



HEALTH AND WELLNESS

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

DELTA DENTAL MEMBERS



Beware of tricky trends

[Dangerous dental D.I.Y.s](#) will occasionally spring up on social media. It's important to be wary of dangerous tips like gluing jewels to your teeth, shaving your teeth down with a nail file or even creating homemade braces! When you try these frightful dental tricks, you run the risk of staining or permanently damaging your teeth.

Instead, channel your creative energy into one of the activities on the [fall smile list](#).

For more articles and wellness news, [subscribe to Grin! e-magazine](#). Grin! is [also available in Spanish](#).

October Wellness Tip: It's ok to treat yourself. [Even dentists give out candy](#) at Halloween! Just make sure to [brush and floss](#) after digging into your Halloween haul, especially if you eat hard or sticky candies.

DELTA DENTAL WEBINAR

Benefits Overview

October 27 – 5:30 to 6:15 Time PST

Join us to learn about your Delta Dental benefits (PPO and DeltaCare) Question and Answer with Delta Dental Account Manager.



[CLICK TO REGISTER](#)

BLUE SHIELD OF CALIFORNIA MEMBERS



Keep a healthy heart

No matter what your age, it's never too late to start taking care of your heart. Learn how eating heart-healthy foods, getting 150 minutes of exercise a week, brushing and flossing daily, and other steps can help. Read [Taking care of your heart](#).

Learn about programs to help you stay healthy by visiting blueshieldca.com/teamsters1932.

KAISER PERMANENTE MEMBERS



Everyday health tips for women

Nothing matters more than your health — and many of the biggest health risks for women are preventable. Simple things like regular screenings and making healthy lifestyle choices can help you stay healthier, longer.

Visit kp.org/womenshealth or kp.org/maternity.

EYEMED MEMBERS



Seeing life to the fullest

Are things looking blurry? This might be why. Myopia—aka nearsightedness—is a vision condition that may be closer than you think. Here's a look at how to spot it, how to treat it, and why it's becoming more and more common. Think your kid is nearsighted? To learn more common childhood eye conditions, visit our [easy detection guide](#).

Eye problems can impact your child's ability to learn

That's why it's important to be on the lookout for subtle behaviors that may indicate your kiddo is struggling with a vision issue. And since seeing well means learning well, you'll want to stay connected with your eye doctor who can quickly figure out what's wrong and what to do about it.

Click on the link below to learn more:

<https://www.eyesiteonwellness.com/kids-beyond-behavior/>

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