



HEALTH AND WELLNESS

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

DELTA DENTAL MEMBERS



Preventing gum disease may reduce Alzheimer's risk

Sub-header: Research suggests that [preventing gum disease](#) may reduce your risk of Alzheimer's:

- [Visit your dentist.](#)
- [Brush](#) your teeth twice a day.
- [Floss](#) daily.
- Eat a [healthy diet](#).
- Avoid [tobacco](#).

For more wellness articles, [subscribe to Grin! e-magazine](#). Grin! is [also available in Spanish](#).

DELTA DENTAL WEBINAR



Good oral healthcare means more than just a bright and beautiful smile.

**June 30, 2022
4:30pm to 5:30pm PST**

Since Delta Dental cares about more than just your oral health and well-being, they've created this informative and engaging webinar to help you understand the science behind dentistry, and how you can make even small changes to improve your overall health. This on-demand webinar offered by Delta Dental will provide you with valuable information that will keep yourself and your family smiling now and in the future.

Topics include:

- The mind-body connection between oral healthcare and total wellness
- Understanding tooth decay and gum health
- The science of dentistry and why oral health care matters

Oral health care tips for the whole family

[CLICK TO REGISTER](#)

BLUE SHIELD MEMBERS



Check out your Blue Shield plan options

Find the Blue Shield health plan that's right for you at blueshieldca.com/teamsters1932:

- Watch a presentation to compare plan options and costs
- Learn about the HMO Gold Trio Plan (\$25 copay), your lowest-cost plan option from Blue Shield
- Book a one-on-one consultation with a Blue Shield representative
- View all the programs and services available to you

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- Make it achievable
- Take it step by step
- Take scheduled breaks
- Create work-life harmony
- Unplug to recharge

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Jessica Saurino Buehler, DDS

Principal Dental Affairs

Delta Dental of California and affiliated companies

Presenter Bio

Jessica Saurino Buehler earned her doctorate degree from the University of Colorado School of Dental Medicine and then completed a General Practice Residency at University of Washington Medical Center. She is especially passionate about teaching patients and community members about the science behind oral health because she has observed many patients make life-altering positive changes as a result of their new understanding. In her non-working life, Jessica is an outdoor enthusiast and loves to travel with her husband and children.

Experience

Dr. Buehler practiced dentistry outside of Seattle for fourteen years, where she became a Regional Clinical Director for a large group practice and supervised over eighty dentists, dental specialists, and dental hygienists in two states prior to joining Delta Dental of California to lead the Clinical Quality Program.

EYEMED MEMBERS



Setting your sights on men's health

Men, vision health, and the big 5: Five of the most common health issues you face as a male can carry a risk of serious harm to your vision. Learn the ways your vision can be affected by each of these diseases, and what you can do to help avoid them. To learn more, click on the link below.

Visit: <https://www.eyesiteonwellness.com/men-vision-health/>

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