



SEPTEMBER 2022, ISSUE 19

# HEALTH AND WELLNESS

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

## BLUE SHIELD OF CALIFORNIA MEMBERS



### Don't miss Fitness Your Way's special offer in September.

Fitness Your Way gives you access to virtual classes, gyms with no long-term contracts, and more. [Click here for details](#). To get started, go to [fitnessyourway.tivityhealth.com/bsc](https://fitnessyourway.tivityhealth.com/bsc):

- Select your preferred package and enter promo code **TAKE10** at checkout.
- Once enrolled, you can take your ID number to the gym, sign the gym's waiver, get your key fob, and start working out.

Get fit this fall by joining Fitness Your Way in September.

### Explore Wellvolution's fitness and nutritional resources.

**Wellvolution®**, our digital lifestyle platform, includes Everyday Choices, which offers healthy recipes and cooking and fitness videos:

- To access Everyday Choices, create an account on [wellvolution.com](https://wellvolution.com). If you already have an account, simply log in.
- Recipes and cooking videos are grouped by diet preference such as Keto, gluten free, vegetarian, and plant based.
- Fitness videos focus on strength training, cardio, pilates, and stretching, and are designed for all fitness levels. Videos range from 10 minutes to 40 minutes.

Visit [wellvolution.com](https://wellvolution.com) for more information.

## BLUE SHIELD WEBINAR



**September 20, 2022  
5:30pm PST**

### Learn about adult obesity and weight management

Everyone knows that being overweight increases your risk for a variety of health conditions. Join us as we discuss how to develop a game plan to safely reach and maintain a healthy weight. Topics include risk factors for weight gain, healthy meal planning, physical activity guidelines, tips to boost your metabolism, goal setting, and digital resources and programs to help you reach your health goals. This webinar will include time for Q&A.

[CLICK TO REGISTER](#)

## EYEMED MEMBERS



### Make an appointment today for your annual eye exam

About 75% of people in the United States have some form of vision correction, yet ask them what stereopsis is and they may think it's the sound system at an IMAX movie.

Stereopsis is actually depth perception testing, and it is among the many eye functions tested during a complete eye exam. For those who have never been to the eye doctor, it can sound like scary stuff. But it's really about as scary as a kids' movie – if you know a little about what to expect at the eye doctor's office.

Visit [Wellness](#) to learn more.

## DELTA DENTAL MEMBERS



### Smile with confidence for Healthy Aging Month this September

Establishing good habits can help you avoid common problems like toothaches, gum disease and tooth loss as you age:

- Learn common dental risks for seniors.
- Keep your mouth healthy into your golden years.
- Maintain heart health with better oral care.

**CHECK OUR [WEBSITE](#) FOR MORE SMILE-FRIENDLY, KID-APPROVED [RECIPES](#), AND FOLLOW DELTA DENTAL ON [FACEBOOK](#), [TWITTER](#) AND [INSTAGRAM](#)**

## KAISER PERMANENTE MEMBERS



### FLU PREVENTION 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.

- Get your flu shot
- Boost immunity with healthy habits
- Keep your germs to yourself

**VISIT: [KP.ORG/FLU](https://www.kp.org/flu) TO LEARN MORE.**

### New COVID-19 Booster Shots Available

As the seasons change and people spend more time indoors, COVID-19 cases are likely to rise. Keep living life to the fullest by staying up to date with vaccinations — including the new booster shot.

The Centers for Disease Control and Prevention (CDC) is now recommending people 12 and older get an updated COVID-19 vaccine booster for better protection against the omicron variants. These variants are currently causing most COVID-19 cases in the U.S.

We'll be giving updated boosters as supply allows and according to CDC guidance. Supply may be limited in the first few weeks. We expect to have enough supply to provide updated boosters to all eligible members soon. The original Pfizer and Moderna vaccines are no longer authorized as boosters for people 12 years of age and older. We're reaching out to members who have appointments to make sure they get the updated booster.

All COVID-19 testing questions answered. Visit [kp.org/covidtests](https://www.kp.org/covidtests) to learn when to test, when to use a self-test vs. PCR test, how to get a test, and how to find out if a self-test expiration date has been extended. Members will also learn what to do with their self-test results.

Visit [kp.org/covidvaccine](https://www.kp.org/covidvaccine) for more information on how to get the COVID-19 vaccine and other ways to protect yourself. You can also call our KP COVID InfoLine at **1-855-550-0951** (available in English and Spanish) 24/7 for regular recorded updates.

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