

HEALTH AND WELLNESS

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



DELTA DENTAL MEMBERS

Your new remote care option: teledentistry

When an onsite visit isn't feasible, you can now connect with your dentist for a virtual consultation.

Have a non-emergency condition, such as a cracked or chipped tooth, a small cavity, a soft tissue lesion, or jaw pain? Don't worry about what to do. Just schedule a virtual visit.

Your dentist will use smartphone applications or videoconferencing software to evaluate your problem and deliver online, real-time care. Delta Dental provides resources for your virtual visits, and you can:

- Check dental office availability and your plan benefits.
- Register for [the Toothpic™ app](#).
- Find out what a [virtual visit](#) is like.

Set yourself up today to see your dentist remotely, when necessary.

Springtime ideas for staying active and healthy

Nourish your mind and body in May:

- Check out [the smile list](#): 10 ways to enjoy the season.
- Try a tasty, nutritious [beet hummus recipe](#).
- [Subscribe to Grin! e-magazine](#) for wellness tips and articles.

Register for the BrushSmart™ oral wellness program

Get a 20% discount on Philips Sonicare products!

- Sign up for the BrushSmart program.
- Boost daily oral care with a new electric toothbrush or flosser.

[Register for the BrushSmart program](#) before Dec. 31, 2021.



HEALTH AND WELLNESS WEBINAR

Benefits Overview and What's New!

May 25th - 5:30 pm to 6:15 pm PST



Join us to learn about your Delta Dental benefits (PPO and DeltaCare) and see what's new (ToothPic, Virtual Consult, Brush Smart, DentalQual).

[CLICK TO REGISTER](#)



Open Enrollment is June 1 - June 25, 2021. Login to Teamsters1932.zenith-american.com.



BLUE SHIELD OF CALIFORNIA MEMBERS

Trio offers you savings and added benefits

The HMO Gold Trio Plan is your lowest-cost plan option from Blue Shield. It offers these added benefits – and more:

- Doctor house calls with [Heal™](#) (\$0 first visit)
- Discounts on healthy foods with the [Healthy Savings® program](#)
- The new [myStrength](#) digital mental health treatment tools to help you feel stronger

Learn more at blueshieldca.com/teamsters1932.



KAISER PERMANENTE MEMBERS

Simple ways to be kind to your mind

We're providing our members access to 2 evidence-based self-care apps at no cost

- **Calm:** Use meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality.
- **myStrength:** Use personalized programs to help improve awareness, change behaviors, manage depression and insomnia, and more.

For more information, go to kp.org/selfcareapps.



EYEMED MEMBERS

Tasty, no-trouble recipes for vision health

Celebrate Healthy Vision Month with a collection of the greatest hits from our [vision-boosting recipe files](#). Delicious and nutritious, simple and snappy— [eat for eye health all month long](#).

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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