

# Health & Welfare E-Newsletter

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FLU PREVENTION



## 3 ways to fend off 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

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?





## See a doctor—whenever, wherever—with Virtual Visits.

When you're sick and need care quick, Virtual Visits can be a convenient way to start feeling better faster.

With Virtual Visits, you can see and talk to a doctor via a mobile device or computer—24/7 with no appointment needed. The doctor can give you a diagnosis and prescription,\* if needed.

**Great news! Effective October 1, 2019, your virtual visit copay is \$0.**

To get started, go to [uhc.com/virtualvisits](http://uhc.com/virtualvisits).

### Get care in 20 minutes or less.

Use a Virtual Visit for these minor medical needs:

- Bladder infection and urinary tract infection
- Bronchitis
- Cold and flu
- Fever
- Pinkeye
- Rash
- Sinus problems
- Sore throat
- Stomachache

### Prepare for your Virtual Visit.

Have these three items ready to register and complete your Virtual Visit:

- Health plan ID card
- Credit card
- Pharmacy location



### Virtual Visits can save time and money.

An estimated 25% of ER visits could be treated with a Virtual Visit—which brings a potential \$1,700 cost down to \$50.\*\*

\*Prescription services may not be available in all states.

\*\*Based on analysis of 2016 UnitedHealthcare ER claim volumes, where ER visits are low-acuity and could be treated in a Virtual Visit, PCP, or urgent convenient care setting.

Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

Health plan coverage provided by or through UnitedHealthcare of California. Administrative services provided by UnitedHealthcare Services, Inc.; Optum Rx, Inc.; or Optum Health Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBH-IPC) or United Behavioral Health (UBH).

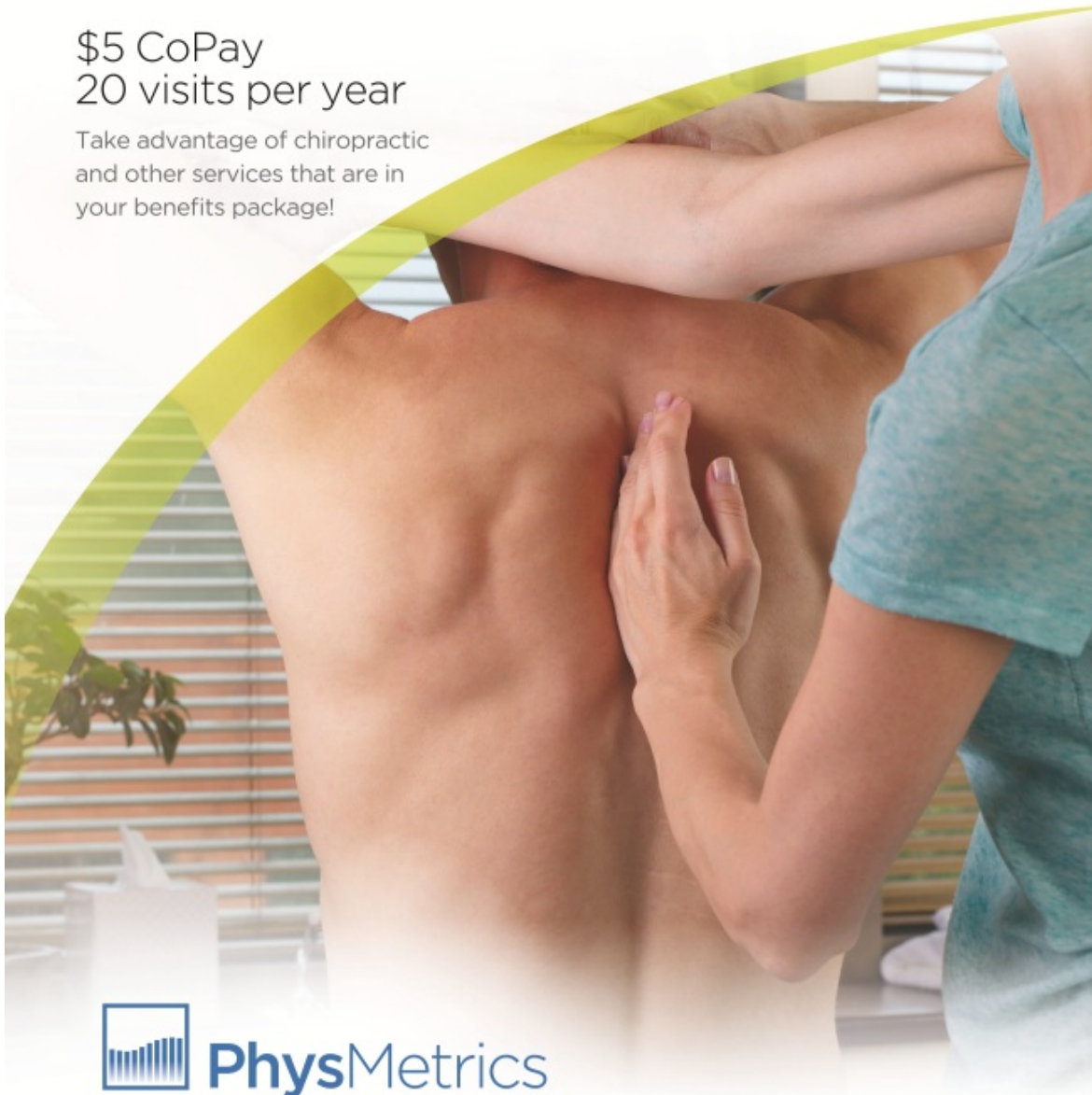
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# Put your benefits to work

\$5 CoPay  
20 visits per year

Take advantage of chiropractic  
and other services that are in  
your benefits package!



