Winter 2019

Health & Welfare E-Newsletter

Brought to You By:

Teamsters Managed Trust Funds

Visit Our Website

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]

[1]If 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*.

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

[3]When 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.

Please recycle. 60739309 October 2017

KAISER PERMANENTE®

Health Management
Virtual Visits

SignatureValue HMO Plan

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. And, with a UnitedHealthcare plan, your copay is $0.

To get started, go to **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 OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH).

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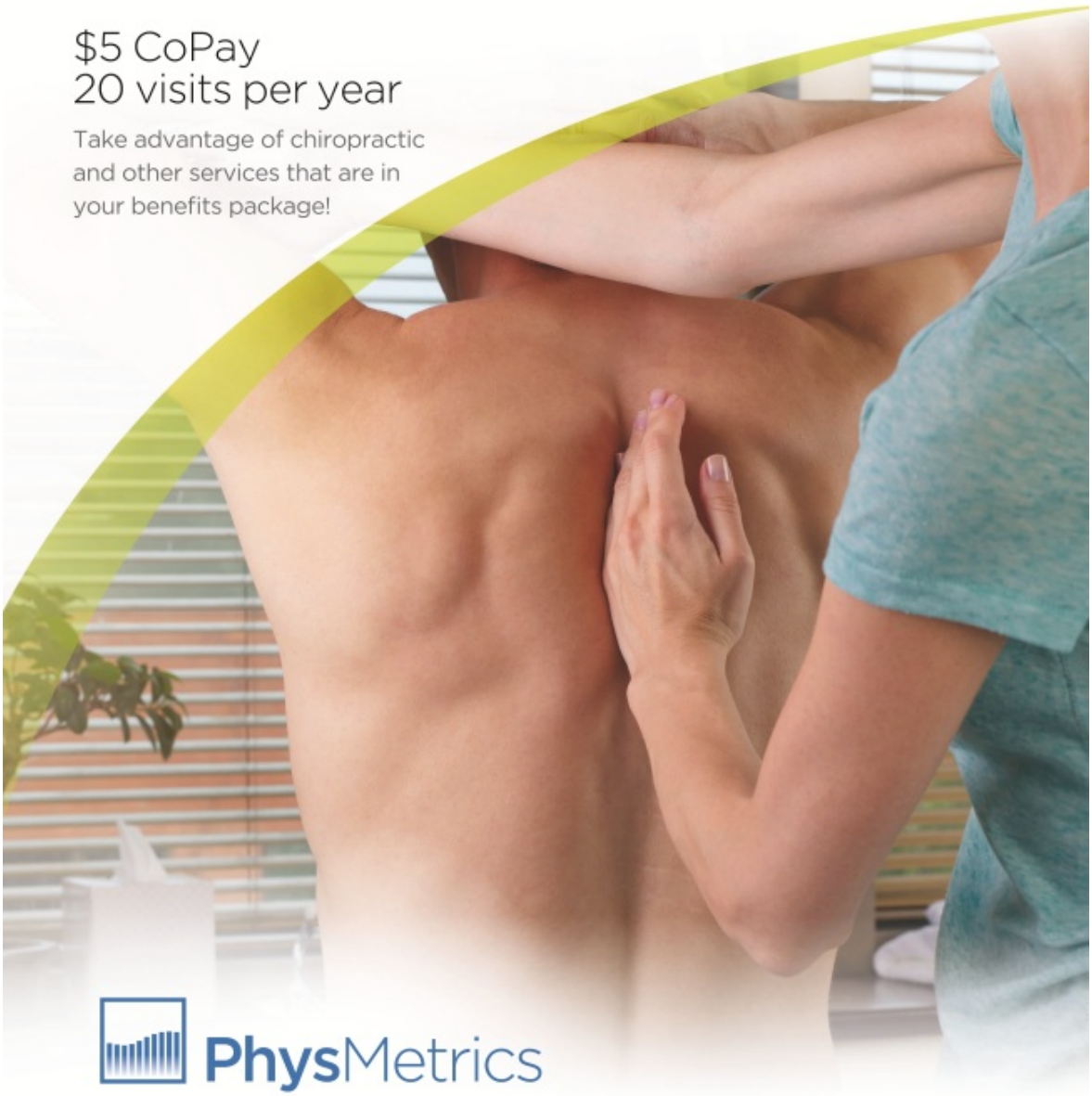
UnitedHealthcare®

