

Health & Welfare e-Newsletter

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Labor Alliance Managed Trust Fund

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Website



Give your brain a boost

The brain is the hub for our entire body, supporting how we think, feel, and move every day. But as we get older, the brain changes and can become less effective. The good news is there are simple steps you can take to improve your brain health today and into the future.



Exercise regularly

When you're good to your body, your brain benefits too. Regular exercise has been shown to increase development of new brain cells and lower the risk of Alzheimer's and other dementias.



Mix it up

Look for new activities and opportunities to stimulate your brain. Learn a new skill, play a new game, or study a new language. Even things like cooking or baking can improve brain health.



Eat brain-healthy foods

Healthy eating is essential for memory, mood, and focus. Try to limit refined sugar and processed foods in your daily diet and focus on fresh, whole plant-based foods.



Scan the QR code or visit kp.org/brainhealth for more ways to be good to your brain.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

Get quality care whenever you need it

With Kaiser Permanente, you have many options available to get the world-class care you depend on for all your health needs – day or night. Here's how:

Convenient ways to get care



Phone visit

Talk with a clinician over the phone for the same high-quality care as an in-person visit.^{1,2} Schedule an appointment or get fast, personalized support 24/7.



Video visit

Meet face-to-face with a clinician by video from your smartphone, tablet, or computer.^{1,2} Appointments are optional.



24/7 care advice

Talk with a Kaiser Permanente clinician anytime day or night for advice.



E-visit

Fill out a short questionnaire about your symptoms online and get personalized self-care advice from a Kaiser Permanente clinician.



Email

Message your doctor's office with nonurgent health questions anytime through your kp.org account.



Mail-order pharmacy

Get prescriptions sent straight to your door with our mail-order delivery service.³

1. Where appropriate and available. 2. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. 3. Some prescriptions are not available through the mail-order pharmacy. For certain drugs, you can get prescription refills mailed to you through our Kaiser Permanente mail-order pharmacy. You should receive them within 10 business days.

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Learn more at kp.org/getcare

Making an appointment is easy

Go online:

To choose the kind of care you need, visit kp.org/getcare or sign in to the Kaiser Permanente app – and avoid hold times on the phone. For Colorado or Washington members, chat online with a doctor through your kp.org account.

Call us 24/7:

Find your location information below.

California

- Northern California: 1-866-454-8855
- Southern California: 1-833-574-2273

Colorado

303-338-4545 or 1-800-218-1059

Georgia

404-365-0966

Hawaii

- Oahu: 808-432-2000
- Maui: 808-243-6000
- Hawaii Island: 808-334-4400
- Kauai: 808-246-5600

Maryland/Virginia/Washington, D.C.

1-800-777-7904

Oregon/SW Washington

- Portland: 503-813-2000
- All other areas: 1-800-813-2000

Washington

1-800-297-6877

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Health tip: Stand for health

Whether it's time spent working (in the office, school or home), driving, eating or watching TV, the impacts of our sedentary lifestyles may be one of the most unanticipated health threats of our modern time.

Standing facts to know.¹



The amount of time the average person is sitting (aka sedentary) a day.



3.2 million deaths a year are related to physical inactivity.



The 4th leading risk factor for global mortality is physical inactivity.

The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to the ill-effects of an overly sedentary lifestyle.¹

Even if you engage in the recommended 150 minutes of moderate to vigorous physical activity per week, you may still experience the negative impact of too much sitting.¹

According to the Mayo Clinic, prolonged periods of sitting is associated with numerous health concerns, including elevated blood pressure, metabolic syndrome, and an increased risk of death by cardiovascular disease or cancer.²

Current research is showing that any form of extended sitting, such as at a desk, in front of a screen, or at a wheel, is harmful to the body. An analysis of 13 studies that reviewed sitting time and activity levels found that those who sat for more than eight hours per day with no physical activity had a risk of dying similar to the risks of dying by obesity and smoking.²



Try a new approach³:

Alternate between sitting and standing every 30 minutes for improved health.

continued

Benefits of standing and moving more¹:

- Reduce major health risk factors
- Support bone health and reduce the risk of osteoporosis
- Enhance brain power and improve mood state
- Burn calories and tone body composition
- Improve circulation
- Aid in pain relief

