



# TEAMSTERS TRUST BENEFITS INSIDER



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## Your Doctor on Demand

See a doctor when it's convenient for you.

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 **Teladoc®** you can – and as a Washington Teamsters Welfare Trust PPO Plan participant, you can also avoid the office co-pay!

Teladoc is a secure virtual medical service that gives you and your covered family members on-demand access to board certified physicians. When you call or video chat with a Teladoc doctor they will discuss your medical or dermatology issue with you, ask questions, and recommend the right treatment. If medication is necessary, the prescription will be sent to your pharmacy where you can pick it up and pay for it as usual.

### A Teladoc doctor can help you with common conditions, such as:

- Flu and colds
- Allergies
- Rashes and skin issues
- 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, Teladoc gives you fast and effective care from the comfort of home.

**“ I'm a first-time user of Teladoc and am VERY impressed. I signed up in less than 5 minutes, then scheduled a visit. I was diagnosed and had a prescription sent within minutes! I had the visit in the privacy of my office. No downtime or PTO used. ” – JIM P.**

### Registering with Teladoc is free and easy!

You don't need to pre-register, though having an account set up before you make an appointment will help you get seen faster. Visit [teladoc.com/premera](https://teladoc.com/premera) to create an account. Click on the My Medical History tab and fill in the required information or provide it on your first call. Then you'll be set up to schedule your consultation!

You can request a phone or video consultation and choose a time that works best for you or ask for an immediate call back (usually within 10-20 minutes). Teladoc is paid for on your behalf by the Trust, there is never a co-pay for the consultation, and all visits are confidential.

### DID YOU KNOW?

There is a Teladoc® app! With the Teladoc app you can request a visit, choose a time that works for you, specify why you are scheduling, upload any useful images, and get notified when your appointment is about to begin – all from your phone. To download, search “Teladoc” wherever you get your apps.

**Teladoc**  
HEALTH



# 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:

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**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 are capable of managing hard times – you've done it before!
- 
**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.
- 
**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 calling **ComPsyche GuidanceResources®** – this confidential mental health resource is available to you and your family at no cost.

### TAKE ACTION

Mental health resources aren't just for people with depression and anxiety. We all can use some help from time to time. Whether you just want online resources or if you want to talk to a counselor, **ComPsych® GuidanceResources®** is there for you. Call **(866) 301-0313** or visit **guidanceresources.com** and register with Web ID: **WATEAMSTERS**.







## 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 exercises that you can easily do at home, without any special equipment. Here are three to try:



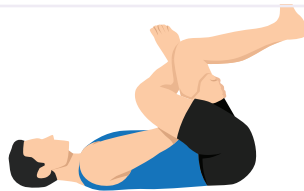
*Remember: if you have a history of back problems or consistent pain, you should consult your doctor or a physical therapist first.*



### Child's Pose

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

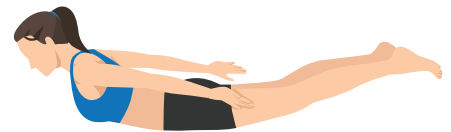
1. With hands and knees on the ground, sit back to rest your hips on your heels.
2. Fold forward and rest your belly on your thighs.
3. Extend your arms in front of or alongside your body.
4. Focus on relaxing any areas of tension or tightness and hold pose for up to 1 minute.



### 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.

**INTERESTED IN MORE BACK EXERCISES?** Everflex is a free program that gives you access to a video library of exercises, stretches and physical therapy advice on how to recover from injury and avoid future injuries. Visit [wateamsters.vivacity.com](http://wateamsters.vivacity.com) and login or register. Click on the tile that says "Injury Prevention" to get started.

Source: [www.healthline.com/](http://www.healthline.com/)



## Reversing Type 2 Diabetes

A new program from the Trust is here to help!



More than 37 million Americans (about 1 in 10) have diabetes, according to the Center for Disease Control, and approximately 90-95% of them have type 2 diabetes.

There's no cure for type 2 diabetes, but it can be managed or even reversed! When you lose weight and improve your diet and exercise, your blood sugar levels can lower. Diabetes reversal is when your blood sugar level falls below a diabetic range. Your diabetes is considered in remission, and you no longer have a need for medication. Your diabetes won't simply go away, but with some effort you can control it and reduce your risk of other health complications.

### Managing or Reversing Type 2 Diabetes with Virta

Virta is a medically supervised and research-backed program that can help you reverse type 2 diabetes without the risks, costs, or side effects of medications or surgery. Paid for on your behalf by the Trust, Virta is available at no-cost to all Trust PPO Plan participants and eligible dependents between the ages of 18 and 79 diagnosed with type 2 diabetes.

With Virta, you will learn how to change how you eat so that your body burns fat for energy, instead of sugar or carbohydrates. This can help you naturally lower your blood sugar and reduce the need for diabetes medication. Virta can also help you lose weight and live a healthier life.

### When you sign up for Virta you get:



**Expert Medical Supervision:** a metabolic health specialist (doctor, nurse, PA) who provides continuous medical supervision, check-ups, and safe medication reductions.



**A 1-on-1 Health Coach:** nutrition and behavior experts who will offer you personalized treatment recommendations and answer any questions you may have.



**Monitoring Tools:** diabetes testing supplies to measure blood glucose, ketones, weight, and more, delivered right to your door at no cost.



**Practical Resources:** a structured online curriculum of videos and games, a library of guides, recipes, food options for any dietary preference, and an easy-to-use mobile and desktop app for immediate access to care.



**Private Virta Community:** a positive, moderated environment where you can connect with other Virta patients to find support and share tips.





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## Joining Virta

To see if you or your family members between the ages of 18 and 79 diagnosed with type 2 diabetes qualify and to learn more, visit [virtahealth.com/join/wateamsters](https://virtahealth.com/join/wateamsters).

## The enrollment process:

### 1. INITIAL APPLICATION

Fill out and submit an initial application.

### 2. INTAKE CALL

Have a quick, no-obligation phone consultation with a Virta enrollment advisor, who will answer any questions about how Virta works.

### 3. HEALTH HISTORY

If you decide to join the program, submit your health history and sign a Release of Information form to allow Virta to be able to customize your treatment and work with your medical team.

### 4. CURRENT LABS

Provide your most recent lab results so that Virta has your most up-to-date information.

### 5. INITIAL VIDEO CALL

Have a free video consultation with your Virta medical provider, who can answer your personal medical questions and finalize your enrollment.

### 6. WELCOME KIT

Receive a kit at no cost with all the tools you will need to track your levels.



If you or a family member has type 2 diabetes scan the QR code or visit [virtahealth.com/join/wateamsters](https://virtahealth.com/join/wateamsters) to see if you qualify and get started!

## DID YOU KNOW?

In only one year, Virta patients see an average of:

**63%** medication reduction

**1.3pt** HbA1c reduction

**12%** weight loss

See the Virta website for more amazing results and statistic sources: [virtahealth.com](https://virtahealth.com)





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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 <b>well-adult physical</b> 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 <b>dental cleaning</b> is on:	/ /	My top concerns are:	
My annual <b>mammogram (women) exam</b> is on:	/ /	My questions are:	
My annual <b>prostate (men) exam</b> is on:	/ /	My questions are:	
My <b>colonoscopy</b> (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.