Teamsters Managed Trust

Put your benefits to work

$5 CoPay
20 visits per year

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



PhysMetrics

TMTChiro.com | 877.519.8839

GET AN

EXTRA $20

TO SPEND ON
FEATURED FRAME BRANDS

Choose a style from one of these brands, and an additional $20 will automatically be applied to your purchase when you use your benefits.*

Featured frame brands include:**

Airlock® • Altair® • Anne Klein • bebe • CALVIN KLEIN • CALVIN KLEIN JEANS • Chloé • Cole Haan
Columbia • DKNY • Dragon® • Draper James • DVF • Flexon® • Genesis® • JOE Joseph Abboud
Joseph Abboud • Kilter™ • Lacoste • Liu Jo • Longchamp • Marchon NYC™ • MCM • Nautica
Nike • Nine West • Otis & Piper™ • Salvatore Ferragamo • Skaga • Sunlites™

*Available only to VSP members with applicable plan benefits. Expires 12/31/2019. **Frame brands subject to change.

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DELTA DENTAL

Holiday Treats: The Naughty and the Nice

When you're filling up on holiday favorites, don't forget your teeth. Find out the hidden dangers of classic holiday foods and drinks — and what you can do to protect your mouth.

Gingerbread House

- **Uh-oh:** Talk about bad news for your teeth: sugar and starch in one sweet package, topped with icing and gummies.
- **Tips:** Build the house for decoration, not dessert.

Sweet Potato Pie

- **Uh-oh:** The flour and sugar in this dessert make it delicious for both you and the bacteria living in your mouth.
- **Tips:** Cut down on the sugar — the natural sugars in sweet potatoes go a long way. And don't forget to brush afterwards.

Fruitcake & Panettone

- **Uh-oh:** Packed with dried fruit, these sweet desserts can get stuck in and between your teeth.
- **Tips:** Brush and floss after eating.

Candy Canes

- **Uh-oh:** If you let them dissolve in your mouth, you're putting your teeth at risk for decay — but crunch on them, and you could crack a tooth.
- **Tips:** Save candy canes for festive decorations. Satisfy your sweet tooth with dark chocolate instead, which has less sugar and dissolves quickly in the mouth.

Latkes

- **Uh-oh:** Traditionally eaten with applesauce, these starch-heavy potato pancakes can encourage cavities.
- **Tips:** Avoid applesauce that includes any added sugar, including high-fructose syrup. Drink water with your latkes, or brush afterwards — before the starch can feed the bacteria in your mouth.

Adult Care

LIBERTY cares about more than just teeth!

help tip: How to Prevent Tooth Decay

Good oral hygiene can help you avoid tooth decay. Below are some tips to help prevent tooth decay.

Brush with the type of toothpaste your dentist recommends after eating or drinking. Brush your teeth at least twice a day and ideally after every meal.

Floss your teeth every day. Ask your dentist for help and instructions on how to floss your teeth effectively. The purpose of flossing is to remove the bacteria from between your teeth (where a toothbrush can't reach) every 24 hours, so that they can't stick (plaque) to the teeth and cause decay.

Rinse your mouth. If your dentist feels you have a high risk of developing tooth decay, he or she may recommend that you use a mouth rinse with fluoride.

