Fall 2022

Health & Welfare e-Newsletter

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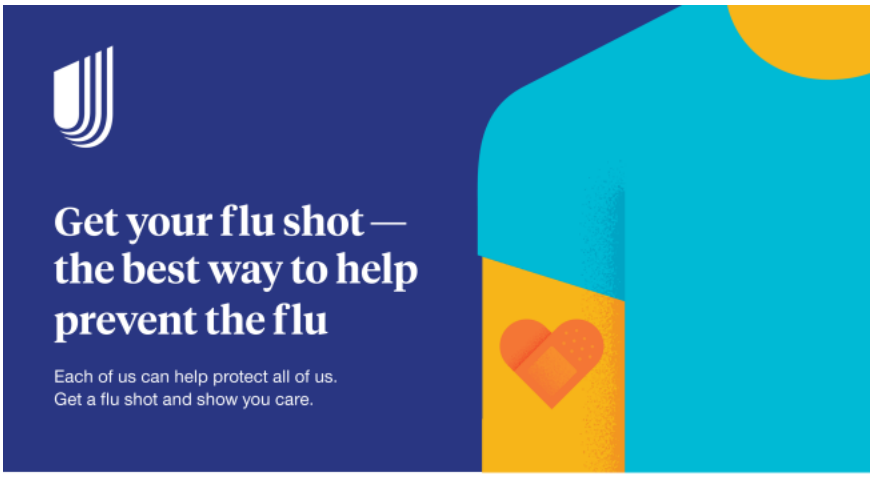

Take down the flu by getting your annual flu shot right away. Flu shots are:

Covered at $0 out-of-pocket

They're safely given at over 50,000 locations[1]—including network doctors, other health care professionals and the locations listed on the back.

More important this year

They're the best way to prevent the flu, according to the Centers for Disease Control and Prevention (CDC).[2]

Helping communities and health systems

They helped prevent nearly 91,000 flu-related hospitalizations in 2017–2018.[3]

Choose where to get your flu shot

Most plans cover flu shots at 100% at the following retail pharmacies and network convenience care clinics. If you're in California, however, certain convenience care clinics may not be covered at 100%. Check your plan details or call the number on your health plan ID card to be sure you're covered at the clinic you choose.

continued

United Healthcare

Protect what you love – every moment, everyone. Get vaccinated.

As a member, you can get your flu shot at no cost

Your health and safety are our top priority. That's why this season, we're making it safe and easy to get your flu shot.

Flu shots are now available at many Kaiser Permanente locations near you. We've taken steps to make your visit easy and convenient – so you can feel good about protecting yourself and your loved ones.

3 reasons to get your flu shot

- **It's safe and effective –** Flu shots can't give you the flu. In fact, they reduce the risk of flu illness by 40% to 60%.*
- **It protects your community –** Preventing flu symptoms like coughing and sneezing helps stop the spread to family, friends, and co-workers.
- **It changes every year –** The vaccine is updated each year to target the latest strain of the flu.

3 ways to get your flu shot

- **Drive through –** Visit one of our drive through clinics for a convenient way to get your flu shot.
- **In facility –** Get your flu shot at your next in-person appointment.
- **Walk up –** Visit one of our open-air tents to get your flu shot without going into a facility.

To learn more about how to get a flu shot near you:

- Visit **kp.org/mydoctor/flu**
- Call our 24/7 flu hotline at **1-800-573-5811**

It's safe to get the flu and COVID-19 vaccines at the same time.

Visit **kp.org/covidvaccine** to schedule a vaccination appointment, get the latest updates on booster shots, learn how the vaccines work, and more.

*"Vaccine Effectiveness: How Well Do the Flu Vaccines Work?," CDC.gov, 2020.

Learn more at kp.org/mydoctor/flu and kp.org/covidvaccine

KAISER PERMANENTE®

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More care options while you're away from home

No matter where life takes you, Kaiser Permanente has you covered. If something unexpected happens while you're away from home, it's easier than ever to get care.

