



TEAMSTERS TRUST BENEFITS INSIDER

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Schedule Now

Improve Your Mental Wellbeing And better manage life's challenges.

When we think of our overall health, we tend to think of the physical condition of our bodies. Are we eating right? Moving enough? Managing our aches and pains? Often what is missing is the state of our mental wellbeing, which can impact our sleep, how we deal with stress, and our general outlook on life.

Mental wellbeing is how we respond to life's ups and downs. It doesn't mean the absence of problems, adversity, stress, or even mental illness. Rather, it is the awareness that we are separate from our problems and the belief that despite our struggles we can manage what comes.

Boosting your Mental Wellbeing

"Working on your mental health" is not unlike working to strengthen your muscle endurance—it takes practice. Here are five ways you can start strengthening your mental wellbeing skills:



GO EASY ON YOURSELF. Try this: when you are experiencing stress, remind yourself of other times you made it through challenges, had successes, or felt good about a choice you made. This will help you remember that things aren't always bad, and that you can manage hard times—you've done it before!



TALK IT OUT. Connecting with others can help you process your feelings and get some perspective. If a trusted friend or family member is not available, try reaching out to a mental health professional, or using an online app service.



EXERCISE. Whether a walk around the block or a vigorous gym workout, being active helps you feel better about yourself, improve your mood, and help you be more in the moment.



TAKE A CLASS. Research shows that learning new skills can improve your mental health. From learning a new hobby to taking on something new at work, learning new things can boost self-confidence and connect you to new people and things.



GIVE TO OTHERS. Supporting others can make us feel better about ourselves and our ability to manage stress, whether it's small acts of kindness towards strangers, saying thank you more often, volunteering, or simply being there for a friend.

TAKE ACTION

Kaiser offers many behavioral health services, often without a referral needed. From help managing stress, to marital or parenting issues, or substance abuse concerns, Kaiser can connect you to mental health professionals in your area. Call **(888) 287-2680** or search Behavioral Health at **www.kp.org/wa**.





Your Doctor on Demand

See a doctor from the comfort of home.

What if you could see a doctor without needing to take time off work, get a sitter, drive across town, or potentially expose yourself to other sick people in a waiting room? With Kaiser Online Visit you can!

With Online Visit, Plan participants can receive quick online care for many common conditions, a treatment plan and, if needed, a prescription – without a trip to your doctor's office.

You may use an online visit for the following common conditions:

- Flu and colds
- Allergies
- UTI symptoms
- Sore throats
- Stomachaches and nausea
- Sinus problems, and much more!
- Headaches
- Ear infections



For more complex concerns, you should plan to visit your regular care team, or the emergency room if the issue is life-threatening. But for most common medical concerns, Online Visit gives you effective care from the comfort of home.

To schedule an appointment login in or register at www.kp.org/wa and begin an online visit. You will complete a short questionnaire and be seen shortly after by a clinician.

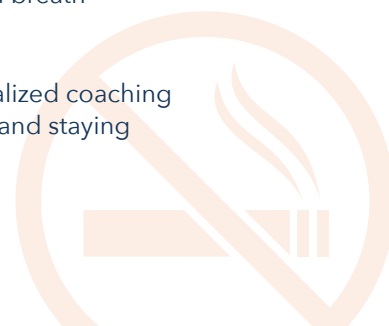
What Could you Gain by Giving up Tobacco?

If you're like many other tobacco users who have tried to quit, you know that it can be hard. To quit tobacco for good it can be helpful to think about all the things you might gain, rather than what you are giving up. Things like:

- A better sense of taste and smell
- A dramatically decreased risk of heart attacks and disease
- Better lung capacity and less shortness of breath
- Extra cash that isn't going towards tobacco
- Fresher smelling clothes and breath
- A longer life expectancy

If you are ready to quit tobacco for good, Quit For Life® may help you succeed! You'll get personalized coaching support, online and app access at any time, and help managing triggers and urges, setting goals and staying motivated – all at no cost to you! You may also qualify for nicotine substitutes or medications.

To find out more visit: wateamsters.com/wellness/tobacco cessation





DID YOU KNOW?

That your Kaiser benefits offer a set amount of visits every year for physical therapy, massage, and acupuncture—all proven effective ways of treating lower back pain. If you are having ongoing back pain, talk to your doctor about what options are available to you.

Exercises For A Healthy Back

Improve your posture and reduce pain.

Back pain can be, well, a real pain! When your back hurts it can impact your daily activities, ability to work, and overall wellbeing. Strengthening your back muscles is one way to help manage or even prevent back pain and improve your overall range of motion.

One of the best exercises for back pain is walking. You don't need to walk for miles, even a short walk around the block can increase mobility and help to reduce inflammation. Along with walking regularly, there are many back strengthen exercises that you can easily do at home, without any special equipment. Here are three to try:



Child's Pose

This pose helps relieve pain and tension all along your spine, neck, and shoulders.

1. With hands and knees on the ground, sit back to rest your hips on your heels.
2. Fold forward and rest your belly on your thighs.
3. Extend your arms in front of or alongside your body.
4. Focus on relaxing any areas of tension or tightness and hold pose for up to 1 minute.

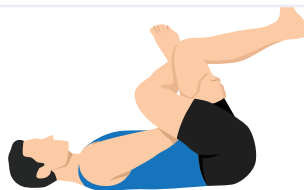


Figure Four

This stretch may help relieve pain and tightness in your glutes and lower back.

1. Lie on your back with both knees bent and your feet flat on the floor.
2. Place your right ankle at the base of your left thigh.
3. Then, place your hands behind your left thigh and pull up toward your chest until you feel a stretch.
4. Hold for 30-60 seconds, then do the opposite side.



Superman

This exercise uses repeatable motions instead of just holding a position.

1. Lie on the floor facedown, with your legs straight and your arms extended in front of you or alongside your body.
2. Keep your head in a neutral position slowly lift your arms and legs around 6" off the floor, or until you feel your lower back muscles engage. Your belly button should be slightly off the floor.
3. Hold a few seconds before lowering your arms, legs. Repeat several times.



Remember: if you have a history of back problems or consistent pain, you should consult your doctor or a physical therapist first.



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THE TAKEAWAY

Schedule Your Annual Check-Ups Today

Annual check-ups are an important part of staying on top of your health. Use this as a reminder to schedule and remember your upcoming annual appointments.

My annual well-adult physical is on:	// //	My health goals are:
I need: <input type="checkbox"/> blood work for cholesterol or blood sugar, or something else <input type="checkbox"/> a medication review		
My next dental cleaning is on:	// //	My top concerns are:
My annual mammogram (women) exam is on:	// //	My questions are:
My annual prostate (men) exam is on:	// //	My questions are:
My colonoscopy (if over the age of 50) is on:	// //	My questions are:

Talk to your healthcare provider about the frequency of these tests and any other visits you may need.