

Health & Welfare e-Newsletter

Brought to you by:
ILWU Warehouse Welfare Fund

Visit Our
Website



The COVID-19 vaccine is safe and effective for children 5 to 11

Choosing to vaccinate your child is an important decision, and it's OK if you have questions. Here's fact-based information from our medical experts to help guide you. If you want more information, we encourage you to talk with your child's doctor.

Vaccine safety and effectiveness

Is the COVID-19 vaccine safe for children?

Yes. The vaccine's safety was studied in approximately 3,100 children 5 to 11, and no serious side effects have been detected. The children's immune responses to the vaccine were like those of individuals 16 to 25.

How effective is the vaccine in children?

Pfizer's data shows that the vaccine is 90.7% effective in preventing COVID-19 in children 5 to 11. Study data also shows that the vaccine reduces the risk of children developing symptoms if they do become infected.

Why vaccinate young children when the risk to them is low? Is the benefit worth the risk?

Providing safe and effective vaccinations to children, especially as they've returned to school, is an important step to help protect them from getting sick from COVID-19. We're learning more and more that children can and do spread COVID-19. Although the risks to any individual child of having severe illness or complications from COVID-19 are low, with COVID-19 circulating in our communities, we still see children hospitalized with infections

(continues on back)

Learn more at kp.org/covidvaccine

 KAISER PERMANENTE.



Simple ways to be kind to yourself

Practicing self-care is good for the mind, body, and spirit—especially now during the COVID-19 pandemic. It's been a challenging year, but here are some simple things you can do to boost your mood, beat stress, and find more joy in your everyday life.

Take a break

Whether you're working from home or at your workplace, busy with kids or everyday housework, we can all use a break. Take a moment to stretch or focus on your breath. Even just 10 minutes of mindful movement can make a big difference.

Sleep well

Lack of sleep can affect the way you feel mentally and physically. If you're having trouble sleeping due to extra stress during the pandemic, try limiting your screen time before bed. Make changes that might help you let go of any extra stress from the day.

Stay connected

Staying connected with friends and family—either by phone, online, or in person—can do wonders for your physical and emotional wellness. Regular video chats are a great way to keep in touch. You can also plan visits with precautions to help protect one another from COVID-19.

Visit kp.org/mindbody.

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, 404-364-7000 • 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., 601 Union St., Suite 3100, Seattle, WA 98101.

Health tip: Soothing Stress

Stress is defined as the body's response to the demands of everyday living and is the underlying cause of 60% of all human illness and disease.¹ While there is no magic pill to reduce or eliminate stress, there are several ways we can learn to manage the stress in our lives.

Stress may affect health in multiple negative ways

Stress can affect:

- The digestive system – stress may cause issues such as heart burn, acid reflux, nausea, diarrhea and constipation.
- Heart health – Increased blood pressure may increase risk for stroke and heart attack.
- The Immune System – stress may weaken the immune system which increases susceptibility to viral illness and infection.
- Weight Gain – the stress hormone cortisol may increase the craving fats and carbohydrates, which may cause weight gain, particularly in the abdominal area. This raises the risk for heart disease and diabetes.
- Mental Health – chronic stress is a factor in behaviors such as overeating or not eating enough, alcohol or drug abuse, and social withdrawal.²

The 3 stages of stress

Dr. Hans Selye broke the stress response into three stages, which he called the General Adaptation Syndrome:³

- 1 **Alarm Stage** – also known as “fight or flight”, this stage occurs when you are frightened or under threat. Your heart rate speeds up and the body releases stress hormones such as adrenaline and cortisol. If prolonged it can take a toll on your body.
- 2 **Resistance Stage** – occurs after the initial extreme reaction. Your body tries to adapt to the continued stress. If the stress passes, you can start to rebuild your defenses. If it becomes long-term, you move to the third stage.
- 3 **Exhaustion Stage** – is the “burnout” or overload phase. Continued pounding by stress depletes your body's reserves, which puts you at risk for disease. Facing multiple long-term stressors piles extra strain on your system and may quickly lead to exhaustion.



