



HEALTH AND WELLNESS

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

KAISER PERMANENTE



NUTRITION Planning for mindful meals

The pandemic has affected us all in different ways. For many of us, healthy eating has fallen to the wayside. Check out these tips from Kaiser Permanente nutrition experts to get healthy eating back on track.

- Manage stress for healthier eating
- Take a break from screen time
- Stock up with healthy items.

Visit: kp.org/nutrition to learn more.

KAISER PERMANENTE WEBINAR



Preventive Care

March 23, 2022
5:30pm to 6:15pm PST

Join us for a webinar with Kaiser Permanente physician, Dr. Kimberly R. Petrick, who will discuss the importance of preventative care. Dr. Kimberly R. Petrick is a Board-Certified Physician specializing in Family Medicine.

[CLICK TO REGISTER](#)

DELTA DENTAL MEMBERS



Here's why regular dental cleanings are important

You may be tempted to skip the dentist if nothing's wrong, but don't! A dental cleaning [reaches](#) places you can't. Cleanings prevent [gum disease](#), saving money [down the line](#). Dentists can detect [health issues early](#).

Delta Dental covers regular check-ups and cleanings.

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

EYEMED MEMBERS



Seeing the signs: The link between vision health and mental health

Mental health is finally getting the attention it deserves in workplace wellness programs, especially since the pandemic has exacerbated many existing health conditions.

But in addition to the stress of daily life, lack of vision care can just as easily contribute to depression and anxiety.

Visit: <https://eyemed.com/en-us/blog/health-wellness/the-link-between-vision-health-and-mental-health-35330>

BLUE SHIELD OF CALIFORNIA



Have you skipped your health appointments?

Don't let the pandemic get in the way. Take care of yourself for you and your family. Get your preventive care exam. Preventive care is key to finding possible health issues early when they're easier to treat. Learn about your preventive care benefits and find out which health screenings are right for you.

Visit: blueshieldca.com/preventive

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