



# TEAMSTERS TRUST BENEFITS INSIDER

## FOR KAISER PERMANENTE PARTICIPANTS

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## Knowing Your Care Options

### Where to go when you need care, day or night.

We all have busy lives. While there is no replacement for the care you receive from your regular physician, when you are unable to see your doctor and would like immediate care for common health concerns, the Trust offers participants a variety of in-person, online and telephone consultations options.

#### VISIT YOUR DOCTOR'S OFFICE

Business Hours

Your **primary care doctor** is your best option for most issues. If you're already an established patient, your doctor's office can usually fit you in quickly, will know your health history and prescribe any needed medication.

 Find a provider: <https://wateamsters.com/find-a-provider/>

#### ASK A NURSE, DAY OR NIGHT 24/7

Speak to a **certified nurse** confidentially any time of the day or night. A nurse can advise you on home care, answer questions, or help you decide if you need additional care.

 24/7 Consulting Nurse line: (800) 297-6877

#### VISIT A BARTELL'S CARECLINIC

Business Hours

Get care for minor injuries and illnesses at **walk-in CareClinics**, inside several Bartell Drugs locations in the Puget Sound with evening and weekend hours for your convenience. You'll see a Kaiser board-certified physician assistant or nurse practitioner.

 Find a participating location: <https://www.bartelldrugs.com/careclinic/>

#### GO TO URGENT CARE Extended Hours

When your doctor is not available, and you need to have an in-person visit, **urgent care clinics** provide attention for non-life threatening medical problems or problems that could become worse if you wait.

 Find an Urgent Care: <https://wateamsters.com/find-a-provider/>

#### VISIT THE EMERGENCY DEPARTMENT

24/7

Hospital **emergency rooms** are not the place to go for common illnesses or minor injuries, but if you are having a serious or life threatening emergency, it helps to know your nearest ER.

 Know the nearest ER: <https://wateamsters.com/find-a-provider/>

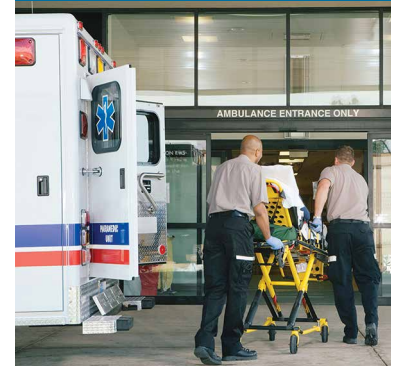
### DID YOU KNOW?

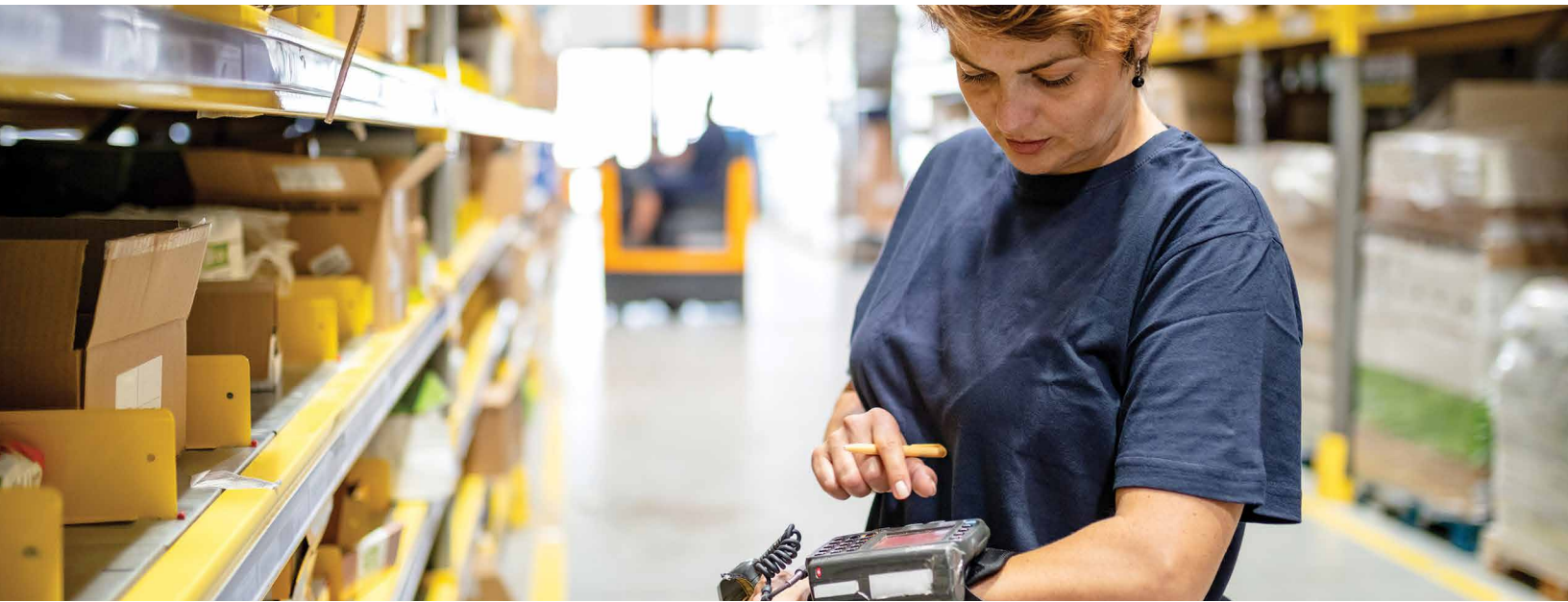
#### When it is time to call for help.

