



HEALTH AND WELLNESS

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

DELTA DENTAL MEMBERS



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Better benefits for a healthier you

One part of your PPO dental coverage helps keep you healthy if you have a chronic disease or condition. SmileWay Wellness Benefits offer expanded dental coverage if you or a covered dependent have been diagnosed with one of the following chronic medical conditions:

- Amyotrophic lateral sclerosis (ALS)
- Cancer
- Chronic kidney disease
- Diabetes
- Heart disease
- HIV/AIDS
- Huntington's disease
- Joint replacement
- Lupus
- Opioid misuse and addiction
- Parkinson's disease
- Rheumatoid arthritis
- Sjögren's syndrome
- Stroke

People with these conditions may have an increased risk of gum disease. SmileWay Wellness Benefits provide up to four regular or perio cleanings throughout the year at no cost.

How to enroll

To verify your coverage and opt in to the benefits:

1. Log in to your account at deltadentalins.com and select **SmileWay Wellness Benefits** from the main menu.
2. Click the **Opt in** button next to the eligible member's name.
3. Complete and submit the form, including the treating physician's name and phone number.

After 24 hours, you can start using your enhanced benefits.

[Visit Delta Dental's website](#) for more information, or contact your benefits administrator.

What about DeltaCare® USA?

If you are a DeltaCare USA member, you can get as many as four cleanings in a calendar year with no copays. These benefits apply if you have one of the following qualifying conditions:

- Diabetes
- Heart disease
- Stroke
- HIV/AIDS
- Rheumatoid arthritis

Confirm your qualifying condition to your dentist, and your copays will be waived for these four cleanings.

DELTA DENTAL WEBINAR



**September 24, 2023
12:00pm PST**

Do you have questions about your dental coverage? Join us for a webinar to learn more about what's covered under your Delta Dental plan.

EYEMED MEMBERS



Fall in love with healthy eyes

Myopia: How to manage the biggest threat to eye health in the 21st century

If you have trouble reading street signs, or the numbers on the clock if they are far away, you're not alone.

Click on the link below to learn more...

<https://www.eyesiteonwellness.com/eyemed/en/post/myopia-how-to-manage-the-biggest-threat-to-eye-health-of-the-21st-century>

BLUE SHIELD MEMBERS



Protect yourself and your loved ones

Now's the time to get your annual flu vaccine. Getting the flu vaccine now – ahead of holidays and family gatherings – could keep you from hospitalization or doctor visits. It may also protect those who are more vulnerable to serious flu illness, like young children and older family members.

To find vaccine locations, visit blueshieldca.com/flucheck.

KAISER PERMANENTE MEMBERS



Keep women's health top of mind

Health tips for women

From preventive care and disease management to pregnancy and childbirth, women have unique health care needs at all ages. And now's a great time to renew your focus on health.

Here are some tips to help you take care of your health:

- **Know your body.** Women are at higher risk of developing certain conditions and diseases than men. Find out more about considerations for women's health.
- **Access pregnancy tips and resources.** From common symptoms and tests to newborn care, [get tips to help](#) you look after yourself and your new baby at every step of the way.
- **Keep your risk factors in check.** Most women between the ages of 40 and 60 have one or more risk factors for heart disease. Learn how [BMI and waist size](#) increase your health risks.

With evidence-based treatment and comprehensive care, Kaiser Permanente helps members live longer, healthier lives. Explore these resources to make sure and [take care of your health as you age](#).

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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