

Health & Welfare E-Newsletter

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FLU PREVENTION



Don't let the flu get you down

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

It's your best defense. The vaccination can't give you the flu – but it can help protect you against this year's most common strains and prevent spreading the flu to others. Don't get the flu – get the flu shot!

Boost immunity with healthy habits

Simple things that support overall health can also help you fight the flu. Wash your hands often, and keep hand sanitizer handy. Make sure to get enough sleep, eat lots of fruits and veggies, and drink plenty of water.

Keep your germs to yourself

If you do get the flu, do yourself and your co-workers a favor and stay home. You need rest, fluids, and time to recover – and going to work sick can make symptoms worse and spread the illness around your workplace.

**Ready to win your fight
against the flu?**



Visit kp.org/flu and follow us @kpthrive.

Your care, your way

Connect to care anytime, anywhere



Get the care you need the way you want it. No matter which option you choose, your providers can see your health history, update your medical record, and give you personalized care that fits your life.

Choose where, when, and how you get care

Not sure where to go for care? Visit kp.org/getcare for more information.



24/7 care advice

Get medical advice and care guidance in the moment from a Kaiser Permanente provider.



In-person visit

Same-day appointments are often available. Sign on to kp.org anytime, or call us to schedule a visit.



Email

Message your doctor's office with nonurgent questions anytime. Sign on to kp.org or use our mobile app.²



Phone appointment

Save yourself a trip to the doctor's office for minor conditions or follow-up care.^{2,3}



Video visit

Meet face-to-face online with a doctor on your computer, smartphone, or tablet for minor conditions or follow-up care.^{2,3}

¹If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage*.

²These features are available when you receive care at Kaiser Permanente facilities.

³When appropriate and where available. You must be 18 years or older to schedule.

Need care now? Know before you go.

Urgent care

An urgent care need is one that requires prompt medical attention, usually within 24 or 48 hours, but is not an emergency medical condition. This can include minor injuries, backaches, earaches, sore throats, coughs, upper-respiratory symptoms, and frequent urination or a burning sensation when urinating.

Visit kp.org/getcare to find the urgent care location nearest you.

Emergency care

A medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health.¹ Examples include:

- Chest pain or pressure
- Severe stomach pain that comes on suddenly
- Decrease in or loss of consciousness
- Severe shortness of breath

If you think you have a medical or psychiatric emergency, call **911** or go to the nearest hospital.



The Germiest Items in Your Home May Not Be What You Expect

If you had to pick one household item that's the biggest hotspot for germs, what would you choose?

Is it your toothbrush holder?

Nope. Guess again...

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 DELTA DENTAL

Don't Wreck Your Teeth

5 workplace habits
to avoid



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to Learn More](#)



PLAN HIGHLIGHTS

- As a member, you have access to a statewide network of chiropractors & acupuncturists
- Search a dedicated website where you can find a list of providers in your area
- Don't see your provider listed? Simply fill out a Provider Nomination Form so PhysMetrics can contact them to join the network
- Please see your Summary of Benefits for more information on how to use the plan

WHAT IS PHYSMETRICS

- PhysMetrics is a team of experienced chiropractic and acupuncture benefit administrators, covering more than 100,000 participants throughout California.
- Our Medical team consists of experienced chiropractors and acupuncturists. Our friendly, accessible staff are available to answer any questions and offer quick and accurate resolution of any concerns.

Mind, Body
& Spirit

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