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# AVOID THE BLUE LIGHT BLUES

All that blue light exposure from digital devices can lead to eye strain and fatigue. And with **2 out of 3 people** in the U.S. experiencing digital eye strain,<sup>1</sup> your employees' eyes are probably working overtime.



## SCREEN TIME IS TAKING OVER That's bad for productivity:



**88%**  
MILLENNIALS

**83%**  
GENEXERS

**76%**  
BOOMERS

Spend over two hours a day on a digital device<sup>2</sup>



## FIGHT FOR YOUR SIGHT How to reduce blue light exposure:



**20 | 20 | 20**  
Every 20 Minutes,  
Look 20 Feet Away  
For 20 Seconds



Shut down  
**TWO HOURS**  
before bed



Minimize effects with  
**BLUE LIGHT-FILTERING**  
eyewear

## VSP® HAS YOUR BACK

VSP members can already save big on anti-reflective (AR) coatings, our secret weapon in the battle against blue light. But you can up the savings even more by:



**INCLUDING**

The VSP Computer Vision Plan™ with covered AR



**ADDING**

AR coverage to your plan



**GIVING**

the choice to upgrade to a premium plan with covered AR

Go easy on your employees' eyes...and wallets.  
**Include a covered AR coating in your VSP plan**

1. 2017 Digital Eye Strain Report, The Vision Council; 2. Vision Council, Hindeight is 2020.

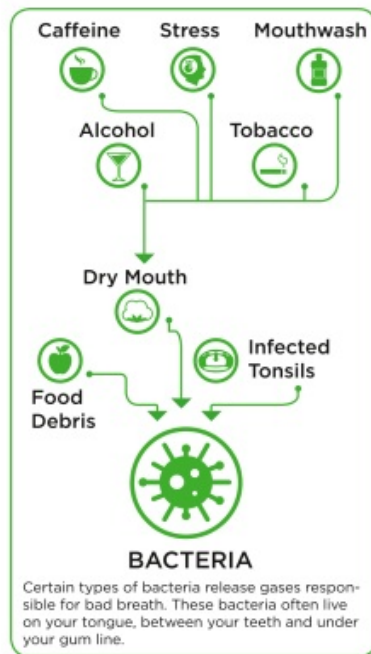
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# Keep Your Breath Fresh



**Halitosis. Dragon breath. Stomatodysoia.** Whatever you call it, bad breath is not pleasant. Here's how to avoid this condition affecting 80 million Americans.<sup>1</sup>



## What you can do?

- **Brush and floss regularly.** Maintaining a proper oral health routine helps prevent bad breath at the source.
- **Drink water.** Stay hydrated by sipping plain water throughout the day. Sugary drinks are not a substitute! Choose fluoridated tap water when possible.
- **Eat properly.** Maintain a healthy diet with regular meals to keep your breath in check. Don't forget to brush after eating!
- **Gargle with warm salt water.** To loosen plaque and kill bacteria, mix one tablespoon of salt in eight ounces of warm water. Wait for the salt to dissolve, then gargle normally.
- **Avoid antiseptics.** Swap out your antibacterial mouthwash for a fluoride rinse. Check the label to make sure it doesn't include any alcohol.
- **Visit your dentist.** If your bad breath doesn't go away, consult your dentist. Halitosis can be a symptom of a more serious condition.

<sup>1</sup>What is halitosis? Academy of General Dentistry. <http://www.knowyourteeth.com/infobites/abc/article/?abc=H&iid=306&aid=1254>

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We keep you smiling®  
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LIBERTY cares about more than just teeth!

# Adult Care

## help sheet: Daily Oral Hygiene Tips



For most of us, thorough daily oral hygiene lays the groundwork for a healthy smile. Just a simple routine of **brushing** and **flossing**, in addition to regular **dental checkups**, can be enough in most cases to help prevent tooth decay, gum disease and bad breath.

### Brushing up on technique

Since there are various techniques for brushing your teeth, it's a good idea to ask your dentist which one to use. Here are a few tips to help you develop a good brushing routine:



#### Brush twice a day

Brush your teeth in the morning and before bed



Use a toothpaste with **fluoride** to help prevent tooth decay



#### Brushing gums

Hold your toothbrush at a slight angle toward the gums when brushing along the gum line.



#### Concentrate on brushing all surfaces

Use a gentle touch—it doesn't take much pressure to remove the plaque from your teeth, and a vigorous scrubbing could irritate your gums



#### Brushing your tongue

Brushing your tongue gently can help remove bacteria that cause bad breath

### The importance of flossing

Cleaning between your teeth is every bit as important as brushing. Since brushing can not effectively clean between teeth, it's important to use floss to get to those areas.

- Other items also are available to help you clean between your teeth. Ask your dentist which ones to use
- As with brushing, use a gentle touch to avoid injuring your gum tissue
- Clean between your teeth once a day

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Making members shine, one smile at a time™

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