Changes to help reduce sitting time²:

You can make small changes that may reduce your sitting time. For example, you can:

- Take a break from sitting every 30 minutes
- Stand while talking on the phone or watching television
- Do a light workout while watching TV or stand or stretch during commercial breaks
- Park farther away from where you are going
- Stand or walk during conference calls and meetings
- Stand up or take a walk during phone calls
- Make shorter meetings "standing" meetings, if you are the organizer
- If you sit at work try a standing desk, or take a 1- to 2-minute break every hour to stand or walk around
- Take the stairs

¹ Just Stand, The Facts. www.juststand.org/the-facts/. 2023. Accessed August 2023.

² Mayo Clinic. What are the Risks of Sitting Too Much? www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058006. July 2022. Accessed August 2023.

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Welcome to your dental plan

Thank you for choosing the California Direct Compensation dental plan from UnitedHealthcare. We're here to help make your health care experience easier.

Get to know your plan

With this plan, your coverage begins right away. You don't need to meet a deductible. There's no annual limit—which is the maximum amount the plan will pay each year—and the plan doesn't exclude care for dental issues you may have had before enrolling.



Preventive care

As long as you see your primary care dentist, your plan pays for all or most of your preventive dental care, including routine checkups, cleanings and annual oral cancer screenings for adults. You can get 2 cleanings in a 12-month period—1 every 6 months. Some plans cover more cleanings for an additional copay.

Preventive visits are important because your dentist can catch problems earlier, when they may be easier to treat. Good oral health helps protect your teeth and gums and is also linked to good overall health.

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Fillings, crowns and more

Your plan also covers other types of dental care, including fillings, crowns and braces. You just need to pay a copay (a set dollar amount) at the time of your appointment. Some plans only cover silver fillings for back teeth. If you choose white fillings, you may have a higher copay.



Extra dental visits when you're pregnant

Increased bacteria levels during pregnancy can lead to tooth decay. Your plan covers extra visits for cleanings and gum treatments when you're pregnant, as recommended by your dentist. Ask your dentist to submit a claim to the address on your ID card. Be sure to include the name of your OB/GYN and your due date.

**United
Healthcare**



My Dental Assessment

IS YOUR ORAL HEALTH AT RISK?

This online tool helps identify oral health risks and show how your lifestyle factors and medical conditions impact the health of the mouth.

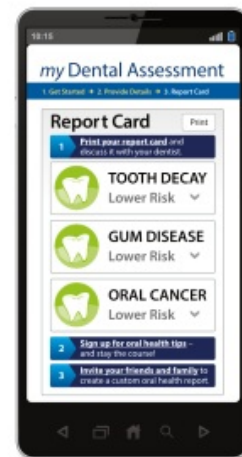
The assessment will generate a detailed report card — developed by dentists — that includes information on the three most common dental issues:

Tooth Decay • Gum Disease • Oral Cancer

With one click, the entire assessment can be printed and taken to an upcoming dental check-up. Dentists or hygienists can help answer questions and address any oral health concerns.

United Concordia Dental members have the option of storing their assessment report cards in **MyDentalBenefits**, a secure online portal that comes with your dental insurance plan and contains account information to help maximize your benefits. Visit UnitedConcordia.com/MDA to take the assessment from your computer, tablet or mobile phone.

After taking the survey, you can sign up to get oral wellness tips via email. At United Concordia Dental, we know that maintaining oral health can keep you healthier in many other ways.



Visit UnitedConcordia.com/MDA to get started today!

Dental plans are administered by United Concordia Companies, Inc., and underwritten by United Concordia Insurance Company, United Concordia Insurance Company of New York, United Concordia Dental Plans, Inc., United Concordia Dental Plans of California, Inc., United Concordia Dental Plans of the Midwest, Inc., United Concordia Dental Plans of Pennsylvania, Inc., and United Concordia Dental Plans of Texas, Inc. For information about which companies are licensed in your state, visit the "Disclaimers" link at www.UnitedConcordia.com. Administrative and claims offices located at 1800 Center Street, Suite 2B-220, Camp Hill, PA 17011 (888-884-8224).

