



TEAMSTERS TRUST BENEFITS INSIDER

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What is Coordinated Care? How it can improve your quality of care.

Most people get medical care from several different kinds of providers, not just their Kaiser primary care doctor. You might also see a physical therapist, a cardiologist, or other specialist. To help all your health providers stay in touch with each other and work together on your behalf, Kaiser offers coordinated care.

What is coordinated care? It's when all your providers, regardless of their specialty, role, or location are connected and can easily share important information about your health (with your permission) to ensure that every member of your care team is on the same page. This can mean that things like your preferences, recent or upcoming visits, and test results are shared among your care team. This cuts down on unnecessary or redundant tests or exams, aligns care providers on suggested medications and treatments, and ultimately improves your quality of care.

A team approach
Your doctor and a team of professionals work together to meet your individual health needs.

Focus on prevention
An emphasis on healthy living and proactive outreach helps you stay well and catch health issues early.

Evidence-based care
Kaiser uses scientific evidence to provide the most effective and efficient treatment.

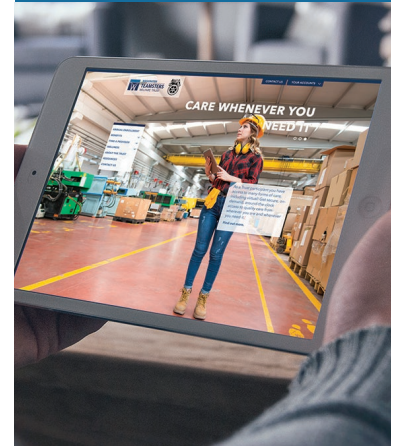
Connected care
Every member of your Kaiser team is connected to your electronic health record for a safer streamlined experience.

Medical excellence
Your Kaiser medical plan gives you access to the highest-ranked medical group in the state—Kaiser Permanente Medical Group.



TAKE ACTION

Find information about your benefits at **wateamsters.com!** You'll find your full plan booklet, information about medical, dental, and vision benefits, wellness programs, annual enrollment, and more.





Dental Health is Overall Health

Your teeth say a lot more about you than just your smile!

We all know that we should brush our teeth and floss daily, but many don't. Maybe it seems unnecessary, tedious, or time consuming. But keeping our teeth clean is about a lot more than just dental hygiene and a nice smile—your oral health can have a big impact on your wellbeing!

Why is dental health so important?

The bacteria in your mouth can eat away at enamel, cause tooth decay, and weaken your gums. And as your mouth is the entry point to your digestive and respiratory tracts, some of these bacteria could contribute to diseases, such as cardiovascular disease, Pneumonia, pregnancy issues and more.

The good news is that consistent oral health keeps bacteria under control. Brushing your teeth twice a day, flossing, and getting regular cleanings are all crucial. If you haven't had a cleaning in a while, schedule one now and talk to your dentist about regular checkups.

DID YOU KNOW?

With **Online Visit**, Kaiser Permanente Plan participants and their eligible family members, can receive quick online care for many common conditions, get a treatment plan and, if needed, a prescription—without a trip to your doctor's office. Learn more at [wateamsters.com/benefits/virtual-care](https://www.wateamsters.com/benefits/virtual-care).



Do I really have to floss?

While flossing may seem like a step we can skip, it's one you shouldn't. Flossing removes far more bacteria than just brushing our teeth—it gets the bits between teeth and strengthens gums. Here's a few tips on the best ways to floss:

1. Floss once a day—it takes maybe 3 minutes and can help save you from cavities and infection.
2. Floss before you brush your teeth.
3. Wrap the floss around the tooth and pull up (or down), this will remove more plaque. You could also use a water flosser.
4. Flossing at night before bed prevents food and debris from remaining in your teeth overnight.





Tips For a Better Night's Rest

Simple things you can do to get more sleep.

It's no surprise that a good night's sleep is essential to your health. Yet, studies show that one-third of all adults in the United States don't get enough sleep on a regular basis. One of the best ways to get a better night's sleep is to establish a regular routine that's easy to follow.



Prioritize sleep. It's important to set aside enough time in your schedule for roughly eight hours of sleep. Most adults don't need more than that, but everyone is different. Know your sleep sweet spot to help you feel energized for the day ahead.



Calm your mind. Overstimulation during the nighttime hours can severely impact how well you sleep. Put away your phone, turn off screens and tv shows, and try to spend the hours before bedtime with calming activities that help you wind down.



Calm your body. Strenuous activities like vigorous workouts or chores can raise your heart rate and make falling asleep difficult. Same goes for heavy meals: a light snack sometimes aids in keeping hunger at bay, but anything with caffeine, lots of sugar, or a full meal is likely to disrupt your rest.



Have a bedtime routine. Creating a set routine can signal to your body and mind that it is time for bed. Brushing your teeth, washing your face, or even turning off lights can all signal to your brain you are preparing for sleep. If you are still struggling to fall asleep, sometimes getting up and repeating your bedtime routine can help.

Sleep is crucial to our overall health, without it your body can't repair, we become more susceptible to disease and illness, your mind begins to suffer and your ability to focus or manage your emotions is lessened. Take charge of your health by prioritizing sleep and rest!



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THE TAKEAWAY

It's That Time Again

Preparing for Annual Enrollment.

Every year the Washington Teamsters Welfare Trust asks every active participant to update or confirm enrollment information during a designated time. Here is what you need to know about this year's Annual Enrollment:



1. It starts November 1 and is open until December 15, 2022.
2. Every participant must complete it, even if you don't have any changes.
3. If you miss the deadline, you can still enroll/update your information, but will not be able to change plans.
4. If you don't complete it, your coverage will lapse—resulting in possible delayed or unpaid claims.
5. It is quick and easy to complete online or via the mail!

Completing Annual Enrollment ensures that you and your family will have medical coverage in the following year. Learn more about Annual Enrollment here: wateamsters.com/annual-enrollment