The power of positive thinking

Whether we see the glass as half empty or half full is an indication of how we perceive things in life. Research suggests negative thinking not only affects health, but also our stress level. Individuals with an optimistic attitude:⁴

- May be better able to cope with stress
- Have a better immune system
- Are less likely to get depressed
- Catch few infectious diseases
- Have better health habits
- Often live a longer, healthier life⁵



What is resilience?

Resilience is the process of adapting well in the face of adversity. It means “bouncing back” from difficult experiences.¹

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that may be learned and developed in anyone.

A few characteristics of people who manage stress well include:

- Being committed toward a greater or long-term objectives or goal
- Believing they are in control of their environment
- Welcoming new challenges and seeing them as positive opportunities
- Manage their time:
 - Make a list of everything to do during the day
 - Prioritize responsibilities. List the most important things at the top of the list and work down
 - Use down time effectively
 - Take care of routine tasks first
 - Delegate work - don't be afraid to ask for help
- Practice breathing techniques – just five minutes of deep breathing may be enough to ease stress
- Practice yoga
- Get a massage
- Seek support from a friend or a professional if they have trouble managing stress on their own

**United
Healthcare**

¹ American Institute of Stress, www.stress.org, accessed June 2020

² Healthline, <https://healthline.com/health/stress/#on-body>, accessed June 2020

³ Selig, Hans: The Stress of Life, 1978

⁴ <https://psyllthepychologyprogram.org/articles/000000/>, accessed June 2020

⁵ <https://www.aaa.org/health/resilience>, accessed June 2020

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding your medical condition.

All trademarks and logos are property of their respective owners in the U.S. and other jurisdictions.

© 2020 United Healthcare Services, Inc. All Rights Reserved. M172224

YOUR DENTAL PLAN INCLUDES THE IMPLANT RIDER

Your Labor Alliance Managed Trust Fund dental plan includes coverage for dental implants. Dental implants are a long-term, effective solution that not only improve the stability and function of the mouth, but can have a profound effect on one's self-conscious.

What is a dental implant?

A dental implant is an artificial tooth used to replace missing teeth. It is a small post surgically inserted into the jawbone with a cap, bridge or denture attached to it. It is a solution to stabilize remaining teeth, restore chewing and improve speech and facial appearance.

What are the advantages of implants?

Dental implants can last a lifetime. They don't become loose as dentures can and don't have to be anchored to other teeth like bridges making them feel more natural. Implants are not susceptible to tooth decay although proper oral care of the surrounding gums is necessary to maintain a healthy mouth.

What implant services are covered in the implant rider?

The following services are included in implant coverage:

- Implant placement
- Surgical services
- Supporting structures
- Implant/abutment supported prosthetics
- Diagnostic imaging—New! Cone beam computed tomography (CBCT) is included as the preferred imaging technique for pre-surgical planning and positioning of dental implant sites.

SOURCES:

Dental Health for Adults: A Guide to Protecting Your Teeth and Gums...
Copyright by Harvard University. All rights reserved.

<https://www.gatoapro.org/dental-implants-faq/>

MEM-0401-0113 (Labor Alliance)



SAVE MORE WITH A UNITED CONCORDIA DENTIST

Our large, national dentist network means there's always a network dentist nearby. Chances are, you'll find two or more dentists within 10 miles of where you live or work. Here's why you should choose to use a United Concordia dentist:

- **Save money**—A network dentist agrees to accept our discounted fees as payment in full for covered services. This means you'll lower your out-of-pocket expenses when you use an in-network dentist. Non-network dentists can charge you more.
- **Save time**—United Concordia dentists file claims for you, saving you time and the hassle of submitting paperwork.
- **High-quality dental care**—United Concordia dentists undergo a review and credentialing process to meet our standards, so you know you're receiving quality care.

Health Tip

Healthy Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, **poor oral hygiene** poses a risk of dental complications to all generations. Poor oral hygiene is correlated with other diseases including heart disease, diabetes, pneumonia and rheumatoid arthritis.¹

Risk factors for **oral cancer** are tobacco use, alcohol use, poor oral hygiene and human papilloma virus (HPV).

