

Health & Welfare E-Newsletter

Brought to You By:
ILWU Warehouse Welfare Fund

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**The flu is serious.
Protect yourself and
everyone around you.**

Every year, millions of people get the flu. Hundreds of thousands of people get so sick, they wind up in the hospital.* Why risk it?

#1

The flu shot is your best defense against getting and spreading the flu.



Protect yourself and others

The flu spreads easily, but the flu shot will help protect you. And if you don't get the flu, you can't spread it to others.

Can the flu shot give you the flu?



No. The flu shot doesn't contain a live virus. However, it can take up to 2 weeks for your body to be fully protected.



Who should get the flu shot?

Everybody 6 months and older – especially pregnant women and anyone caring for infants.

Once a year, every year

Flu viruses change each year, and so does the vaccine. Get your flu shot every year to reduce your risk.



\$0

You don't have to pay

Kaiser Permanente members can get a no-cost flu shot at all of our locations. Many even have walk-in flu shot clinics.

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Please recycle. 06191909 August 2016

*Centers for Disease Control and Prevention

Get your flu shot today!

To find a flu shot location, visit kp.org/flu



Your care, your way

Connect to care anytime, anywhere

Get the care you need the way you want it. No matter which option you choose, your providers can see your health history, update your medical record, and give you personalized care that fits your life.

Choose where, when, and how you get care

Not sure where to go for care? Visit kp.org/getcare for more information.



24/7 care advice

Get medical advice and care guidance in the moment from a Kaiser Permanente provider.



In-person visit

Same-day appointments are often available. Sign on to kp.org anytime, or call us to schedule a visit.



Email

Message your doctor's office with nonurgent questions anytime. Sign on to kp.org or use our mobile app.²



Phone appointment

Save yourself a trip to the doctor's office for minor conditions or follow-up care.^{2,3}



Video visit

Meet face-to-face online with a doctor on your computer, smartphone, or tablet for minor conditions or follow-up care.^{2,3}

¹If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage*.

²These features are available when you receive care at Kaiser Permanente facilities.

³When appropriate and where available. You must be 18 years or older to schedule.

Need care now? Know before you go.

Urgent care

An urgent care need is one that requires prompt medical attention, usually within 24 or 48 hours, but is not an emergency medical condition. This can include minor injuries, backaches, earaches, sore throats, coughs, upper-respiratory symptoms, and frequent urination or a burning sensation when urinating.

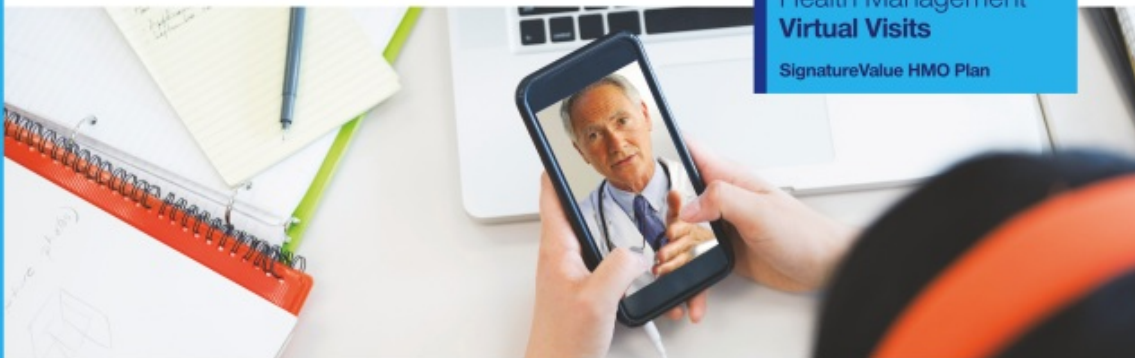
Visit kp.org/getcare to find the urgent care location nearest you.

Emergency care

A medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health! Examples include:

- Chest pain or pressure
- Severe stomach pain that comes on suddenly
- Decrease in or loss of consciousness
- Severe shortness of breath

If you think you have a medical or psychiatric emergency, call **911** or go to the nearest hospital.



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 (USBHP) or United Behavioral Health (UBH).

