



# HEALTH AND WELLNESS

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

## BLUE SHIELD OF CALIFORNIA MEMBERS



**LifeReferrals 24/7<sup>SM</sup> offers support to help you meet life's challenges.**

A simple phone call connects you with a team of experienced professionals ready to help you with a wide range of personal, family, and work issues.

LifeReferrals 24/7 is available 24/7/365. You will be guided to the appropriate service based on your needs.

Services include:

- Personal counseling
- Legal assistance
- Financial coaching
- Community resources
- Identity theft assistance

To learn more, visit the [LifeReferrals page](#).

**Get Teladoc virtual care – at no extra cost.**

Talk to a board-certified Teladoc medical doctor or a licensed mental health professional by phone or video for a \$0 copay.

Whenever you need care, Teladoc medical doctors are available 24/7. Mental health appointments are available from 7 a.m. to 9 p.m. local time, seven days a week. You can speak with a mental health professional who can help you manage anxiety, addiction, depression, and more.

To make an appointment today, visit [blueshieldca.com/teladoc](https://blueshieldca.com/teladoc).

## BLUE SHIELD WEBINAR



**September 18, 2023**

**11:00pm PST**

**Get tips for preventing and managing diabetes**

Join this webinar to learn about diabetes and its effects and to get tips on how to prevent or manage this condition. We'll cover meal planning, physical activity, stress management, and how to monitor blood sugar levels. We'll also review medicines used to manage diabetes.

[\*\*CLICK TO REGISTER\*\*](#)

## EYEMED MEMBERS



### Vision Health at every age

Vision issues to monitor in your 40s, 50s, 60s and beyond

With each passing year, we gain more memories and more wisdom. (We hope!) But as we grow older, our bodies change too, including our eyes and vision.

Click on the link below to learn more:

<https://www.eyesiteonwellness.com/eyemed/en/post/vision-issues-to-monitor-in-your-40s-50s-60s-and-beyond-2>

## DELTA DENTAL MEMBERS



### Healthy teeth for a healthy life

Sub-header: As you get older, take extra care of your teeth

- It's never too early: Dental health and [middle age](#)
- Learn how your dentist can detect [osteoporosis](#)
- Take charge of the most common [dental conditions for seniors](#)
- [Maintain dental health](#) in your golden years

Check our [wellness library](#) for more tips and follow Delta Dental on [Facebook](#), [Twitter](#) and [Instagram](#).

## KAISER PERMANENTE MEMBERS



### Tips to nurture your financial health

Financial health feeds your overall wellness

With more than three-quarters of Americans anxious about finances,<sup>1</sup> it's important to understand your health care costs. Use these tips to explore your health care needs, budget, and expectations. Here are some tips to help you get started.

- [Find out about health plan costs](#) including deductibles, copays, coinsurance, and out-of-pocket costs.
- [Learn the basics of health insurance](#) like how to choose affordable coverage and how health plans work.
- [See why financial health is important](#) and join the conversation about financial wellness.

Set yourself up for financial wellness, today and into the future. Get started on your [path to financial wellness](#).

## TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST

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