Routine care at your fingertips

Use your kp.org account or the Kaiser Permanente app on the go to:

- Get medical advice from a licensed care professional 24/7
- Access care by phone[1], video[1], or e-visit – usually at no cost[2]
- Email nonurgent questions to your doctor's office

Urgent and emergency care anywhere in the world[3]

No matter where you get urgent or emergency care, you can file a claim for reimbursement. And at many locations outside Kaiser Permanente states, you'll only pay your copay or coinsurance – no need to file a claim.

- Cigna PPO Network[4] providers
- MinuteClinics®, including pharmacies[5]
- Concentra clinics[5]

Find care near you

Kaiser Permanente Cigna PPO Network
Concentra MinuteClinic®, including pharmacies

Support while you're away

Need help finding care or learning what's covered while you're away?
Call the Away from Home Travel Line at **951-268-3900** (TTY **711**)[6] or visit **kp.org/travel**.

1. When appropriate and available. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. **2.** If you have an HSA-qualified deductible plan, you may need to pay the full charges for scheduled phone appointments and video visits until you reach your deductible. Once you reach your deductible, you won't pay anything for scheduled phone appointments and video visits. **3.** If you believe you have an emergency medical condition, call 911 or go to the nearest hospital. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage* or other coverage documents. **4.** The Cigna PPO Network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO for Shared Administration. **5.** MinuteClinic and Concentra payment experiences vary by plan. **6.** This number can be dialed inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you're outside the country. Long-distance charges may apply, and we can't accept collect calls. The phone line is closed on major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT), and it reopens the day after a holiday at 4 a.m. PT.

Learn more at **kp.org/travel**

KAISER PERMANENTE®

Health tip: Eating Mediterranean

The Mediterranean Diet is modeled after the eating styles of adults living in certain regions bordering the Mediterranean Sea, where rates of chronic disease are among the lowest in the world.[1] In fact, research shows that the presence of heart disease seems to be lower among people living in Italy, Greece, and other countries around the Mediterranean, compared to those living in the United States. These studies suggest that diet may play a role.[2]

The traditional Mediterranean diet is characterized by a high intake of olive oil, fruit, nuts, vegetables, and whole grains; a moderate intake of fish and poultry; a low intake of dairy products, red meat, processed meats, and sweets; and wine in moderation, consumed with meals.

More than a diet and more of a lifestyle, the Mediterranean Diet focuses on

- Plenty of exercise
- Mostly plant-based meals
- Limiting red meat consumption, instead focusing on increasing fish intake
- Moderate healthy fats, particularly olive oil and nuts/seeds
- Use of herbs and spices instead of salt to flavor food
- Serving fresh fruit for dessert
- Drinking wine in moderation

Practical tips to make your diet more "Mediterranean."

- Increase your day-to-day activity such as taking the stairs, standing/walking during phone calls, and planning physical outings.
- Substitute beans for meat, snack on nuts instead of chips, and try having Greek yogurt with nuts or fruit for dessert.
- Swap butter and refined seed oils for olive oil in cooking, use hummus, tahini, nut butter or mashed avocado on a sandwich/wrap, instead of mayonnaise or cheese.
- Make meat your side and vegetables your main course such as adding meat into a stir fry; use canned and water-packed tuna or salmon for a quick and easy way to increase fish intake.
- Enjoy a 5 oz. glass of red wine with dinner, if you don't drink, there is no need to start, having a glass of concord grape juice provides you with the similar health benefits.

[1] Mayo Clinic; Mediterranean diet: A heart-healthy eating plan; https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801, accessed August 2021.
[2] Healthline, "5 Studies on the Mediterranean Diet — Does It Work?", https://www.healthline.com/nutrition/5-studies-on-the-mediterranean-diet, accessed August 2021.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

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United Healthcare

DELTA DENTAL

Start the School Year with a Smile

Did you know that 30% of kids miss school due to oral health problems?[1] This fall, make sure your child shines inside and outside the classroom.

3 back-to-school tips

1

Take your kids to the dentist.
Start the school year right with a dental checkup. Ask your child's dentist about sealants and fluoride treatments to prevent decay.

2

Pick the right snacks.
Swap out lunchbox no-no's with these healthy alternatives.

Instead of...
chips, crackers, granola bars, candy, juice, soda

Choose...
nuts, carrots, celery sticks, cheese, milk, water

3

Make brushing and flossing fun.
To keep their mouths healthy, kids need to brush twice a day for two minutes at a time and floss every day.

