



HEALTH AND WELLNESS

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

DELTA DENTAL MEMBERS



Gum disease: Know the signs

Gum disease is typically slow and painless so it can reach an advanced stage before you're even aware you have it. The condition isn't just bad news for your teeth. Gum disease may be linked to other serious health conditions including heart disease, stroke, dementia, glaucoma, diabetes, arthritis and more.

- Red, tender or swollen gums
- Bleeding gums while brushing or flossing
- Gums that seem to be pulling away from your teeth
- Chronic bad breath or a bad taste in your mouth
- Teeth that are loose or separating from each other

Protecting your smile

Follow these tips for preventing gum disease:

- [Brush your teeth](#) gently twice a day with a soft-bristled brush.
- [Floss daily](#) to clean between your teeth.
- Avoid [smoking and tobacco](#).
- Avoid sugary snacks and beverages. (Check out Delta Dental's [smile-friendly recipes](#) for some healthy meal and snack ideas.)
- See your dentist regularly for checkups and professional cleanings to help prevent gum disease before it requires [treatment](#).

KAISER PERMANENTE MEMBERS



Heart Health: Know your numbers

You can help avoid future heart problems by knowing your numbers and making healthy changes today. The same habits that help keep your heart strong also reduce your risk for other conditions – making you healthier and feeling better!

- Reduce your cholesterol
- Control your blood pressure
- Reduce your BMI

Visit: kp.org/heart to learn more.

EYEMED MEMBERS



How to choose an eye doctor

It may be human nature to surround ourselves with people who see things the way we do. But we should also include a few who see things a little differently. This applies especially to your eye doctor. The person you choose to provide your annual eye exam should be as much an ally as an expert. Above all, he or she should be able to tell you what you need to know about your vision health — even when you don't see it coming.

Visit: <https://www.eyesiteonwellness.com/how-to-choose-an-eye-doctor/>

BLUE SHIELD OF CALIFORNIA MEMBERS



Get virtual care at no extra cost:

- [Shield Concierge](#) — Call (855) 599-2657 to connect to a team of healthcare experts ready to provide support.
- [Teladoc](#) — Talk to a U.S. board-certified Teladoc® medical doctor or licensed mental health professional by phone or video.
- Other virtual care services — Visit blueshieldca.com/teamsters1932 to learn about other services including [LifeReferrals 24/7SM](#) and more.

DELTA DENTAL WEBINAR



Oral health at all ages

February 23, 2022 - 5:30pm to 6:15pm PST

Attend Delta Dental webinar for a fun and educational online event. Topics covered will include:

- Caring for your child's oral health
- Flossing the right way
- Handling dental emergencies
- Replacing missing teeth
- Healthy living with Delta Dental as partner

[CLICK TO REGISTER](#)

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