



HEALTH AND WELLNESS

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

BLUE SHIELD MEMBERS



Expecting? Planning to grow your family?

A new maternity program can guide you every step of the way.

Introducing Maven Maternity, a virtual care program for moms-to-be and their partners. Maven's team of experts provide personalized support at every stage of pregnancy – and for the first 3 months of parenthood. You can also get support if you have experienced a pregnancy loss. Maven is available to members at no extra cost.

If you're expecting or planning to start a family, check out everything Maven has to offer at blueshieldca.com/maternity.

Treat or reverse your type 2 diabetes with Wellvolution®

Wellvolution includes the following programs – and more:

- Virta – Reduce your blood sugar, A1c, weight, and need for diabetes medications with Virta's research-backed type 2 diabetes reversal treatment.
- MonjWell – This program was designed by chefs, nutritionists and psychologists to help you lose weight and keep it off.
- Betr Health – Get support to improve many aspects of your health, such as reducing A1c, blood pressure, cholesterol, anxiety, pain, and more.

Take charge of your health today!

Visit wellvolution.com.

DELTA DENTAL MEMBERS



How asthma and allergies affect your teeth

For Asthma and Allergy Awareness Month, learn how these common conditions can affect your oral health:

- Balance [asthma and your oral health](#)
Take care of your teeth [when allergy season hits](#)
- Handle [contact allergies](#) at the dentist
For more wellness articles, [subscribe to Grin! e-magazine](#). *Grin!* is [also available in Spanish](#).

KAISER PERMANENTE



MENTAL HEALTH AND WELLNESS

Start your mental health journey right

Many of us set goals or expectations throughout the year at work or in our personal lives. However, if these expectations are unrealistic, they can potentially set us up for disappointment, depression, anxiety, addiction, or other mental health issues that can interfere with our daily lives. Set realistic, personal goals.

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

Visit: kp.org/mentalhealth

BLUE SHIELD WEBINAR



Maternity care that fits into your life

May 24, 2022
5:30pm to 6:15pm PST

The Maven Maternity Program is designed to give you and your partner digital and virtual support for your pregnancy and postpartum needs – at no extra cost. You can also get support if you have experienced a pregnancy loss. Attend this webinar to learn more about everything Maven has to offer.

[CLICK TO REGISTER](#)

EYEMED MEMBERS



Women and vision: Keeping an eye on your health

If you're female, you're more likely to develop several common, yet serious, eye diseases as compared to your male counterparts. But you have more control over the outcome than you may think. A healthy lifestyle and routine eye exams may give your eyes a fighting chance.

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



Teamsters Local 1932 Health and Welfare Trust

Save the Date!
Open Enrollment is June 1 – 24, 2022



ENROLL NOW



PREPARE FOR YOUR FUTURE

The road to retirement is here effective July 2023!

Visit our website at
teamsters1932.zenith-american.com
to review available plans

Contact our team via e-mail at
teamsters1932eligibility@zenith-american.com
or call us at (909) 494-2916 for personal assistance



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