

Health & Welfare E-Newsletter

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Teamsters Managed Trust Funds

MIND-BODY WELLNESS



3 habits that can help you feel your best

Practicing self-care is good for the mind, body, and spirit. Here are some simple things you can do to boost your mood, beat stress, and enjoy life more. Each one takes just a little bit of time and effort – and you're worth it.

Take up meditation

Focus on your breath and being present in the moment. You might not experience instant inner peace, but a few minutes of quiet meditation can help clear your thoughts, calm your senses, and recharge your energy.

Sleep well – and sleep enough

Lack of sleep can affect the way you feel mentally and physically. Limit bedtime distractions if you have trouble sleeping – you can't leave the day's stresses at the door if you're checking email, texting, or browsing online.

Social network face-to-face

Connecting with others can do wonders for your physical and emotional wellness. Calls, texts, and social networks are great for staying in touch, but quality time together is what really helps people – and relationships – thrive.

LOOKING FOR MORE FEEL-GOOD IDEAS?

Visit kp.org/mindbody and follow us @[kpthrive](https://twitter.com/kpthrive).





Your Checklist for a healthier 2019

5 ways to plan for a great year.

The new year offers a fresh start - a time to think about being at our healthiest. We're here to help! Here are 5 positive steps for getting up to date on preventive care and protecting your health.

You can use them to create your own checklist for a healthier 2019. Once you make your list, you'll be ready to start checking those boxes!

1. Schedule a wellness visit.

Regular checkups with a primary care provider (PCP)* may help you stay well now - and protect your future health too.

2. Ask my doctor what screenings may be right for me.

Certain screenings may be recommended for you.** They may help detect diseases early - and might even save your life. For example, your doctor can advise you on testing for:

- Breast cancer
- Cervical cancer
- Colo-rectal cancer
- High blood pressure

3. Get any shots I am missing.

A yearly flu shot is recommended for most people. Ask your doctor what other vaccines may be right for you. A bonus: When you're fully immunized, you help protect your family and friends from illness too.

4. Know what a healthy weight is for me.

You might start here: [Check your body mass index \(BMI\)](#). Keep in mind that factors such as age and muscle mass can influence BMI. So if you have concerns about your number, talk with your doctor. To help you stay on track, ask your doctor to record your height, weight and BMI on a yearly basis.

5. Make sure I have up-to-date treatment plans.

Are you living with a chronic disease, such as diabetes, asthma or high blood pressure? Talk with your doctor about your current treatment plan. Ask any questions you have. If you're having trouble with any part of your plan, don't hesitate to speak up.

 DELTA DENTAL

A Season of Smiles

Avoid dental dangers during the holidays



From holiday shopping to wintertime weather, the end of the year can be intense. Make sure the festivities don't harm your teeth — know what oral health risks to look out for this time of year and what you can do to stay smiling.

[Click Here 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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ACUPUNCTURE BENEFITS



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Now through January 31, eligible VSP® Vision Care members get an extra \$40 to spend on bebe, Cole Haan, Flexon®, and Salvatore Ferragamo frames.

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