



HEALTH AND WELLNESS

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

KAISER PERMANENTE MEMBERS



Eat healthy and live well

Introducing healthy eating habits now can help you avoid potentially serious health issues down the road. Whether your goal is to feel good, manage your weight, or prevent health problems, Kaiser Permanente is here for you with helpful tips, information, and support.

Step up your flossing game: Learn the difference between floss and dental tape and find out how many inches of floss you should really be using. Choose the best toothbrush: After three months, it's time to toss your toothbrush. Here's what to look for

When you eat better, you feel better. But that's just the beginning. Improved nutrition can help you:

- Feel your best. Healthy eating can give you plenty of energy to tackle the day and help you manage stress.
- Stay ahead of health problems. Eating 5 servings of fresh fruit and vegetables a day can help lower the risk of death and reduce the risk of heart disease, stroke, cancer, and more.
- Avoid serious complications. Physical conditions like obesity can pose a major risk if serious health conditions arise.

Get a head start on healthy eating. Go online to learn more and find simple ways to eat healthier

EYEMED MEMBERS



Quiz: Personalize your lenses

Are you curious what the best lens is to match your lifestyle?

EyeMed and Essilor bring the best technologies together to create the perfect lens to match your lifestyle. Tell us about your needs so we can help you find a customized solution for your best vision possible.

Visit: <https://www.eyesiteonwellness.com/eyemed/en/post/essilor-lens-quiz>

DELTA DENTAL MEMBERS



Spring forward to good nutrition

Eat better this March for a healthier mouth

- Learn the truth about chocolate and your teeth
- What seven vitamins and minerals does your mouth need?
- Beware of too much coffee and donuts
- Dieting can affect your oral health

Check our Wellness Library for more tips and follow Delta Dental on Facebook, Twitter and Instagram.

BLUE SHIELD OF CALIFORNIA MEMBERS



Don't miss Fitness Your Way's special March offer.

Get fit this spring with Fitness Your Way, which gives you access to virtual classes, gyms with no long-term contracts, and more. This offer runs from March 1 to March 31. Click here for details.

To get started, go to <https://bsca.fitnessyourway.tivityhealth.com>. Use code **MARCHWAIVED** when you sign up.

DIGITAL SELF-CARE FOR MIND, BODY, AND SPIRIT.
WEBINAR

March 28, 2023
1:00pm PST

Join us to learn about Kaiser Permanente's self-care applications that support our members' mental health. This webinar will include time for Q&A.

[CLICK TO REGISTER](#)

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 | Fax: 909-789-1311