



TEAMSTERS TRUST BENEFITS INSIDER

KAISER PERMANENTE



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Virtual Care for Busy Parents

Quality care when and where you need it

Every parent knows that illness and health concerns don't always happen at convenient times. Whether your child gets a fever in the middle of the night or a rash while you are out of town on vacation—it isn't always possible to see your pediatrician.

Rather than sitting after hours in the waiting room of a busy Urgent Care office or taking time off work to take your child to the doctor, virtual care can connect you to the care you need at any time and from anywhere.

Virtual care supports parents with:



Expert care: You will have access to licensed, board-certified physicians who specialize in children's health and illnesses.



Prescriptions: If a prescription is needed, they will send the order to your local pharmacy for you.



Convenience: Get an appointment without rearranging your day or missing work!



Short wait times: Virtual doctor visits usually take less than 15 minutes, allowing busy parents to receive the care they need quickly, easily and efficiently!

What conditions can be treated virtually for kids?

Many common pediatric concerns don't need an ER or Urgent Care visit and can often be diagnosed and treated during a virtual visit with a board-certified doctor. These include:

- Cold and flu symptoms
- Sore throats and coughs
- Pink eye
- Skin rashes
- Allergies
- Minor injuries
- Ear infections
- and more



Take Action

With Kaiser Online Visit and virtual care, plan participants can receive quick online care without a trip to the doctor's office. Register or log in to your account and begin an online visit or schedule a virtual visit at

www.kp.org/wa.



To learn more about virtual care options, visit: wateamsters.com/your-benefits/kp-benefits.



Take Control: Smarter Strategies for Managing ADHD

Small changes can make a big difference in how you feel

Managing ADHD as an adult comes with daily challenges, but some of the biggest barriers to success are avoidable. Many people unintentionally use their treatment inefficiently: skipping doses, avoiding check-ins, or relying too heavily on medication alone. Over time, these habits can lead to higher stress, lower effectiveness, and unnecessary health costs. The good news? A few consistent strategies can help you get more from your care without adding more complexity to your life.



Don't overlook the basics

Sleep well

Poor rest worsens focus, memory, and mood.

Eat regularly

Balanced meals help both brain function and medication absorption.

Move often

Even short bursts of exercise improve attention and emotional regulation.

ADHD is best managed with consistency — not crisis control

Being proactive with your medication, habits, and appointments helps you stay on track, feel more in control, and reduce unnecessary frustrations down the line.

Small, sustainable changes add up—and make your treatment more effective over time.

Common pitfalls to avoid



Inconsistent use: Skipping or delaying doses can throw off your focus and routines.



Self-adjusting doses: Changing how much you take without guidance leads to setbacks.



Avoiding generics: Generic medications often work just as well and cost less.



Missing follow-ups: Without regular check-ins, it's hard to know what's working—and what's not.

Make treatment work smarter



Stick to your plan: Take your medication as prescribed, every day.



Track your progress: Jot down what's helping and where you're struggling.



Use support tools: Reminders, planners, or ADHD-specific apps can fill in the gaps.



Add behavioral support: Therapy or coaching can improve executive functioning beyond what medication can do alone.



Modern Support for Mental Health

Getting the support you need is now easier than ever

With the emergence of new virtual options like telemedicine, online chat services, apps and AI-driven platforms, accessing mental health care has changed a lot—even from just a few years ago.

The rise of new and expanded flexible and secure online mental health care gives people—even those with busy schedules or limited time—far more ways to find support that works for them.

And it's not just the technology. Over the past decade our attitudes toward mental health care have also evolved:

Stress and anxiety are commonplace

Growing public discussion and media attention has helped shine a light on and normalize many mental health issues



Mental health care is for everyone

Convenient and accessible mental health support helps give more people the help and resources they need

Physical and mental health are connected

Today we recognize that things like exercise, time in nature, good sleep and a proper diet are key components in managing mental health



Where to turn for virtual care

Your Kaiser benefits offer you access to a wide network of providers and online resources. From traditional talk therapy to health coaching and access to mental health apps—Kaiser has you covered. All services are confidential, and many are available to you at no cost. Visit www.kp.org/wa to learn more.



Did you know?

The Trust offers Kaiser plan participants and their families many options for seeking mental health support.

To learn more, visit the Kaiser wellness section at: wateamsters.com.

A more holistic view of mental health

Therapy, medications or other interventions are crucial when a person has a mental health crisis or is facing depression or anxiety. However, preventive mental health care is just as important as preventive physical health care, allowing issues to be addressed long before any significant issues arise.

Preventive mental health care can take many forms:

- Building strong social networks and support systems
- Learning techniques to better manage stress and cope with hard times
- Living a healthy lifestyle (with adequate movement, sleep, and nutrition)
- Get help with substance use issues if needed
- Access professional services when needed



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THE TAKEAWAY

Understanding Your Benefits: Preventive Screenings

Many people delay or skip annual visits and preventive screenings for themselves and their children—but preventive care can catch conditions well before symptoms appear. Delaying preventive visits increases the risk of more advanced illness, more aggressive treatments, and longer recovery. Here are three of the most skipped, and most important, exams:

1 Mammograms

Often avoided due to discomfort or fear—but early detection of breast cancer dramatically improves survival rates. Annual or bi-annual mammograms are recommended for women age 40+.

2 Colonoscopies

Skipped because of the prep or embarrassment—but precancerous polyps can be found and removed before cancer develops. Recommended for people ages 45-75.

3 Prostate exams

Sometimes skipped due to stigma or lack of symptoms—but prostate cancer often grows silently, and early screening gives you more treatment options. Recommended for men generally around age 50.

A little prevention goes a long way

Most preventive tests are only needed once a year or every few years. They are typically quick and effective, and eligible services received in network are **covered at 100%**. Find an in-network provider at: www.kp.org/wa.