



# HEALTH AND WELLNESS

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

## BLUE SHIELD MEMBERS



### Take control of your health this year

Improve your physical and mental health with best-in-class digital health programs from Wellvolution®. Whether you're always active or just looking to start small, you can find a health program designed just for you. Wellvolution's digital programs can help you:

- Prevent and treat disease with personalized treatment options
- Reverse chronic conditions like pre-diabetes, diabetes, and hypertension
- Eat better and lose weight with personalized coaching
- Quit bad habits like smoking and replace them with healthier ones
- Improve sleep, reduce stress, and prioritize your mental health

Get started today at [wellvolution.com](https://www.wellvolution.com).

### Find exciting ways to get fit with Fitness Your Way

Fitness Your Way gives you access to virtual classes, gyms with no long-term contracts, and more. Choose from multiple fitness packages and access thousands of well-known fitness locations nationwide. Find locations near home, work, and where you travel. To get started, go to

[fitnessyourway.tivityhealth.com/bsc](https://fitnessyourway.tivityhealth.com/bsc).

## EYEMED MEMBERS



### Make eye care a family affair

#### At every age, your family members can benefit from regular eye care

From the very young to the young at heart, regular eye exams are important to keeping everyone in your family productive and well. About 3.2 million Americans need vision correction. For the sake of your loved ones' health and well-being, make getting an annual eye exam a part of your family's health care routine.

Click on the link below to learn more...

<https://www.eyesiteonwellness.com/eyemed/en/post/make-eye-care-a-family-affair-interactive>

## DELTA DENTAL MEMBERS



### New Year, New You

Here's how to start 2023 with a healthy smile:

[Six reasons why getting a dental cleaning](#) should top your resolution list

[Seven vitamins and minerals](#) your mouth needs in 2023

Learn the [steps for better brushing and flossing](#) this year

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

## BLUE SHIELD WEBINAR

EAT HEALTHY ON A BUDGET

**January 23, 2023  
12:00pm PST**

**CLICK TO REGISTER**

Join us to learn about eating healthy on a budget. Eating healthy doesn't have to be expensive. Join us for a presentation on ways to make meals and snacks at home that are both healthy and allow you to stay within your budget. This presentation will be based on the Dietary Guidelines for Americans and will feature science-backed advice for making food choices that promote good health and a healthy weight and help prevent disease.

## KAISER PERMANENTE MEMBERS



### Find your way to fitness

Whether you're looking to focus your mind, feel your best, or have more energy throughout the day, improving your fitness is something we can all aspire to.

With simple changes to your behavior and activity level, you can quickly start to reap the benefits of fitness, including:

- **A healthy body** with a [healthier heart and stronger lungs, bones](#), muscles, and joints as well as lowered risk of falls, diabetes, high blood pressure, and some cancers. Connect to [more resources](#) for health and wellness.
- **A healthy mind** with [reduced symptoms of depression and anxiety](#). Being fit can also [lead to better sleep](#), better stress management, and a sharper mind.
- **A healthy spirit** with more energy for work and leisure time with friends and family.
- Ready to get moving? Go online for simple ways to get fit, stay healthy, and be at your best.

### TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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