



TEAMSTERS TRUST BENEFITS INSIDER FOR KAISER PERMANENTE PARTICIPANTS

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Your Health Toolbox



Preventive Care—Your medical benefits through the Washington Teamsters Welfare Trust cover most in-network preventive services at 100 percent, including certain office visits, tests and treatments—with no deductibles, co-insurance or co-pays.



Walk-in CareClinics—Get care for minor injuries and illnesses at walk-in CareClinics, inside several Bartell Drugs locations across the Puget Sound area. You'll see a Kaiser Permanente board-certified physician assistant or nurse practitioner, and there evening and weekend hours for your convenience. No appointment is necessary and your CareClinic doctor can help you with treatment for sore throats, cold and flu, allergies, sprains and strains, headaches and other common medical complaints.



Lifestyle Management—With a personalized phone-coaching program that connects you to trained health professionals, you can get help to make positive changes in your life, stay on track, and reach your own health goals. When you take your **online Kaiser Permanent Health Profile**, if you provide your phone number, a Lifestyle Coach may contact you depending on your profile answers. All calls are confidential.



Tobacco Cessation—Trained professionals are available to coach you to identify your tobacco triggers, create methods of dealing with the cravings, and help keep you on track, motivated and informed. To register for Quit for Life®: call toll-free (855) 462-5327, or visit www.quitnow.net/ghc.



Chronic Condition Management—Kaiser offers Living Well with Chronic Conditions—no-cost, six-week workshops that help you learn how to manage your chronic conditions, pain or diabetes and improve your quality of life. You can attend in-person group sessions or participate in the online workshops, called Better Choices, Better Health®. Visit the "For Members" section at www.kp.org/wa, and select "Classes & Events" to learn more about specific classes and enroll.

TIME FOR A CHECKUP?

Schedule an in-network covered annual exam and take care of any issues before they become real concerns. Don't have a primary care physician? Visit www.wateamsters.com and go to Find a Provider, or call Kaiser Permanente at (888) 901-4636.





A Health Plan That Stands Apart

Washington Teamsters Welfare Trust participants have access to the best and most comprehensive health benefits and innovative wellness programs, but the Trust is a bit different from traditional plans.

Here's just a few ways that the Trust is unique:

- Trusts like the Washington Teamsters Welfare Trust are governed by federal laws—the Employee Retirement Income Security Act of 1974 (ERISA) and the Internal Revenue Code—and not by state insurance law.
- The Trust is not a for-profit insurance company.
- Unlike insurance companies, the Trust's funds are only used to pay member benefits and cover operational costs.
- Participants receive health benefits that your union and employer have agreed to provide as part of your collective bargaining agreement.
- A joint Board of Trustees made up of equal numbers of union and employer representatives manage the Trust, and bargain on your behalf.
- Benefits and wellness programs are specifically chosen just for Trust participants.

The Trust is committed to providing you and your family with the resources you need and high quality, affordable health and wellness benefits.

Researching Medical Questions Online

And how to talk with your doctor about the answers

The Internet has changed not just how patients get medical information but also how we relate to doctors. In fact, according to a 2012 study, researchers reported that almost 70 percent of patients said they were planning to ask their doctor questions about information they found online, and about 40 percent said they had printed out information to bring to their appointment. That number has likely grown as people increasingly turn to the Internet for information.

Researching health information can benefit both you and your doctor by making you partners in your care. But not all information on the Internet is worthwhile or even true. Here are some tips on collecting sound information and sharing your research during a medical appointment.

Finding Helpful Information

The Internet allows you to gather clear, current, and accurate medical information, but not all websites are reliable. For instance, some websites may post incorrect or out-of-date medical information or link to advertisers who are trying to steer you toward a specific treatment.

Other sites may promote ideas that fly in the face of scientific evidence, potentially harming people who rely on them.



Websites You Can Trust

As a general rule, websites sponsored by federal agencies have information that's simple to understand and based on the latest medical research.

- National Institutes of Health www.nih.gov. This site is an excellent source of reliable information about almost anything related to your physical and mental health.
- National Library of Medicine's Medline Plus www.medlineplus.gov: Dependable information on more than 700 health-related topics.

Getting Ready for Your Appointment

To get the most out of your time with your doctor, plan ahead:

- If you find medical information online that you want to discuss, print out only the most relevant parts.
- As you read through your materials, write down or highlight any confusing words or information. Ask your doctor to review any medical research with you.
- Make a list of questions, and prioritize them so that you get to the most important ones first. If you don't have time to discuss everything, ask whether you can follow up by email or phone.

- Remember: the sources you read will not go as deeply or thoroughly into any topic as the education and training your doctors receive, so carefully consider your doctor's answers to your questions.

Avoiding Self-Diagnosis

While the Internet is a good source of useful health information, it is no substitute for a trained medical professional who knows your health. It's good to do your homework, but you also need to be ready to listen to your provider's advice so you can work together and make educated choices about your health care.

Source: Own Your Health www.ownyourhealthwa.org: Sponsored by the Washington Health Alliance, OYH is a great source for articles and tips to help you make informed health decisions.

TAKE ACTION

Questions to ask when you visit a health-related website:

- **What's the source?** Is it a medical professional?
- **What's the purpose?** Is it educational, or selling a product?
- **What's the point?** Is it factual or an opinion?
- **Is it accurate?** Is the information cited, current and supported by evidence?





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THE TAKEAWAY

What's the Best Way to Reach You?

We want to make sure that you are up-to-date on your health and wellness benefits, and know what programs and services are available to you.

You can take this quick survey online at www.wateamsters.org. Click the link on the homepage.

If you don't have Internet access but would still like to participate, you can clip this page and mail your responses to the Trust at: Trust Administration, 2323 Eastlake Ave E, Seattle WA 98102.

Mark as many as you would like.

Best

Good

Okay

Bad

Website

Print newsletter

Email/online newsletter

Postcards to my home

Letters to my home

Handouts & brochures at work

Informational meetings

Text messages

App for my smartphone

Videos online

One-on-one conversations with my business rep

Phone call or voice mail

Information at my local union

Other: