

Spring 2019

## Health & Welfare E-Newsletter

Brought to You By:

**ILWU Warehouse Welfare Fund**

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Don't let allergies or asthma keep you from enjoying the great outdoors. When the flowers are blooming and allergy season is looming, try these tactics to beat the sneeze.

### Seize the days and breathe easy

#### Watch the clock

Pollen levels are at their peak between 5-9 a.m. Sorry, morning people ...

#### Rain? Check!

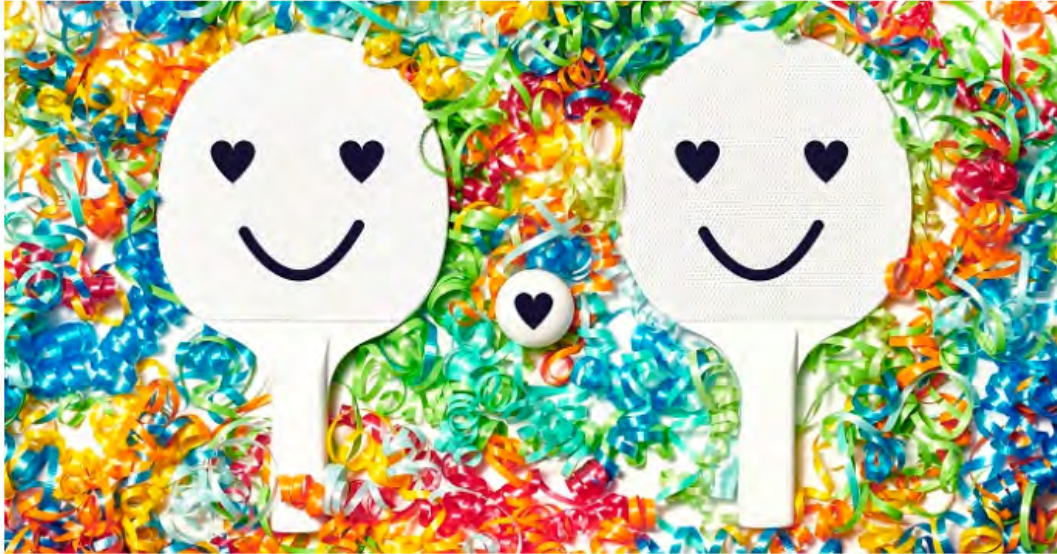
Spring showers clear the air, so to speak. After it rains, the outdoors is your oyster.

#### Salt cure

Saline nasal spray or wash can flush out allergens and minimize symptoms. Even better? It's all natural.

[OUTSMART ALLERGY SEASON](#)

## Enjoy Your Spring Break Without Bringing Home Extra Pounds.



**Keep your healthy habits during spring break and beyond.**

It can be tempting to indulge on vacation and fall out of your usual nutrition and exercise routine. However, with a little advance planning and commitment, it is possible to stick to your weight control goals while you're traveling.

[Get Tips and Tricks Here](#)





# Virtual Visits

Get access to care online.  
Any where. Any time.

When you don't feel well, or your child is sick, the last thing you want to do is leave the comfort of home to sit in a waiting room. Now, you don't have to.

A virtual visit lets you see and talk to a doctor from your mobile device or computer without an appointment. Most visits take about 10-15 minutes and doctors can write a prescription\*, if needed, that you can pick up at your local pharmacy. And, it's part of your health benefits.

## Conditions commonly treated through a virtual visit

Doctors can diagnose and treat a wide range of non-emergency medical conditions, including:

- Bladder infection/Urinary tract infection
- Diarrhea
- Rash
- Bronchitis
- Fever
- Sinus problems
- Cold/flu
- Migraine/headaches
- Sore throat
- Pink eye
- Stomach ache

## Access virtual visits

Log in to [myuhc.com](https://myuhc.com)<sup>®</sup> and choose from provider sites where you can register for a virtual visit. After registering and requesting a visit you will pay your portion of the service costs according to your medical plan, and then you will enter a virtual waiting room. During your visit you will be able to talk to a doctor about your health concerns, symptoms and treatment options.

## Use virtual visits when:

- Your doctor is not available
- You become ill while traveling
- You are considering visiting a hospital emergency room for a non-emergency health condition

## Not good for:

- Anything requiring an exam or test
- Complex or chronic conditions
- Injuries requiring bandaging or sprains/ broken bones



To learn more, login to [myuhc.com](https://myuhc.com)



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## Eating Habits of Healthy Smiles

Good nutrition doesn't just benefit your body—it can keep your teeth and gums healthier, too! That's because the mouth is the initial point of contact for everything you consume. Poor eating habits can lead to gum disease and tooth decay, while smart food choices can create healthier smiles.

Here are some tips on eating for good oral wellness:

- 1. Choose nutritious foods**—The sugar in junk food mixes with bacteria in your mouth, which creates acid and can wear down tooth enamel. Eventually, this can lead to cavities. The next time you find yourself craving chips or cookies, reach for something nutritious instead. Fruit, veggies, yogurt and cheese contain calcium and other nutrients that help strengthen teeth and protect them from decay.
- 2. Drink water, not soda**—Soft drinks and other sweet beverages coat the teeth with sugar, which promotes cavities. Water helps to neutralize acid and rinse away food particles, protecting teeth from decay. It also hydrates the rest of your body.
- 3. Eat sweets in moderation**—Hard candy can damage enamel and leave your teeth vulnerable to fractures and chips. Sticky pastries, other sweets and even dried fruit can lodge in tooth crevices and can loosen dental work. All contain sugar, which can lead to cavities. If you do indulge in sweets, do so right after a meal, when your mouth is producing extra saliva that breaks down harmful acids and rinses away sugar.
- 4. Don't chew ice**—Chewing ice can cause fractures, cracks and chips, which can make teeth more sensitive and lead to further damage. It can also hurt existing dental work. If you have to chew, choose sugar-free gum instead.
- 5. Limit alcohol consumption**—Excessive drinking can reduce saliva flow, which can lead to dehydration and dry mouth, leaving you vulnerable to tooth decay, gum disease and mouth cancer. It's just not worth it!

Oral wellness isn't just about how you take care of your mouth ... It's also about what you put in it! Maintaining healthy eating habits and good oral care keeps you healthy in many other ways.

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