Spring 2024

Health & Welfare e-Newsletter

Brought to you by:
Teamsters Managed Trust Funds

Visit Our Website

Healthy eating leads to better living

When you eat better, you feel better. But that's just the beginning. Introducing healthy eating habits now can also help you avoid potentially serious health issues down the road. Whether your goal is to feel good, manage your weight, or prevent health problems, now's the best time to get started.

Feel good and live well

Healthy eating can help you feel your best, give you plenty of energy to tackle the day, and even help you manage stress better.

Stay ahead of health problems

Research shows that eating 5 servings of fresh fruit and vegetables a day can help lower the risk of death and reduce the risk of heart disease, stroke, cancer, and more.

Help avoid more serious issues

Over two-thirds of U.S. adults (and nearly one-third of children) are overweight or obese.[1] These physical conditions can pose a major risk if further health complications arise.

Ready to learn more about healthy eating?
Scan the QR code or visit us at kp.org/nutrition.

1. policyadvice.net

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

KAISER PERMANENTE®

980219299 January 2023

Support for emotional wellness

Try our on-demand self-care apps today at no additional cost

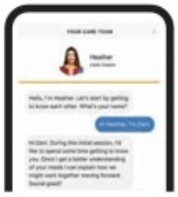
Get help with anxiety, stress, sleep, mood, and more. Anytime you need it.

Kaiser Permanente members can explore 3 evidence-based apps:[1,2,3]

Calm

The #1 app for meditation and sleep. You can choose from hundreds of programs and activities, including:

- Guided meditations
- Sleep Stories
- Mindful movement videos



ginger

1-on-1 emotional support coaching and self-care activities to help with many common challenges.

- Coaches are available by text 24/7
- You can use Ginger's text-based coaching services at no cost, no referral needed[4,5]

myStrength by Teladoc Health

Personalized programs designed to help you:

- Set mental health goals
- Learn coping skills
- Track your progress over time
- Make positive changes

Visit **kp.org/selfcareapps** to get started

1. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time.

2. The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members who become members of Kaiser Permanente.

3. Calm and myStrength can be used by members 13 and over. The Ginger app and services are not available to any members under 18 years old.

4. Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Ginger app and services.

5. Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost.

Calm, Ginger, and myStrength are not available to Kaiser Permanente Dental-only members.

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

KAISER PERMANENTE®

Please recycle. 943208773 October 2022

Health tip: Know your numbers

Tips to help you stay on top of your health

One of the first steps to improving your health is knowing your important health numbers. These numbers include knowing your body mass index, blood pressure, cholesterol and glucose numbers.

BMI

- Healthy Weight: 18.5 to 24.9
- Overweight: 25 to 29.9
- Obese: 30 or higher

Blood Pressure

- Normal: Systolic less than 120 and diastolic less than 80
- Elevated: Systolic between 120 and 129 and diastolic less than 80
- Stage 1 Hypertension: Systolic between 130 and 139 or diastolic between 80 and 89
- Stage 2 Hypertension: Systolic 140 or higher or diastolic 90 or higher
- Hypertensive Crisis: Systolic higher than 180 and/or diastolic higher than 120

Cholesterol

- Total Cholesterol: Less than 200 mg/dL
- HDL Cholesterol for Men: Higher than 40 mg/dL
- HDL Cholesterol for Women: Higher than 50 mg/dL
- LDL Cholesterol: Less than 100mg/dL

Glucose

- Optimal Fasting Level: less than 100 mg/dL

Consider a more heart-healthy diet

Eating heart-healthy means your diet should include plenty of these food choices:

- Vegetables from all subgroups—dark green, red and orange, legumes (beans and peas), starches
- Fruits, especially whole fruits to get all the nutrients (such as fiber)
- Grains, at least half of which are high fiber whole grains. Aim for 25-30 grams of fiber a day. Look for whole-grain cereal, breads, crackers, oatmeal, noodles and brown rice
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, and seeds

continued

United Healthcare

Limit your intake of these foods

- Saturated and trans fats as these may raise your cholesterol
- Sodium which may increase blood pressure
- Red meat and compare food labels to select the leanest cuts available
- Sweets and sugar sweetened beverages

Practice habits that may help keep your heart healthier

- Exercise regularly
- Eat a heart-healthy diet
- Maintain a healthier weight
- Manage your blood pressure
- Take charge of your cholesterol
- Keep blood sugar at healthy levels
- Don't smoke

Consider 30 minutes of moderate physical activity

Finding time for 30 minutes of moderate exercise on most days of the week can provide many of the same benefits as strenuous exercise. Physical activity is anything that gets the body moving, including walking.

