



JULY 2022, ISSUE 17

# HEALTH AND WELLNESS

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

## KAISER PERMANENTE MEMBERS



### New & Returning Kaiser Permanente Members - Good health goes beyond the doctor's office

What makes you feel happy and healthy? Family, friends, pets, hobbies, nature — whatever helps you feel at your best, that's your healthy place. Everyone is different, and you might have more than one. But whatever yours is, we can help you reach it.

## [KAISER PERMANENTE WEBINAR](#)

Find your healthy place with care designed to help you thrive

July 27, 2022

5:30pm to 6:15pm PST

Join us for a webinar with Kaiser Permanente representatives to explore healthy resources to help you thrive. See how easy it is to stay on top of your health when you register on [kp.org](http://kp.org). Learn how you can get wellness support and take advantage of extra wellness perks provided to Kaiser Permanente members

[CLICK TO REGISTER](#)

## BLUE SHIELD MEMBERS



### Take control of your health

Get lifestyle-based support with Wellvolution®:

Looking to be more active and lose weight? Discover the right tools to increase your daily activity.

- Want to eat better? Learn how to track your food choices and make healthier meals.
- Would you like mental health support? Chat with a coach or try meditation.

Visit: [wellvolution.com](http://wellvolution.com) to learn more.

## DELTA DENTAL MEMBERS



### Healthy smile, healthy you

Did you know 90% of systemic diseases like [diabetes](#) and [heart disease](#) have oral manifestations? Your dentist can watch for developments that point to other health issues. A [healthier smile](#) means a healthier you. For more, check out "Oral Health and Wellness - The whole "tooth" about a healthy smile!" webinar.

Keep up to date with the latest from Delta Dental on [Facebook](#), [Twitter](#) and [Instagram](#).

EYEMED MEMBERS



**See Your Way to Sharper Sports Performance**

Want to play better? Focus on your vision skills

Good vision skills are necessary for a lot of sports, both competitive and non-competitive. Even at practice, it's important to see well to get the best results from your hard work. To learn more, click on the link below.

**VISIT:** [HTTPS://WWW.EYESITEONWELLNESS.COM/SEE-YOUR-WAY-TO-SHARPER-SPORTS-PERFORMANCE/](https://www.eyesiteonwellness.com/see-your-way-to-sharper-sports-performance/)

**TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST**

421 Sierra Way | Post Office Box 571 | San Bernardino, California 92402-0571

Customer Service: (909) 494-2916 or (866) 484-1337

EMAIL: [TEAMSTERS1932ELIGIBILITY@ZENITH-AMERICAN.COM](mailto:TEAMSTERS1932ELIGIBILITY@ZENITH-AMERICAN.COM) | FAX: 909-789-1311