Use a sticker calendar.
Let your kids place stickers on each day to represent brushing and flossing.

Play music.
Collect your kids' favorite 2-minute songs and make sure they brush the whole time.

Let your kid pick
a themed toothbrush in his or her favorite color.

Provide a kid-friendly floss holder.
These Y-shaped devices make flossing more comfortable.

[1] 2015 Delta Dental Children's Oral Health Survey

Delta Dental of California, Delta Dental of New York, Inc., Delta Dental of Pennsylvania, Delta Dental Insurance Company and our affiliated companies form one of the nation's largest dental benefits delivery systems, covering 35.4 million enrollees. All of our companies are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to 75 million people in the U.S.

deltadentalins.com/enrollees

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EF77 #121910F (rev. 06/19)

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.

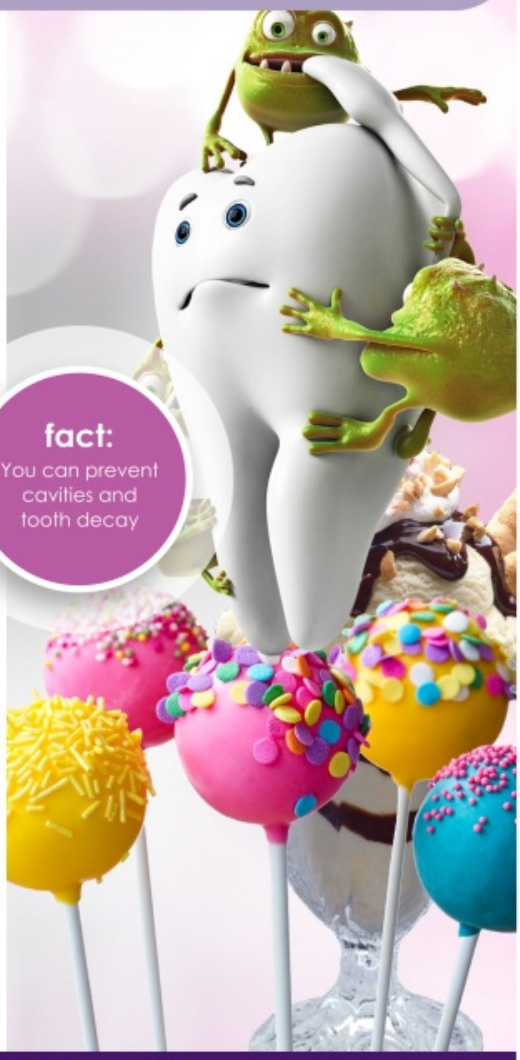
Visit your dentist regularly. Get professional teeth cleanings and regular oral exams, which can help prevent problems or spot them early. Your dentist can recommend a schedule that's best for you.

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

VSP® Vision Care is committed to providing eye care that supports our members' overall health and wellness. That's why we offer Essential Medical Eye Care. With your vision benefits from VSP, you have access to supplemental coverage for urgent and medical eye care.

vsp vision care

What's Included With Essential Medical Eye Care?

- Fully covered retinal screening for members with diabetes. These high-resolution images of the inside of the eye are a non-invasive way to monitor diabetes.
- Exams and services to treat immediate issues like pink eye and sudden changes in vision.
- Treatment options to monitor ongoing health conditions such as dry eye, diabetic eye disease, glaucoma, and more.

If You Need Treatment

1. Contact your VSP network doctor to schedule an appointment.
2. If you don't have an eye doctor, visit **vsp.com** to find one and receive the eye care you need from an eye care expert.
3. When your VSP network doctor participates in your medical insurance plan's network, your medical insurance will be billed. You may be able to coordinate with your VSP benefits to help reduce out-of-pocket costs. If your VSP doctor doesn't participate with your medical insurance plan, VSP has you covered with only the cost of your copay.*

Find a VSP network doctor at vsp.com or call 800.877.7195.

*A standard copay of up to $20 is required for medical eye exams. Other covered services are covered-in-full, including retinal screening for members with diabetes. Log in to **vsp.com** to view your benefits.

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