



HEALTH AND WELLNESS

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

KAISER PERMANENTE MEMBERS



Arm yourself against the flu

It's never fun to be sick, but the flu is more serious than the common cold. It can be dangerous especially for older people, children under 4, and pregnant women.

Protect yourself and the people you care about with these simple tips. Visit kp.org/flu.

To view your plan benefits or learn more about Kaiser Permanente wellness tools and resources, visit my.kp.org/teamsters1932

Navigating the Next Normal...Shifting our Perspective

As the COVID pandemic crisis unfolds we wonder what the next normal will be. It's likely that the previous status quo will be different. Learning to view our circumstances and determining where we have the most control can empower us to think constructively about instilling healthy habits that can help us navigate the future with greater success.

The webinar is hosted by Kaiser Permanente health education professionals and is open to all members. Use this link on your computer or mobile device to register for a free one-hour live session <https://rebrand.ly/NavigatingNextNormal>

Class Objectives

- Understand how change affects us
- Prevent burnout
- Build resilience
- Develop healthy habits

KAISER PERMANENTE WEBINAR

Arm yourself against the flu this fall and stay tune with the latest news.

September 21st – 5:30 to 6:15 Time PST

Protect yourself and the people you care about Dr. Brostein of Kaiser Permanente will discuss the latest updates on COVID-19 and Vaccinations.



[CLICK TO REGISTER](#)

BLUE SHIELD OF CALIFORNIA MEMBERS



Get your flu shot this fall

You can get vaccines for the flu, shingles, and more at a network retail pharmacy at no extra charge. [Learn more](#). These vaccines fall under your preventive health benefits, and don't require a prescription. The next time you're at the pharmacy, get the vaccines you need. To view all your plan benefits, visit blueshieldca.com/teamsters1932.

DELTA DENTAL MEMBERS



Use your plan for savings by visiting an in-network dentist!

Take care of your oral health — even on the road!

- Did you know you can talk to your dentist without going into the office? [Teledentistry](#) is a great tool for when you need expert advice ASAP.
- Visit deltadentalins.com/enrollees and click on **Go virtual** under **Try virtual dentistry** to explore the world of teledentistry.
- Check out the Wellness Library at deltadentalins.com/wellness for information about how the health of your mouth and body are connected.

September Wellness Tip: Your oral health contributes to your overall health. Addressing tooth aches and oral pain immediately will help you keep doing what you love!

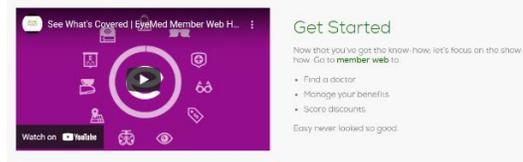
EYEMED MEMBERS



UNDERSTANDING YOUR BENEFITS... SEE VISION BENEFITS IN A NEW LIGHT

At EyeMed we want you to see better and feel better. That's why we put together this step-by-step guide to walk you through your vision benefits. Can you find your member ID or spot sweet deals in less than 3 seconds? Understand the difference between a copay and an allowance? Whether you are a benefits veteran or a newbie, get ready to rev up your vision know-how.

<https://www.eyesiteonwellness.com/understanding-your-benefits/>



<https://youtu.be/46aBir7eZr4>

TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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