



HEALTH AND WELLNESS

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

BLUE SHIELD OF CALIFORNIA MEMBERS



Introducing our new mental health resource hub, powered by CredibleMind

CredibleMind offers many resources, all in one place – at no extra cost. You can navigate by topic, including everything from stress and anxiety to happiness and resilience.

With the CredibleMind resource hub, you can:

Take assessments. Learn more about your mental health and the changes you can make today.

- **Access articles, videos, podcasts, and more.** Get information on topics you care about from a variety of sources.
- **Find a peer support group.** Connect with others who know what you're going through.
- **Get news on the latest mental health research.** Gain a deeper understanding of critical subjects such as parenting, friendship, and more.

A wealth of helpful information awaits you. Explore the [CredibleMind mental health resource hub](#).

Teladoc virtual mental health care – at no extra cost

Getting the help you need is easier than ever. With Teladoc, you can speak to a licensed mental health professional by phone or video. Appointments are available daily from 7 a.m. to 9 p.m. for members age 13 and older. These services can help in managing stress, anxiety, grief, addiction, depression, domestic abuse, and more. You can choose to see a licensed psychiatrist, psychologist, social worker, counselor, or therapist and establish an ongoing relationship.

Get started today at blueshieldca.com/teladoc.

EYEMED MEMBERS



Are your eyes acting up?

With apologies to poker players everywhere — eyes are terrible at keeping secrets. That's good news for you because if you pay attention, they'll tell you all about vision changes. We have a tool that can help understand what your symptoms could mean so you can make the best of your eye exam.

Click on the link below to learn more...

<https://www.eyesiteonwellness.com/eyemed/en/post/vision-symptom-checker>

DELTA DENTAL MEMBERS



Women, pay attention to your oral health

Learn how to keep your smile healthy during Women's Oral Health Month

- Find out myths and facts about [pregnancy and oral health](#)
- Your dentist may recognize the early stages of [osteoporosis](#).
- People with [Sjögren's syndrome](#) may be at a higher risk of cavities.
- [Are you flossing every day?](#) There's a right way to do it
- Are you at risk for gum disease? [Take our quiz](#) and find out.

Check our [Wellness Library](#) for more tips and follow Delta Dental on [Facebook](#), [Twitter](#) and [Instagram](#).

Understanding Mental Health

Care for the whole you donation

Your mental health is just as important as your physical health. With rates of reported mental conditions on the rise, it's more important than ever to prioritize mental and emotional well-being and get help when you need it.

If you or a loved one needs help, start with these tips below:

- Speak up if you're struggling. Be honest with the people in your life about how you're feeling. They can't help unless they know you need their support.
- Talk to your doctor. They can connect you with support and help you access care for depression, anxiety, addiction and recovery, and more — without a referral.
- Seek treatment. Help is available and effective. If you don't know where to start, talk to your care team and let them connect you to the support you need.

Want to learn more? Go online for more mental health information, resources, and support

[BLUE SHIELD WEBINAR ON STRATEGIES FOR STRESSRELIEF DURING UNCERTAIN TIMES](#) [WEBINAR](#)

May 16, 2023
12:00pm PST

Many recent events have affected our lives in different ways. Concerns about the unknown may be causing you to feel stressed. You are not alone. Join us to learn how to get through stressful times. This webinar will cover how stress affects your health, ways to manage stress, and resources that can help. You'll leave this webinar equipped with strategies to support you in feeling more resilient and less stressed.

[CLICK TO REGISTER](#)

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