



TEAMSTERS TRUST BENEFITS INSIDER



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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

As a Trust PPO plan participant, you have virtual access to board-certified doctors, pediatricians, nurses, and therapists with Accolade Care.

Create an account and schedule an appointment today.



Where to turn for virtual care

You can schedule an appointment with Accolade day or night from your phone, tablet or computer. During your visit, your Accolade provider will speak with you about current or ongoing symptoms, answer your questions, and order any lab tests or prescriptions that may be needed. The virtual care visit is free and is offered as part of your plan benefits.

To learn more about Accolade and other virtual care options, visit: wateamsters.com.



The Importance of Dental Health

Good oral health can improve your overall health

Regular visits to the dentist can do more than keep your teeth looking good—they can also tell dentists a lot about your overall health, including whether you may be at risk for chronic disease.

Gum disease and health complications

According to the Academy of General Dentistry, gum disease and health complications such as stroke and heart disease may be related. Also, at least 90% of all systemic diseases—like diabetes, leukemia, oral cancer, heart disease and kidney disease—have oral symptoms, including swollen gums, mouth ulcers, dry mouth and excessive gum problems.

- ➔ With regular exams, your dentist can help diagnose a health problem in its early stages

Other issues caused by poor oral hygiene

Ignoring basic oral hygiene can also lead to a number of other health problems. Infections of the gums can lead to tooth loss, as well as oral and facial pain. Bacteria can also enter the bloodstream through infected gums causing digestion problems, and problems with the heart and other major organs.

- ➔ Practicing good oral hygiene at home and making sure to get regular cleanings and dental exams can help prevent the gum disease that can lead to other health issues.

Most PPO Plan participants have comprehensive dental coverage through Delta Dental.

Search for a covered dentist near you by visiting deltadental.com and clicking “find a dentist”.



Make the most of your dental benefits

Download the Delta Dental Mobile App to search for a dentist, see claims, and more.

Don't have dental coverage? Talk to your provider about what payment options they offer.

What you can do

See a dentist regularly



Schedule regular dental visits to help keep your mouth in good shape and allow your dentist to watch for developments that may point to other health issues.



Provide your dentist with a complete medical history and inform him or her of any recent health developments, even those that seem unrelated to your oral health.

Practice good oral hygiene at home



Brush twice a day for at least two minutes with fluoride toothpaste.



Floss daily to remove plaque from places your toothbrush can't reach.



Eat a healthy diet that includes vitamins A and C to prevent gum disease.



Avoid cigarettes, vaping and smokeless tobacco, which are known to contribute to gum disease and oral cancer.

Source: www.yalemedicine.org



How Diabetes Can Impact Your Eyesight

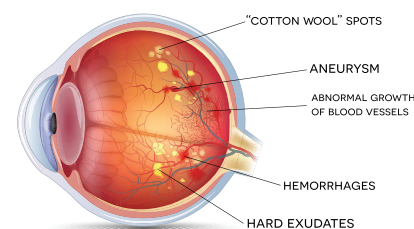
Diabetes is one of the leading causes of vision loss in adults

Whether you've been diagnosed with diabetes or are considered prediabetic, regular eye exams are essential to protecting your vision and catching potential complications early.

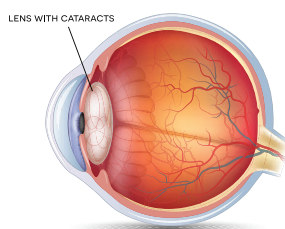
How diabetes affects the eyes

High blood sugar, often associated with unmanaged diabetes, can impact the health of your eyes in a few ways:

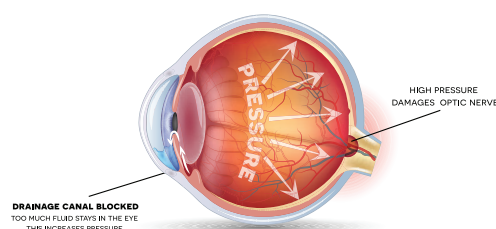
- **Diabetic retinopathy** is a condition where high blood sugar levels damage blood vessels in the eyes. This condition often starts without noticeable symptoms but if left untreated can progress, causing vision impairment or even blindness.
- **Cataracts and glaucoma.** People with diabetes are at a higher risk of developing cataracts and glaucoma, two serious eye conditions that can impact daily life and long-term health outcomes.



Diabetic Retinopathy



Cataracts



Glaucoma



Did you know?

Virta is a revolutionary diabetes and weight management program available to all PPO participants with type 2 diabetes, prediabetes, or a BMI of 25 or higher. The program is offered at no cost and includes ongoing resources and support.



Annual eye exams matter, especially if you are at risk

If you're living with diabetes or prediabetes, annual eye exams are a critical part of managing your health. These exams allow providers to spot signs of eye disease early—often before symptoms appear—and take steps to prevent further damage.

Even if you're not experiencing any changes in your vision, scheduling an annual exam helps you stay ahead of potential issues. For those at risk, preventive care can mean the difference between preserving your vision and permanent damage.

Learn more about vision coverage offered by the Trust:
wateamsters.com/your-benefits/ppo-vision.



THE GOOD NEWS: By getting your annual eye exam, these conditions, and other issues that can impact the health of your eyes, can be detected early.



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

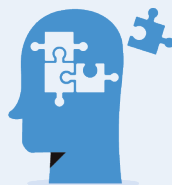


Mental health care is for everyone

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



As a Trust participant you have support

The Trust offers PPO plan participants and their families many options for seeking mental health support. From traditional talk therapy to health coaching, to an extensive Employee Assistance Program. All services are confidential, and many are available to you at no cost.

To learn more, visit: wateamsters.com/your-benefits/ppo-mental-health



Take Action

ComPsych® GuidanceResources®, your Employee Assistance Program (EAP), gives you options to find support that works for you! Learn more:



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



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.



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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 BlueCard® PPO network provider at: premera.com.