



HEALTH AND WELLNESS

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

EYEMED MEMBERS

Feeling the effects of digital eyestrain?

Did you know that your daily devices can affect your eye sight?

According to a recent workplace wellness survey from Transitions®, over 85% of participants are experiencing digital eyestrain due to an increase in screen time.

Click on the link below to learn more...

<https://eyesiteonwellness.com/eyemed/en/post/effects-of-digital-eye-fatigue>

KAISER PERMANENTE MEMBERS



Simplify self-care

Keep your mind and body in sync

How you feel and think are closely related. So, it's important to take care of your mind as well as your body to help

reduce stress and maintain mental health.

Here are some tips to help:

- **Heal your body and mind** and [care for the whole you](#) with resources for easing stress, anxiety, depression, and sleep problems.
- **Learn how health problems affect emotions** and how well you [treat, manage, and cope with illness](#). Plus, find out how a positive outlook may help you better handle pain or stress.
- **See why there is growing interest in self-care**, with more than three-quarters of U.S. consumers saying [wellness is more important than ever](#).

Keeping your mind and body healthy and connected is a great way to care for the whole you. Learn more with these helpful tips and resources.

DELTA DENTAL MEMBERS



This the season for healthy teeth

Don't forget your oral health during the holidays

- [5 tips to keep your teeth healthy over the holidays](#)
- [Give the gift of oral health this holiday season](#)
- [Holiday stress and your oral health](#)
- [Take it easy on the holiday sweets](#)

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

Check out some healthy holiday food swaps!

Eating healthy at this time of year can be a challenge. After all, it's the season for festive food. Get tips for [healthy holiday food swaps](#). You can also access tools on [Wellvolution](#)® designed to help you improve your diet and manage your weight – all at no extra cost.

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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