United Healthcare

Sources:
Dietary Guidelines for Americans, 2020-2025, https://www.dietaryguidelines.gov/, accessed April 2021.
National Heart, Lung and Blood Institute, https://www.nhlbi.nih.gov, accessed April 2021.
American Heart Association, www.heart.org, accessed April 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.

5/21 © 2021 United HealthCare Services, Inc. All Rights Reserved. MS7233-D

DELTA DENTAL

6 Reasons to Get a Dental Cleaning

1 **Prevent cavities.** Cleanings remove plaque, a sticky bacterial film that builds up on your teeth. This acidic substance can eat away at your enamel, eventually causing tooth decay.

2 **Stop tooth loss.** Plaque can irritate your gums. When your gums are unhealthy, your teeth can become loose and fall out.

3 **Brighten your smile.** Drinking coffee, tea and wine or using tobacco can stain your teeth. A dental cleaning removes stains and leaves you with freshly polished teeth.

4 **Freshen your breath.** Good oral hygiene is the best way to prevent bad breath. Even if you brush and floss regularly, getting a cleaning can help keep your mouth healthy and odor-free.

5 **Boost your overall health.** Regular dental cleanings may help lower your risk for some diseases, such as heart disease and stroke.[1]

6 **Save money.** Under most plans, cleanings and exams are available at low or no cost. And by treating problems before they worsen, you'll save money in the future.

[1] Sanz, et al. "Periodontitis and cardiovascular diseases: Consensus report". Journal of Clinical Periodontology. 2020. https://onlinelibrary.wiley.com/doi/abs/10.1111/jcpe.13189

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of the District of Columbia — DC, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, DC, FL, GA, LA, MS, MT, NV, TX and UT.

deltadentalins.com/enrollees

Copyright © 2020 Delta Dental. All rights reserved.
EF51 #129530T (rev. 8/20)

LIBERTY DENTAL PLAN

TeenCare

LIBERTY cares about more than just teeth!

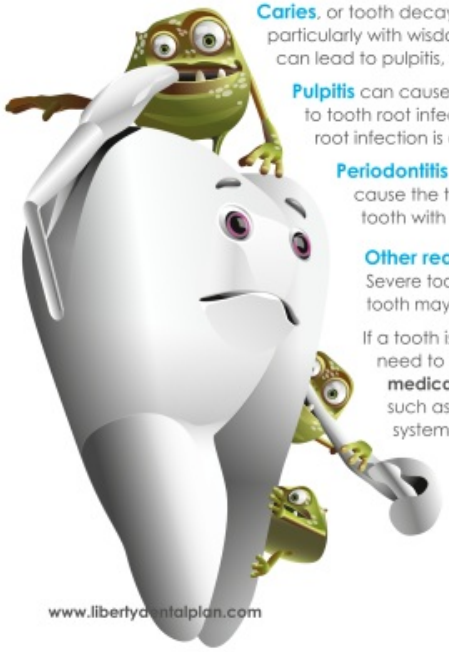
Wisdom Teeth & Tooth Removal

Are you faced with having your wisdom teeth or tooth removed? Here are some important things to know. Common reasons for tooth removal include the showing of a wisdom tooth or a tooth that is badly damaged and cannot be fixed. Tooth removal is done using numbing medicine. Most pain disappears within a week.

Reasons for tooth removal

Wisdom teeth are the most frequently removed teeth. Common problems with wisdom teeth include **pericoronitis**, **caries**, **pulpitis** and **periodontitis**.

Pericorontis is a swelling of the tissue that surrounds a partially visible wisdom tooth. It is a common problem for young adults. About 95% of pericoronitis cases occur in lower wisdom teeth. As wisdom teeth are not needed for keeping a correct occlusion, or bite.



