



# HEALTH AND WELLNESS

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

## EYEMED MEMBERS



### What is new with EyeMed

#### Do you know the importance and need for vision care?

Join us to learn about...

- Vision health and Myopia
- 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.

Click on the link below to learn more.

<https://www.eyesiteonwellness.com/eyemed/en/post/myopia-closing-in-on-a-looming-vision-condition>

## DELTA DENTAL MEMBERS



### Protect those gums!

Learn ways to prevent gum disease this month:

- Find out the causes and symptoms of [gum disease](#)
- How do you [select the right toothbrush](#)?
- [Are you flossing every day](#)? There's a right way to do it
- Get [regular dental cleanings](#) to help prevent problems

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

## KAISER PERMANENTE MEMBERS



### Don't skip a beat with your heart health

#### There's no better time to make heart-healthy changes, even though it can be challenging at first.

Use these tips to learn what you can do to keep your heart healthy and encourage your loved ones to do the same.

But where do you start? Here are some wellness resources your heart will love:

**Try to eat healthy**, exercise, watch your cholesterol, manage stress, and maintain a healthy weight to stay [heart-healthy](#).

**Prevent and identify common heart conditions**, learn about treatment, and get tips on how to find health problems early. [Use this helpful tool](#) to find recommended screenings based on your health history.

**Get the most out of treatment and recovery** if you or a loved one has a heart condition. Learn how to [prepare for each appointment](#) with your doctor.

Kaiser Permanente helps members live longer, healthier lives. Keep your heart health top of mind and [check out helpful resources](#) today.

## BLUE SHIELD OF CALIFORNIA MEMBERS



### Keep a healthy heart

Embracing a healthy lifestyle can help prevent heart disease and lower your risk for a heart attack. Eating well, getting 150 minutes of exercise a week, brushing and flossing daily, and other steps are key. For help in keeping your heart healthy, read [Taking care of your heart](#), and check out [Wellvolution](#)®.

## **EYEMED WEBINAR**

**February 28, 2023  
12:00pm PST**

Join us to learn about :

- What is Myopia
- What your benefits are and how to use them
- Where to find your providers and how to schedule an appointment

**[CLICK TO REGISTER](#)**

### **TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST**

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