Call 9-1-1 if the person you are helping:

- Is unconscious,
- Gaspings for air or not breathing,
- Experiencing an allergic reaction,
- Having chest pain,
- Having uncontrollable bleeding,
- Or any other symptoms that require immediate medical attention.

Never try to drive yourself to the hospital. Call 9-1-1 if you are experiencing a medical emergency and are alone.





## In-Network Preventive Care Is Covered

With annual well-adult exams all it costs you is a little time

Preventive care is vital to your wellbeing. It helps track your health and any changes, and early detection of illness and disease can often lead to a better recovery. As a Washington Teamsters Welfare Trust participant, eligible preventive visits and tests are covered in full when you see an in-network provider — with no deductibles, co-insurance or co-pays.

Preventive visits are different than an office visit when you are ill or wish to discuss a specific medical problem. You see

your doctor, nurse practitioner or physician’s assistant for a preventive visit when you feel healthy, and it can include care like an exam, checking your blood pressure, or getting recommended vaccines.

These visits can include covered well-adult and well-child physicals, immunizations, flu shots and appropriate preventive screening tests like mammograms, colonoscopies, and prostate exams.

### Other Covered Preventive Services Include:



ROUTINE ADULT EXAMS



ROUTINE GYN EXAMS



ANNUAL IMMUNIZATIONS



TYPE 2 DIABETES AND OTHER SCREENINGS



CERTAIN PRENATAL SERVICES



ROUTINE PEDIATRIC EXAMS

*Routine physical exams and screenings, outpatient well-baby care and immunizations covered at 100% if provided by an in-network provider, are recommended by the United States Preventive Services Task Force, Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention and the Health Resources and Services Administration (HRSA) and consistent with the Patient Protection and Affordable Care Act (PPACA). If provided by an out-of-network provider, standard out-of-network deductible, copays, or coinsurance and out-of-pocket limits apply.*

## Resources to help you Own Your Health

The Own Your Health program is offered by the Washington Health Alliance, and is designed to help you make good health decisions for you and your family.

Visit the Washington Teamsters Welfare Trust’s partner page and to access high-quality resources to help you navigate your health and healthcare.

[www.ownyourhealthwa.org](http://www.ownyourhealthwa.org)





# What To Do With Leftover Medication

## Safe disposal options are available near you

Take-back programs are the most convenient, cost-effective and secure way to dispose of unwanted and expired medicines. The Washington Poison Center (WAPC) currently manages the statewide Take Back Your Meds program. [Takebackyourmeds.org](http://Takebackyourmeds.org) helps Washington state residents locate pharmacy and law enforcement locations to dispose of their unused, unwanted, and/or expired medications.

Most police departments, sheriff's offices, and local pharmacies can collect your unwanted and expired medicines.



### Items Accepted

Over-the-counter medicines, vitamins, pet medicines, medicated ointments and lotions, inhalers, and liquid medicines in glass or leak-proof containers (up to 12 oz.).



### NOT Accepted

Needles/lancets/syringes, thermometers, empty containers, infectious waste, personal care products (non-medicated shampoo, etc.), hydrogen peroxide.

Note: Only law enforcement agencies and designated pharmacies can accept controlled substances (such as OxyContin and other pain relievers).

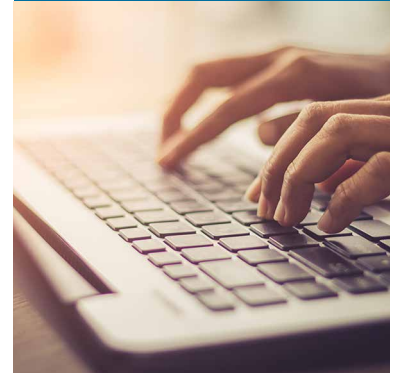
Source: Food and Drug Administration

### TAKE ACTION

#### Prevent accidental exposure.

Keeping medicines after they are no longer needed creates an unnecessary health risk in the home, especially if there are children present. Each year in the United States, approximately 60,000 emergency department visits and 450,000 calls to poison centers are made after children under 6 years of age find and take medication.

Visit [takebackyourmeds.org](http://takebackyourmeds.org) to find your nearest medicine take-back location.







**THE TAKEAWAY**

## When You're Ready To Quit, Quit For Life Can Help

Did you know nicotine addiction is both mental and physical? For most people, the best way to quit will be some combination of medicine, a method to change personal habits, and emotional support.

As a Trust Medical Plan participant you have access to the Quit For Life<sup>®</sup> Program, which gives you personalized support and a variety of tools to help you get ready, take action, and live a tobacco free life.

The program is fully paid for by the Trust and offered to all participants and covered dependents 18 years of age and older. Quit For Life<sup>®</sup> includes:



### Quitting Aids

nicotine substitutes or medications that are right for you

### Quit Guide

an easy-to-use workbook to help you stick with your plan

### Quit Coach<sup>®</sup>

expert support and assistance whenever you need it

To Register, call toll-free **(800) 462-5327** or visit [quitnow.net/kpwa](http://quitnow.net/kpwa).