Caries, or tooth decay, is a common problem, particularly with wisdom teeth. If left untreated, caries can lead to pulpitis, which is a swelling of the dental pulp.

Pulpitis can cause aching pain in the tooth. It can reach the tooth pulp and lead to tooth root infection, also known as apical periodontitis, if left untreated. Tooth root infection is a common reason for tooth extraction.

Periodontitis damages the tissue and bone that support a tooth. This can cause the tooth to become loose. Removing and, if required, changing the tooth with prosthesis can be the only reasonable treatment option.

Other reasons for tooth extraction

Severe tooth and jaw **traumas**, **root fractures** and **cracks** are other reasons a tooth may be removed.

If a tooth is in a poor condition or increases the risk of infection, it may need to be removed proactively particularly before starting a **strong medication or undergoing a surgery**. Some medications for conditions such as cancer and rheumatoid arthritis weaken the body's defense system, and even minor tooth infections can then quickly spread and cause severe health problems.

See your dentist immediately if you are experiencing any tooth pain or noticed any redness or swelling in your gums.

www.libertydentalplan.com

Making members shine, one smile at a time™

© 2020 LIBERTY Dental Plan Wisdom-Teeth-&-Tooth-Removal-Eng RN 01 2020

Chronic Pain and Sleep Quality

The relationship between sleep and pain is multidimensional and complex. Pain can often disrupt our ability to fall asleep and stay asleep thus impacting quality. Consistently poor sleep quality can further intensify pain, creating a vicious cycle that can be difficult to break. Over time, poor sleep can also impact mental health, cognitive function, and your immune system.

When optimal sleep is achieved, the reverse effects attained. Seven to nine hours of quality sleep per night is essential to enable the body to effectively recharge and repair. Sleep can also help eliminate pain, improve energy levels, cognitive function and mental health.

The SimpleTherapy platform is accessible 24/7 so you're covered if insomnia hits you in the middle of the night. You can choose from a variety of programs to help you enjoy a better night's rest

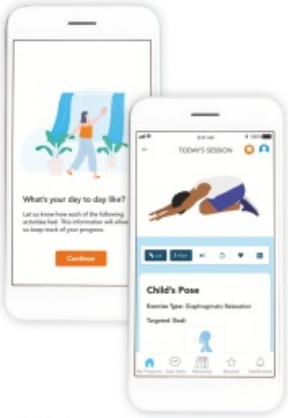
Pain Programs

- Eliminate existing pain
- More efficient recovery
- Increase daily physical activity

Breathwork Programs

- Relieve tense and sore muscles
- Unwind and relax
- Promote healthy blood flow

Ready to transform your nights into restful recovery? Let SimpleTherapy guide you to better sleep. Start your journey today!



How to get started

1. Download the SimpleTherapy app or visit **simpletherapy.com/go/gw**
2. Enter your employer's name
3. Enter your name and date of birth

SimpleTherapy® does not offer medical advice, diagnosis, or treatment, and is not a replacement for a physical therapist or doctor. Please consult with your physical therapist or doctor if you have any questions about incorporating the SimpleTherapy sessions into your health and well-being program. Your information is confidential. We will not share it with your employer.

Teamsters Managed Trust Funds |www.tmtfunds.org

IMPORTANT NOTICE:

We have made every attempt to make sure that the information in this newsletter is accurate. However, you should not rely on anything set forth in this newsletter to make any decisions with respect to contributions and/or benefits. Instead, contributions are governed by the applicable and relevant Collective Bargaining Agreement, and benefits are governed by the applicable and relevant Trust Fund documents, including the Trust Agreement and the Benefit Plan document. Insofar as there are any inconsistencies between what is in this newsletter and what is in said documents, the documents are the binding and final authority and supersede anything set forth in this newsletter. If you have any questions concerning this, please contact the Plan Administrative Office at (925) 426-3555 and their office will either answer your questions or send you the binding documents. The information in this newsletter is not warrantied as accurate and/or correct. Please refer to the the relevant documents for final and correct information.

DMC Insurance Administrators | P.O. Box 757, Pleasanton, CA 94566

Unsubscribe mguerrero@dmc-tpa.com

Update Profile |Constant Contact Data Notice

Sent bynoreply-tmt@dmc-tpa.compowered by

Try email marketing for free today!