



# HEALTH AND WELLNESS

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

## BLUE SHIELD OF CALIFORNIA MEMBERS



### Headspace is now available through Wellvolution

Experience the leading meditation app, with over 70 million users, at no additional cost to you. Headspace offers:

- Over 500 guided meditations to help with anxiety, sleep, grief, compassion, and more
- Sleep sounds, music playlists, yoga workouts, wind-down exercises, and other features
- 1,000+ hours of exercises to help you live your whole day mindfully

Wellvolution, our digital platform for health and well-being, includes many wellness apps. Learn more at [wellvolution.com](http://wellvolution.com). Check out other offerings available to you at [blueshieldca.com/teamsters1932](http://blueshieldca.com/teamsters1932).

### Did you know Wellvolution offers programs to help treat diabetes?

Eat healthy – even during the holiday season.

- Check out programs such as Betr Health and MonjWell, which offer personal coaching, meal plans, recipes, and more to help you eat healthier.
- You can also access Virta for help in reducing your blood sugar, A1c, and more – all while losing weight and regaining energy.

Take charge of your health today. Sign up at [wellvolution.com](http://wellvolution.com). Learn about other programs to help you stay healthy at [blueshieldca.com/teamsters1932](http://blueshieldca.com/teamsters1932).



## BLUE SHIELD WEBINAR

*Would you like mental health support?*

November 29 – 5:30 to 6:15 Time PST

Attend this webinar to learn about:

- Apps available to you through [wellvolution.com](http://wellvolution.com), including Headspace, Yoga for Beginners, and more. Get support for your well-being – at no extra cost to you.
- Teladoc's mental health services for a \$0 copay. Teladoc's licensed mental health providers can help you manage anxiety, grief, and other conditions.
- The Mental Health Service Administrator (MHSA) Network. MHSA Network providers can treat addiction, depression, and more, including conditions that require hospitalization.

[CLICK TO REGISTER](#)

## KAISER PERMANENTE MEMBERS



### Protect yourself from type 2 diabetes

More than 1 in 3 Americans have prediabetes and 90% of them don't even know it. The good news is that most cases of type 2 diabetes are preventable healthy lifestyle changes can help you avoid, control, or even reverse the disease.

Visit [kp.org/diabetes](http://kp.org/diabetes).

## DELTA DENTAL MEMBERS



### Your heart and your mouth

Paying attention to your oral hygiene can be crucial to keeping your heart healthy. Numerous studies [have shown a connection](#) between poor oral hygiene and increased risk for heart disease.

You can estimate your risk for oral disease using [this online quiz](#). It can help you get a good sense of where you stand. Remember to talk to your dentist about any concerns you have!

**November Wellness Tip:** The best time to start taking care of your heart is right now. Talk to all of your health care providers to build up a plan for long-term heart health!

## EYEMED MEMBERS



### Winter Eye Care

Winter can be rough on eyes. Germs, low temperatures, snowballs, icicles. It's a winter wonderland of vision hazards. Starting with frozen corneas, when in extreme temperatures, foggy lenses, sporting eye injuries and many more.

Click on the link below to learn more about winter eye injuries and what to do.

<https://www.eyesiteonwellness.com/winter-eye-facts/>

## TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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