



HEALTH AND WELLNESS

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

BLUE SHIELD OF CALIFORNIA MEMBERS



Begin the New Year on a calm note with Headspace

Experience the leading meditation app, with over 70 million users – at no additional cost to you – through Wellvolution®, our digital platform for health and well-being.

With Headspace, you can:

- Learn the essentials of meditation and mindfulness
- Sleep better with relaxing sounds, music, and wind-down exercises
- Access “SOS” sessions for moments of panic, anxiety, and stress

You'll find more than 1,000 hours of exercises to help you live your whole day mindfully with Headspace. Learn more at wellvolution.com/mentalhealth.

Get mental health support, day or night, from Ginger

Ginger, available through Wellvolution, offers on-demand, confidential mental healthcare through coaching, self-guided activities, and more.

With Ginger, you can access mental healthcare 24/7/365:

- Chat with a trained behavioral health coach within seconds
- Meet with a licensed therapist or psychiatrist via video within days (Video therapy and psychiatry sessions are subject to a cost share as stated in your health plan.)
- Enjoy the benefits of a care plan developed just for you

Take charge of your mental health today with Ginger. Get started at wellvolution.com/mentalhealth.

KAISER PERMANENTE MEMBERS



Finding your way back to fitness

We all know about the benefits from and importance of exercise for maintaining a healthy lifestyle. However, as our lives get busier and more curve balls get thrown our way as adults, exercising is sometimes easier said than done. To get back on track, follow these simple tricks to stay active.

Visit: kp.org/fitness

DELTA DENTAL MEMBERS



Learn more about your plan

Start 2022 off right by getting to know your dental plan. Check out these helpful videos to get the most out of your coverage.

[All about the Delta Dental PPO Network](#)

[Welcome to your DeltaCare® USA plan](#)

EYE MED MEMBERS



3 ways to get the most from your end-of-year benefits You've got vision benefits. Now let's make sure you use it!

Your vision plan outlines what your benefits cover and when you can use them: [Here's a great read](#) to help you understand how. Not all, but many plans are based on a calendar year, which means there's typically an end-of year rush to use benefits. But this isn't a typical year. This year, managing that rush will be particularly important

<https://www.eyesiteonwellness.com/3-ways-to-get-the-most-from-your-end-of-year-benefits/>

BLUE SHIELD WEBINAR

Resources to support your mental health

January 19, 2022 - 5:30pm to 6:15pm PST

Attend this webinar to learn about two popular mental health apps, Headspace and Ginger, which are now available to you through Wellvolution:

- Headspace offers over 500 guided meditations to help with anxiety, sleep, and more. Plus, you can access yoga workouts, wind-down exercises, and other features.
- Ginger offers on-demand, confidential mental health support day or night through coaching, self-guided activities, and more.

[click to register](#)



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