



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 a primary care doctor. You might 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, many medical systems offer 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 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 providers on suggested medications and treatments, and can improve your quality of care.

As a Trust PPO plan participant, you have access to two coordinated care options.



Accolade Health Assistants

An innovative healthcare program, Accolade Health Assistant will help you understand more about your medical benefits to help you get the best care possible. This confidential and no-cost service can help you schedule appointments, resolve claim and billing issues, and answer pressing questions regarding your healthcare. Accolade's services can be used at any time, and in combination with any other Trust program, including Premera Care Management.

To sign up for Accolade and learn more:

- Register at member.accolade.com
- Text B3PD to 67793 to download Accolade mobile app
- Call toll-free: (866) 206-0977, Monday–Friday 5:00 am–5:00 pm.

TAKE ACTION

The Trust offers many resources—like **Accolade Health Assistants**, **Teladoc®**, and wellness programs through **Vivacity**. Be ready to use these services when you need them by registering today. Visit wateamsters.com to learn more.



Premera Blue Cross Care Management

When you or a covered family member receive care from a participating Premera Blue Cross doctor or facility, your provider will arrange all the care you may need, including getting prior authorization and hospital inpatient precertification, as required. Premera Care Management helps keep you in-network, avoid out-of-network uncovered costs, and may be able to help identify treatments or procedures that are right for you.



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?

Because your mouth is full of bacteria which 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, and getting regular cleanings are crucial, but flossing—the step that so many people skip—makes a huge difference. If you haven't had a cleaning in a while, schedule one now and talk to your dentist about regular checkups.



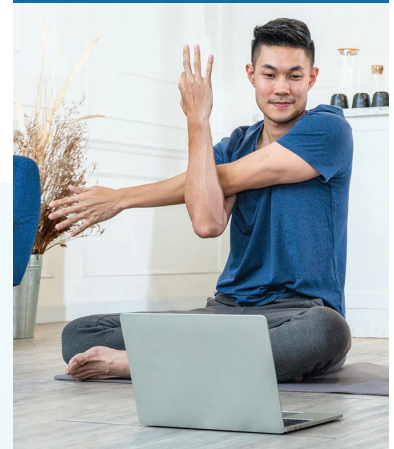
Do I really have to floss?

While flossing may seem like a step we can skip, it is one that you shouldn't. Flossing removes far more bacteria than just brushing our teeth. Flossing gets the bits between the teeth and strengthens our 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, this will remove more plaque. Or you could use a water flosser.
4. Flossing at night before bed prevents food and debris from remaining in your teeth overnight.

DID YOU KNOW?

About the new no-cost wellness benefit **Everflex**? This free service through Vivacity gives you access to a huge video library of exercises, stretches, and physical therapy advice on how to recover from and avoid injuries. Visit **wateamsters.vivacity.com**. Click "Injury Prevention" and select Workforce Plans for job-specific suggestions.





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!

Source: <https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>



Challenges Accessing Health Care

And ways the Trust can help.

Good quality care is important for everyone, but sometimes accessing it can be difficult. You may have trouble getting to your doctor's appointment. The doctor's office may have limited availability or office hours that won't work with your schedule. You may live in a rural area with limited facilities or few specialists. Or maybe it's hard to get childcare. There are lots of reasons that may keep you from getting the care you need when you need it. But the Trust can help.

The Trust offers many no-cost programs that can help participants find solutions and resources or seek after-hours care without going to urgent care or the ER for non-emergencies.

- **TELEHEALTH:** Virtual care is an excellent option for when you are far from your doctor's office, have limited time, or need after hours care. Many common issues –like colds, aches and pain, infections, and even skin issues– can be seen and sometimes treated without you needing to go in to see your doctor. Many types of specialists –like mental health professionals, physical therapists, dermatologists, and others– even prefer to have some appointments virtually. Ask your doctor if virtual visits are an option for you.

Teladoc: Need immediate care for common concerns? Quickly speak via the phone or video chat to a board-certified physician at any time day or night with Teladoc. The service is confidential and offered at no cost to you. Get in quickly when you need it, register today at teladoc.com/premera, or call **(855) 332-4059**. ◀

- **CHILD OR ELDER CARE:** Sometimes life gets in the way of us getting to the doctor. If you care for a child or elderly person you know that it can be difficult sometimes to find appropriate care for when you are away. That's where ComPsych® GuidanceResources® can help! You may know that ComPsych can assist in finding resources to manage stress, but they can also help you find solutions to everyday life concerns –like child or elder care, or even pet care.

- **TRANSPORTATION ASSISTANCE:** ComPsych® GuidanceResources® can also help you figure out solutions for transportation issues. Maybe you're eligible for bus vouchers, or there are carpool, rideshare, or van services available to you or a loved one. The specialists at GuidanceResources® can provide you with qualified referrals and useful resources.

ComPsych® GuidanceResources®: A trained clinician will discuss your issue with you and connect you resources specific to your situation. To schedule a consultation, call **(866) 301-0313** or use Web ID: WATEAMSTERS to register when you visit guidanceresources.com. ◀

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- **NURSE LINES:** Confidential nurse lines connect you to medical professionals, even in the middle of the night or on weekends, who can offer advice about what steps to take and help alleviate any concerns you may have. Trust members have two great options:

Accolade: Your one-stop resource for information and guidance on your health and wellness, medical benefits, claims, billing and more. Including access to a nurse 24/7. Discuss current symptoms, chronic issues, treatment options, and more. To get started log in at **member.accolade.com**, or call **(866) 206-0977**,

Monday through Friday 5:00 am–5:00 pm.

Premera Nurse Line: As a PPO member of the Trust, you have access to a registered Premera nurse 24 hours a day 7 days a week. Speak to a nurse at anytime to get advice on medical issues prescriptions, or help finding an in-person location:

(855) 784-4561.

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.



Getting Vaccines on Your Schedule

Protect your health all winter long.



The fall and winter months are approaching, which means flu and cold season are on the way. Take steps to make sure you're ready for the coming months:

- Get your annual flu shot. This is the best way to protect yourself from the flu and avoid missing out on life, school, or work.
- Keep up to date on your COVID-19 boosters. As variants continue to emerge, boosters are updated to protect you from the new strains.
- Talk to your doctor about other vaccines that you may need – shingles, T-Dap, and any others.



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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