



# HEALTH AND WELLNESS

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

## KAISER PERMANENTE MEMBERS



Social Health - Get connected to community resources

Resources to help you focus on total health

You have enough on your mind without also having to worry about the rising costs of daily living. When tough times happen, it's good to know where you can turn for extra support.

Community-based resources are just a click or call away:

- What is social health? – The circumstances of daily life play a big role in your overall health. Access to healthy food, safe housing, quality education, and the internet are just some of the factors that can help or hinder health outcomes.
- Connect to resources – With so many social health factors, it's not surprising that many people report having at least one unmet social health need. Ensuring these daily necessities are taken care of can have a positive impact on health and quality of life.
- Get support in your area – Whether you're looking for childcare, transportation, or help paying utility bills, there are many programs and services near you that can provide information or assistance. Learn about available resources in this [online directory](#).

Social needs can have a major impact on health, well-being, and quality of life. Find [community resources](#) near you and get help when you or a family member needs it.

## KAISER PERMANENTE WEBINAR



**November 29, 2023  
12:00pm PST**

Join the webinar and learn more about resources to help with healthier lifestyle choices.

[CLICK TO REGISTER](#)

## EYEMED MEMBERS



### Key reminders for diabetic eye disease awareness month

Diabetes and your eyes

Diabetics are at greater risk for eye problems. However, proper eye care can lead to the early detection, and early treatment of vision-related complications, including glaucoma, cataracts and diabetic retinopathy.

Click on the link below to learn more...

<https://www.eyesiteonwellness.com/eyemed/en/post/diabetes-and-your-eyes>

## DELTA DENTAL MEMBERS



### Turkey time: Eat well this Thanksgiving

Enjoy food and take care of your teeth during the holidays

- 5 tips for a [smile-friendly Thanksgiving](#)
- [Eating cheese](#) can be good for your teeth
- What you need to know to choose a [healthy diet](#) for your smile
- [Holiday sweets](#) can be tough on teeth

Check our [wellness library](#) for more tips and follow Delta Dental on [Facebook](#), [Instagram](#) and [X](#).

## BLUE SHIELD MEMBERS



### Explore your options for mental health care

- [Teladoc](#), which gives you access to licensed mental health professionals by phone or video for a **\$0 copay**
- [The CredibleMind mental health resource hub](#), where you can find articles, videos, and more to help you flourish
- Popular mental health apps such as [Headspace](#)® to help reduce stress

## TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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