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LIBERTY cares about more than just teeth!

Adult Care

help sheet: Daily Oral Hygiene Tips



For most of us, thorough daily oral hygiene lays the groundwork for a healthy smile. Just a simple routine of **brushing** and **flossing**, in addition to regular **dental checkups**, can be enough in most cases to help prevent tooth decay, gum disease and bad breath.

Brushing up on technique

Since there are various techniques for brushing your teeth, it's a good idea to ask your dentist which one to use. Here are a few tips to help you develop a good brushing routine:



Brush twice a day

Brush your teeth in the morning and before bed



Use a toothpaste with **fluoride** to help prevent tooth decay



Brushing gums

Hold your toothbrush at a slight angle toward the gums when brushing along the gum line.



Concentrate on brushing all surfaces

Use a gentle touch—it doesn't take much pressure to remove the plaque from your teeth, and a vigorous scrubbing could irritate your gums



Brushing your tongue

Brushing your tongue gently can help remove bacteria that cause bad breath

The importance of flossing

Cleaning between your teeth is every bit as important as brushing. Since brushing can not effectively clean between teeth, it's important to use floss to get to those areas.

- Other items also are available to help you clean between your teeth. Ask your dentist which ones to use
- As with brushing, use a gentle touch to avoid injuring your gum tissue
- Clean between your teeth once a day

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Making members shine, one smile at a time™

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The Connection Between Mental and Physical Health

Did you know that your mental and physical health are closely connected? Understanding the ways you can positively impact both is key to our overall well-being.

In today's fast-paced world, issues like depression, anxiety, and stress can take a toll on our mental health, affecting our ability to function optimally in our daily lives. Fortunately, there's a powerful antidote: physical activity.

Engaging in regular physical activity isn't just about breaking a sweat—it's about reclaiming control over your health and happiness. By incorporating exercise into your routine, you not only strengthen your muscles and joints but also support critical bodily systems such as metabolism, respiration, and cardiovascular function. This proactive approach can help prevent chronic conditions and keep you feeling your best.

But the benefits don't stop there. Physical activity has a profound impact on mental health as well. It stimulates the release of neurotransmitters like serotonin and dopamine, which are known for their mood-enhancing properties. Additionally, regular exercise can sharpen cognition and boost self-esteem, leading to a more positive outlook on life.



How to get started

1. Download the SimpleTherapy app
2. Enter your employer's name
3. Enter your name and date of birth

SimpleTherapy® does not offer medical advice, diagnosis, or treatment, and is not a replacement for a physical therapist or doctor. Please consult with your physical therapist or doctor if you have any questions about incorporating the SimpleTherapy sessions into your health and well-being program. Your information is confidential. We will not share it with your employer.

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Frames shown are by Lenton & Rusby®.

Discover Exclusive Member Extras

Eyewear and eye care Special Offers are available at all VSP® network doctor locations! This interactive flyer allows you to click on any offer shown below and find out more details.

vsp exclusive member extras

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to Spend

Get more value with an **Extra \$20** to spend on Featured Frame Brands like bebe, Calvin Klein, Cole Haan, Dragon®, Flexon®, Lacoste, Nike, and more.¹²

Extra
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to Spend

Get an **Extra \$40** to spend on select Featured Frame Brands.¹²

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Upgrade your lenses and save up to 40% off lens enhancements such as anti-glare coatings and light-reactive lenses.²⁴

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HOYA

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Save 20% on additional pairs of Nike glasses and sunglasses.

sunsync

Save up to 40% on SunSync® Light-Reactive Lenses.¹³

techshield

Save up to 40% on all TechShield® Anti-Reflective Coatings.²²

unity

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Try ZEISS Lenses risk-free for six months.

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Save up to \$310 on an annual supply of contact lenses.

Glasses Rebate

Get up to a \$120 rebate on the perfect pair of glasses.⁴

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Premier Edge Promise

Get a worry-free eyewear guarantee with triple protection.⁵

unity

Try Unity lenses risk-free with The Unity Promise for 12 months.

Try ZEISS Lenses risk-free for 12 months.

Labor Alliance Managed Trust Fund www.lamtfund.org

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