

Health & Welfare E-Newsletter

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ILWU Warehouse Welfare Fund

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FLU PREVENTION



3 ways to fend off the flu

It's never fun to be sick, but the flu is more serious than the common cold. It can be dangerous – especially for older people, children under 4, and pregnant women. Protect yourself and the people you care about with these simple tips.

Get your flu shot

It's your best defense. The vaccination can't give you the flu – but it can help protect you against this year's most common strains and prevent spreading the flu to others. Don't get the flu – get the flu shot!

Boost immunity with healthy habits

Simple things that support overall health can also help you fight the flu. Wash your hands often, and keep hand sanitizer handy. Make sure to get enough sleep, eat lots of fruits and veggies, and drink plenty of water.

Keep your germs to yourself

If you do get the flu, do yourself and your co-workers a favor and stay home. You need rest, fluids, and time to recover – and going to work sick can make symptoms worse and spread the illness around your workplace.

Ready to win your fight
against the flu?



Visit kp.org/flu and follow us @kpthrive.

Compare quick care options to help keep costs down.

Call 911 or go to an emergency room (ER) if you have a life-threatening condition. For everything else, see your primary care physician (PCP) or family doctor first. If seeing your PCP isn't possible, it's important to know your quick care options, especially before heading to an ER.

Getting care at the best place for your condition could **save you up to \$1,800 compared to an ER visit.** For more details on quick care options, visit [uhc.com/checkchoosego](https://www.uhc.com/checkchoosego).

Quick Care Options	START HERE				
	 PCP	 Virtual Visits	 Convenience Care	 Urgent Care	 Emergency Room
	Care from the doctor who knows you best.	See a doctor whenever, wherever.	Basic conditions that aren't life-threatening.	Serious conditions that aren't life-threatening.	Life- and limb-threatening emergencies.
Average Cost*	Varies by plan type	Less than \$50**	\$90	\$170	\$2,000
Hours	Varies by location	24/7	Varies by location	Varies by location — may be open nights/weekends	24/7
How to Connect	Contact your PCP	myuhc.com/virtualvisits	myuhc.com *	myuhc.com	myuhc.com

✓ indicates the recommended place for care for the following common conditions:

Broken bone				✓	✓
Chest pain					✓
Cough	✓	✓	✓		
Fever	✓	✓	✓		
Muscle strain	✓		✓		
Pinkeye	✓	✓	✓		
Shortness of breath					✓
Sinus problems	✓	✓	✓		
Sore throat	✓	✓	✓		
Sprain	✓		✓	✓	
Urinary tract infection	✓	✓	✓		



Need to find a network provider or PCP? Visiting an out-of-network provider could end up costing you more for care. To find a PCP, urgent care centers and emergency rooms in your network, go to myuhc.com.

Not sure where to go for care? Call the number on your health plan ID card.

CONTINUED





Get immediate, natural relief with chiropractic and acupuncture coverage from Landmark Healthplan

YOUR ILWU BENEFITS = YOUR RELIEF FOR ONLY \$15!

A chiropractic and acupuncture benefit plan from Landmark is your low-cost, natural alternative to drugs and surgery for the relief of back, muscle and joint pain. Landmark has over 1,800 chiropractors and acupuncturists throughout California. Visit www.LHP-CA.com/ILWU to find a provider near you or call Landmark at 800-298-4875.

Landmark chiropractic and acupuncture benefits are NOT subject to your health plan's deductibles or coinsurance requirements. Your only cost is office visit co-pays.

Log-on to your ILWU Landmark Healthplan page today for more information about how to access your benefits, or call us:

**www.LHP-CA.com/ILWU
800-298-4875**

LOW \$15 CO-PAY

NO DEDUCTIBLES

NO COINSURANCE

 **LANDMARK**
HEALTHPLANSM

AVOID THE BLUE LIGHT BLUES

All that blue light exposure from digital devices can lead to eye strain and fatigue. And with **2 out of 3 people** in the U.S. experiencing digital eye strain,¹ your employees' eyes are probably working overtime.



SCREEN TIME IS TAKING OVER That's bad for productivity:



88%
MILLENNIALS

83%
GENEXERS

76%
BOOMERS

Spend over two hours a day on a digital device²



FIGHT FOR YOUR SIGHT How to reduce blue light exposure:



20 | 20 | 20
Every 20 Minutes,
Look 20 Feet Away
For 20 Seconds



Shut down
TWO HOURS
before bed



Minimize effects with
BLUE LIGHT-FILTERING
eyewear

VSP® HAS YOUR BACK

VSP members can already save big on anti-reflective (AR) coatings, our secret weapon in the battle against blue light. But you can up the savings even more by:



INCLUDING

The VSP Computer Vision Plan™ with covered AR



ADDING

AR coverage to your plan



GIVING

the choice to upgrade to a premium plan with covered AR

Go easy on your employees' eyes...and wallets.
Include a covered AR coating in your VSP plan

1. 2017 Digital Eye Strain Report, The Vision Council; 2. Vision Council, Hinderlight is 2020.
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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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