

# HEALTH AND WELLNESS

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

## BLUE SHIELD OF CALIFORNIA MEMBERS

Wellvolution, our digital platform for health and well-being, now includes a new section called Everyday Choices. You'll find fitness and cooking videos and over 350 healthy recipes:

- To access Everyday Choices, create an account on [wellvolution.com](https://www.wellvolution.com). Then, pick a health goal, complete a short questionnaire, and enroll in a program. If you're already enrolled in a program, simply log in.
- Fitness videos focus on strength training, cardio, and stretching, and are designed for all fitness levels. Videos range from 10 minutes to 40 minutes.
- Recipes and cooking videos are grouped by diet preference such as Keto, gluten free, vegetarian, and plant based.

### Register online and mobilize your Blue Shield plan benefits

Have you ever arrived at your doctor's office and realized – you forgot your Blue Shield member ID card? If you register online, you can access your digital ID card anytime.

### You can also do the following – and more:

- Request access to your covered dependents' information, such as claims, so you can view it from your online account.
- See your copay or coinsurance amounts before your next appointment, so you're ready for any out-of-pocket costs.
- View or change your primary care physician (PCP) at any time.

Visit [blueshieldca.com/registertoday](https://blueshieldca.com/registertoday) to sign up for an online account. It takes less than 5 minutes. You'll just need your member ID card or ID number.

## HEALTH AND WELLNESS WEBINAR

LEARN ABOUT THE WELLNESS DISCOUNT PROGRAMS



July 20, 2021 – 5:30 to 6:15 Time PST

Fitness Your Way™ gives you access to more than 10,000 fitness centers nationwide for just \$25 per month.

Save up to 20% on vision services and materials at participating providers.

Get discounts on therapeutic massage, acupuncture and chiropractic services, and more from participating practitioners.

[CLICK TO REGISTER](#)



We can shape our future together!  
Get involved and stay healthy.

## KAISER PERMANENTE MEMBERS



### HAVE FUN IN THE SUN SAFELY

Sun exposure is the leading cause of skin cancer and it's also to blame for up to 90% of the visible signs of aging.\* But you don't have to shun the sun completely. Just be smart about the time you spend outside on sunny days. Visit [kp.org/sunscreen](https://kp.org/sunscreen).

## DELTA DENTAL MEMBERS



### TAKE CARE OF YOURSELF THIS SUMMER!

Check out the Wellness Library at [deltadentalins.com/wellness](https://deltadentalins.com/wellness) for information about how the health of your mouth and body are connected. Try out activities from the [summer smile list](#) and get moving.

## EYEMED MEMBERS



### SUN PERKS OFFER

Protecting your eyes from the sun looks cool in any season. You'll have it made in the shade with this members-only offer from sunglass hut®. Get \$20 off any purchase or \$50 off purchases of \$200 or more at sunglass hut! All you need to do is visit [sunperks.eyemed.com](https://sunperks.eyemed.com) and request your savings code to use in store or online

### HEALTHY CONTACT LENS HABITS

More than 40 million americans use contact lenses and over 80% of them are guilty of at least one bad lens behavior. That's a lot of dirty contacts and a lot of potential risk for infections. Whether you are a contact lens wearing veteran or you just started wearing them last week, it is never too early for a reminder on what to do and not to do when it comes to your eye health.

## TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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