Gum disease develops when plaque is allowed to build up along and under the gum line. Warning signs include bad breath, tender, bleeding gums, loose teeth, receding gums and pain.



A healthy mouth for a lifetime includes:¹

- Regular dental visits
- Brush twice a day for at least 2 minutes and floss once a day
- DO NOT use tobacco products
- Limit sugary and alcoholic beverages

Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.



Other ways to maintain good oral hygiene:

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains
 - lean sources of protein
 - fruits
 - low-fat/fat-free dairy foods
 - vegetables

Did you know?²

27%

of adults in the U.S.
have **tooth decay**.

46%

of adults
30 and older
have signs of
gum disease.

70%

of adults
65 and older have
periodontal disease.

Oral cancer affects

51,500

people in the U.S.
each year.

¹ American Dental Association, <http://www.aad.org/healthy-mouth/brushing-your-teeth>, accessed August 25, 2016.
² Centers for Disease Control, <http://www.cdc.gov/oralhealth/brushing-teeth/brushing-teeth.html>, accessed August 29, 2016.
 The information provided in this tip is for general informational purposes only and is not a medical or dental recommendation. It should be reviewed with your dental professional to determine what may be right for you.
 Facebook.com/UnitedHealthcare | Twitter.com/UHC | Instagram.com/UnitedHealthcare | YouTube.com/UnitedHealthcare
 M57233AA © 2019 ©2019 UnitedHealthcare Services, Inc.



KEEP YOUR EYES HEALTHY FOR LIFE.

A WellVision Exam* from a VSP® network doctor helps detect the signs of health conditions like high blood pressure, diabetes, and high cholesterol—along with other eye and health issues.

YEARLY EYE EXAMS ARE IMPORTANT.



BABIES & TODDLERS

Approximately 80% of what children learn is through their eyes.¹ Impaired vision can affect a child's cognitive, emotional, and physical development by potentially limiting their exposure to a range of experiences and information. Be sure to schedule their first eye exam at six months old and then every year.



CHILDREN

More than one in four school-age children have some form of a vision problem. Studies show that 60% of students identified as problem learners have undetected vision troubles.² Schedule your child's yearly eye exam at the beginning of each school year.



ADULTS

More than four million Americans over the age of 40 have some form of vision impairment.³ Vision changes are normal with age. Even if you have 20/20 vision, annual eye exams are important because eye doctors can spot signs of chronic conditions before symptoms appear.



SENIORS

As we get older, we're more susceptible to cataracts, glaucoma, and macular degeneration. Macular degeneration is the leading cause of vision loss and blindness among Americans age 65 and older.⁴ Many eye diseases start with subtle symptoms and yearly eye exams can help prevent vision loss.

Schedule an appointment with your VSP network doctor today!

Visit vsp.com/eye-doctor to find the doctor who's right for you.
Need help? Call us at 800.877.7195.



DON'T WAIT
until there's a vision issue to schedule an eye exam!
Yearly eye exams are preventive care that can help you stay healthy at any age.

1. University of California, Los Angeles academic study, 2015 2. American Optometric Association, 2021 3. Centers for Disease Control and Prevention, June 2020 4. National Eye Institute, 2019

©2021 Vision Service Plan. All rights reserved.
VSP is a registered trademark of Vision Service Plan. All other brands or marks are the property of their respective owners. 98880 VCPM

Qualification Rules

ILWU Warehouse Welfare Fund | www.ilwufund.org

IMPORTANT NOTICE:

We have made every attempt to make sure that the information in this newsletter is accurate. However, you should not rely on anything set forth in this 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 supersede anything set forth in this newsletter. If you have any questions concerning this, please contact the Plan Administrative Office at (925) 426-3555 and their office will either answer your questions or send you the binding documents. The information in this newsletter is not warranted as accurate and/or correct. Please refer to the the relevant documents for final and correct information.