing objects nearby are out of focus or fuzzy
- An inability to focus on words when trying to read
- Frequent unexplained headaches

Anyone who is holding a smartphone or cereal box farther away because of trouble reading is likely asking these questions. How they are answered is crucial for future eye health.



## EYEMED WEBINAR

*Would you like to learn more about eye health and your vision benefits?*

December 16 – 5:30 to 6:15 Time PST

Attend this webinar to learn about:

- What your benefits are and how to use them
- Where to find your providers and how to schedule an appointment
- The importance of an eye exam and using your benefits

[CLICK TO REGISTER](#)

## KAISER PERMANENTE MEMBERS



### Simple ways to be kind to yourself

Practicing self-care is good for the mind, body, and spirit especially now during the COVID-19 pandemic. It's been a challenging year, but here are some simple things you can do to boost your mood, beat stress, and find more joy in your everyday life.

Visit [kp.org/mindbody](https://kp.org/mindbody).

## BLUE SHIELD OF CALIFORNIA MEMBERS



### Support your mental health this holiday season.

With the holidays around the corner, stress and loneliness can increase. But reaching out to friends and loved ones, getting involved with your community, and other steps can make a difference. Learn more by reading [Curb social isolation and stay connected this holiday season at https://bit.ly/3EcUsdC](https://bit.ly/3EcUsdC).

Find resources to help support your well-being at [blueshieldca.com/teamsters1932](https://blueshieldca.com/teamsters1932).

## DELTA DENTAL MEMBERS



### The holiday and your mental health

- The holiday season can be tough on anyone, but did you know that stress can take a toll on your teeth? Teeth grinding, canker sores and even gum disease [can be caused by high levels of stress](#).
- When cold and flu season arrives, your teeth may not be on the top of your mind. But having a cold or flu can affect your mouth. [Here's what you can do](#) to keep your teeth healthy.

**December Wellness Tip:** No matter how much you love your dentist, they probably don't top the list of people you want to spend quality time with over the holidays. Follow [these five tips](#) to steer clear of emergency trips to the dentist's office this season.

## TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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