



DELTA DENTAL MEMBERS



Brush up for National Dental Hygiene Month!

Did you know that October is National Dental Hygiene Month? It's a great time to make sure your oral health habits are up to scratch:

Step up your flossing game: Learn the difference between floss and dental tape and find out how many inches of floss you should really be using.

Choose the best toothbrush: After three months, it's time to toss your toothbrush. Here's what to look for in a replacement.

Learn why cleanings are crucial: If it's been a while since your last dental cleaning, here are some of the top reasons to call your dental office today.

Check our [website](#) for more tips on maintaining your oral health and follow Delta Dental on [Facebook](#), [Twitter](#) and [Instagram](#).

Get ready for cold and flu season

Does cough syrup cause cavities? Are there special precautions you should take to protect your teeth when you have the flu?

As the temperatures drop, the tissues come out. Here's what you need to know to protect your oral health when cold and flu season hits:

5 dental tips for cold and flu season: Keep your teeth healthy even when you're not.

Does cough syrup equal cavities? Did you know that cough medication can cause tooth decay? Learn how to treat a cough safely.

The 101 on canker sores: These painful blisters can pop up when your immune system is down. Here's what you can do to ease the pain.

Learn [how a cold can harm your oral health](#) and check our [website](#) for tips on how to maintain your oral health throughout the season.

EYEMED MEMBERS



Learn about your benefits

Going the distances on vision care: 4 ways to stretch benefits

Do you know three important facts about your vision benefit?

The less you know about your vision benefit, the more likely it is you are missing out on unexpected perks. We're talking beyond annual eye exams and prescription lenses, here. A good vision carrier can offer a mobile app to make appointments and find the nearest doctor, provide educational materials to recognize often-overlooked vision issues and even added savings beyond coverage.

Visit: <https://www.eyesiteonwellness.com/going-the-distance-on-vision-care-4-ways-to-stretch-benefits/>

KAISER PERMANENTE MEMBERS



WOMEN'S HEALTH 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. Boost immunity with healthy habits

- Take your health to heart
- Be proactive
- Care for the whole you

Visit: kp.org/womenshealth or kp.org/maternity to learn more.

BLUE SHIELD OF CALIFORNIA MEMBERS



Get your flu shot this fall

You can get vaccinated for the flu and more at a network retail pharmacy at no extra charge. [Learn more](#). The flu vaccine falls under your preventive health benefits and doesn't require a prescription. So, the next time you're at the pharmacy, get vaccinated.

Visit blueshieldca.com/teamsters1932.

ORAL HEALTH AND WELLNESS WEBINAR

October 28, 2022

12:30pm PST

Join us to learn about oral health, preventative care, how to avoid gum disease and the best diet for oral health. This webinar will include time for Q&A.

[CLICK TO REGISTER](#)

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