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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



GET AN
EXTRA \$20
TO SPEND ON
FEATURED FRAME BRANDS

Choose a style from one of these brands, and an additional \$20 will automatically be applied to your purchase when you use your benefits.*

Featured frame brands include:**

Airlock[®] • Altair[®] • Anne Klein • bebe • CALVIN KLEIN • CALVIN KLEIN JEANS • Chloé • Cole Haan
Columbia • DKNY • Dragon[®] • Draper James • DVF • Flexon[®] • Genesis[®] • JOE Joseph Abboud
Joseph Abboud • Kilter[™] • Lacoste • Liu Jo • Longchamp • Marchon NYC[™] • MCM • Nautica
Nike • Nine West • Otis & Piper[™] • Salvatore Ferragamo • Skaga • Sunlites[™]

*Available only to VSP members with applicable plan benefits. Expires 12/31/2019. **Frame brands subject to change.
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and Marchon NYC is a trademark of Marchon Eyewear, Inc. Dragon is a registered trademark of Dragon Alliance, LLC. All other brands or marks are the property of their respective owners. 42951 VCCM

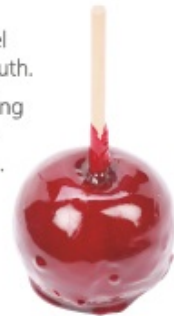


Holiday Eating Habits to Save Your Teeth!

Holidays are the time for sweets, treats and more. Some people worry mostly about their weight gain over the holiday and not about what kind of damage they are putting on their teeth.

Below are some tips to keep your mouth healthy and happy:

1. Eat sugary treats with your meal when extra saliva is produced in your mouth. This helps to break down harmful acids that attach tooth enamel and help to rinse away sugars.
2. Drinking water throughout the day can help rinse your mouth and it's a healthy alternative to sugary juices, soft drinks and other sweet beverages.
3. Munching on cheese can protect tooth enamel from decay and also increase saliva in your mouth.
4. Try not to chew on the ice in your drink. Chewing ice can cause fracture lines, cracks and chips in your teeth and make your teeth more sensitive.
5. Drink soft drinks through a straw positioned toward the back of your mouth. This prevents a sugary coating from forming on your teeth.



Visit UnitedConcordia.com for more dental health tips.

UNITED CONCORDIA® DENTAL
UnitedConcordia.com



Dental

Eat right for better oral health



Eating right and the health of your mouth go hand in hand. That's why many dentists are worried about the sugary snacks, sodas and juices their patients eat. These unhealthy choices can damage teeth and gums and your overall health.

How does the food we eat affect our teeth and gums?

If your diet isn't rich in vitamins, it can affect your ability to fight infection. This may lead to tooth decay and gum disease. With a healthy diet, your body will get the right vitamins and minerals.

These nutrients will help keep your teeth and gums healthy:

Nutrient	Found in	Benefits
Calcium	Milk, yogurt, beans and cheese	Helps to strengthen your teeth to fight tooth decay and to prevent gum disease
Iron	Red meat, liver and bran cereals	Lack of iron can cause tongue swelling and mouth sores
Vitamin B3	Chicken and fish	Without enough B3, you can develop bad breath and mouth sores
Vitamins B12 and B2	Meat and dairy products have B12. Pasta, bread and spinach have B2.	A lack of B12 and B2 can cause mouth sores
Vitamin C	Peppers, dark leafy greens, broccoli, cauliflower, oranges and strawberries	Helps prevent gingivitis, the first stage of gum disease

USDA National Nutrient Database for Standard Reference, www.nutrition.gov, Last Modified: Dec 7, 2011



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IMPORTANT NOTICE:

We have made every attempt to make sure that the information in this new newsletter is accurate. However, you should not rely on anything set forth in this new newsletter to make any decisions with respect to contributions and/or benefits. Instead, contributions are governed by the applicable and relevant Collective Bargaining Agreement, and benefits are governed by the applicable and relevant Trust Fund documents, including the Trust Agreement and the Benefit Plan document. Insofar as there are any inconsistencies between what is in this newsletter and what is in said documents, the documents are the binding and final authority and supercede anything set forth in this newsletter. If you have any questions concerning this, please contact the Plan Administrative Office at (510) 639-4888 and their office will either answer your questions or send you the binding documents. The information in this new newsletter is not warranted as accurate and/or correct. Please refer to the the relevant documents for final and correct information.