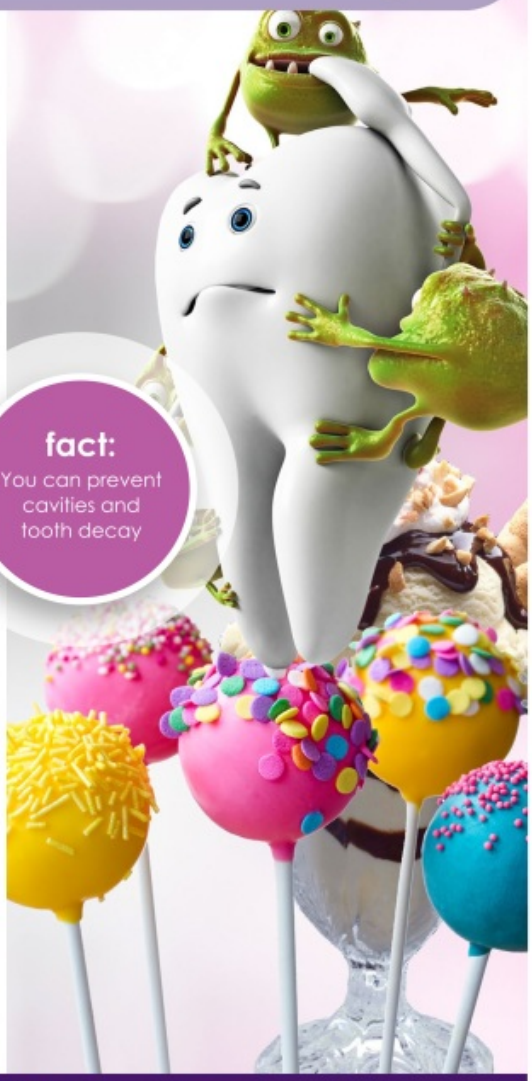
Visit your dentist regularly. Get professional teeth cleanings and regular oral exams, which can help prevent problems or spot them early. Your dentist can recommend a schedule that's best for you.

Consider dental sealants. Dental sealants are a thin, plastic coating applied to the chewing surface of back teeth. Sealants fill the deep grooves that tend to collect food and the bacteria that cause tooth decay. The sealant protects tooth enamel from plaque and acid. The Centers for Disease Control and Prevention recommends sealants for all school-age children. Research shows that sealants not only protect teeth, but can also stop decay in the beginning stages, preventing future cavities.

Drink more water. Drink water after meals and snacks, in addition to brushing twice a day and flossing every day.

Avoid sugary snacks and drinks. Whenever you eat sugary foods or drink beverages other than water, you help the bacteria in your mouth create acids that can destroy your tooth enamel. If you snack or drink throughout the day, your teeth are under constant attack.

Eat nutritious and balanced meals. Avoid foods that get stuck in grooves and pits of your teeth for long periods, such as candy or cookies, or brush and floss soon after eating them. However, foods such as fresh fruits and vegetables increase saliva flow, which often helps balance out the acidity of the bacteria. In addition, sugar-free gum and unsweetened drinks, including coffee and tea can help wash away food particles.



fact:
You can prevent cavities and tooth decay

Making members shine, one smile at a time™ www.libertydentalplan.com

© 2016 LIBERTY Dental Plan How-to-Prevent-Tooth-Decay-English RN 05 2016

Dental

Eat right for better oral health

Eating right and the health of your mouth go hand in hand. That's why many dentists are worried about the sugary snacks, sodas and juices their patients eat. These unhealthy choices can damage teeth and gums and your overall health.

How does the food we eat affect our teeth and gums?

If your diet isn't rich in vitamins, it can affect your ability to fight infection. This may lead to tooth decay and gum disease. With a healthy diet, your body will get the right vitamins and minerals.

These nutrients will help keep your teeth and gums healthy:

Nutrient	Found in	Benefits
Calcium	Milk, yogurt, beans and cheese	Helps to strengthen your teeth to fight tooth decay and to prevent gum disease
Iron	Red meat, liver and bran cereals	Lack of iron can cause tongue swelling and mouth sores
Vitamin B3	Chicken and fish	Without enough B3, you can develop bad breath and mouth sores
Vitamins B12 and B2	Meat and dairy products have B12. Pasta, bread and spinach have B2.	A lack of B12 and B2 can cause mouth sores
Vitamin C	Peppers, dark leafy greens, broccoli, cauliflower, oranges and strawberries	Helps prevent gingivitis, the first stage of gum disease

USDA National Nutrient Database for Standard Reference, www.nutrition.gov, Last Modified: Dec 7, 2011

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