

Health & Welfare E-Newsletter

Brought to You By:

ILWU Warehouse Welfare Fund

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SUN SAFETY



Love the sun safely

Sun exposure is the leading cause of skin cancer – and it's also to blame for up to 90% of the visible signs of aging.* But you don't have to shun the sun completely. Just be smart about the time you spend outside on sunny days.

Block it out

Wear sunblock with SPF 30 or higher – every day, and on every body part that's not covered by your clothes. And remember: If you can see light through the shirt you're wearing, UV rays can get through, too.

Don't let the forecast fool you

You don't have to be at the beach to burn, and summer's not the only time when sun safety matters. Sun damage adds up day after day – even when it's cloudy – so make sun protection part of your everyday routine.

Check your shadow

Not sure if it's a good time to hang outside? Use the shadow rule. If your shadow is shorter than you are, it means the sun's harmful rays are at their strongest – and it's time to head for the shade.

READY TO ENJOY SUN SAFELY?

Visit kp.org/sunscreen and follow us [@kpthrive](#).



Let your Children Benefit from Playing Outside this Summer



This summer, turn off the TV and bring your kids outside to play.

The amount of time children spend playing is declining. Some children may be more interested in video games or watching TV than playing a game of kickball in the cul-de-sac. Research shows that kids are missing out on important health benefits and developmental factors of unstructured play.

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See a doctor—whenever, wherever—with Virtual Visits.

When you're sick and need care quick, Virtual Visits can be a convenient way to start feeling better faster.

With Virtual Visits, you can see and talk to a doctor via a mobile device or computer—24/7 with no appointment needed. The doctor can give you a diagnosis and prescription,* if needed. And, with a UnitedHealthcare plan, your copay is \$0.

To get started, go to uhc.com/virtualvisits.

Get care in 20 minutes or less.

Use a Virtual Visit for these minor medical needs:

- Bladder infection and urinary tract infection
- Bronchitis
- Cold and flu
- Fever
- Pinkeye
- Rash
- Sinus problems
- Sore throat
- Stomachache

Prepare for your Virtual Visit.

Have these three items ready to register and complete your Virtual Visit:

- Health plan ID card
- Credit card
- Pharmacy location



Virtual Visits can save time and money.

An estimated 25% of ER visits could be treated with a Virtual Visit—which brings a potential \$1,700 cost down to \$50.**

*Prescription services may not be available in all states.

**Based on analysis of 2016 UnitedHealthcare ER claim volumes, where ER visits are low-acuity and could be treated in a Virtual Visit, PCP, or urgent convenient care setting.

Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

Health plan coverage provided by or through UnitedHealthcare of California. Administrative services provided by UnitedHealthcare Services, Inc.; Optum Rx, Inc. or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBP-EPG) or United Behavioral Health (UBH).

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4 DEALING WITH COMMON DENTAL EMERGENCIES DURING VACATION

Whether your idea of vacation is sun and sandcastles, city slicking or sleeping under the stars, dental emergencies can happen anywhere. Be prepared and ready for anything with these tips from the experts at United Concordia Dental.

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MEM-0060-0214

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- LOW \$15 CO-PAY
- NO DEDUCTIBLES
- NO COINSURANCE



3 Ways to Protect Your Eyes on Vacation



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