

Health & Welfare e-Newsletter

Brought to you by:
ILWU Warehouse Welfare Fund

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Website

**Stay protected.
Get boosted.**

Get your no-cost
COVID-19 booster shot
as soon as you're eligible



Being fully vaccinated provides good protection from severe illness. But over time, the primary COVID-19 vaccines become less effective. Getting a booster shot is the best protection against hospitalization for you and your loved ones.



Visit kp.org/covidvaccine to schedule a vaccine or booster – and update your record if you were boosted outside of Kaiser Permanente.



Know your numbers

You can help avoid future heart problems by knowing your numbers and making healthy changes today. The same habits that help keep your heart strong also reduce your risk for other conditions — making you healthier and feeling better!

Reduce your cholesterol

Lower cholesterol reduces your heart attack and stroke. You can reduce your LDL (low-density lipoproteins) or "bad cholesterol" by eating more fruits and vegetables, moving more often, and taking your medications as prescribed.

Increase your HDL (high-density lipoproteins) or "good cholesterol" through eating healthy fats like fish, olive oil and avocado. As an added benefit, HDL helps clear out LDL, providing further reductions in heart attack risk

Visit kp.org/heart

Control your blood pressure

There are multiple ways to control your BP (blood pressure) and keep it under 120/80. Start by measuring your BP regularly (most retail pharmacies have a machine). Next, start with one of these scientifically proven methods for reducing BP — limiting alcohol, eating more fruits and vegetables, moving more, quitting tobacco, or managing stress and taking your medications as prescribed. Low blood pressure is in your control and reach.

Reduce your BMI

A BMI (body mass index) over 25 is considered overweight, and a BMI over 30 is considered "obese". You can reduce your BMI and your risk of heart disease by eating a hearty healthy diet and by increasing your physical activity. Speak to your primary care physician before beginning your weight loss journey, and start with one simple step, then build from there. Find resources [here](#).

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., 1300 SW 27th St., Renton, WA 98057



Get support to eat healthier, sleep better and move more



Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.



Take the Health Survey

Use your results to help set health goals.



Get personalized recommendations

Build healthier habits with well-being programs, activities and more.



Earn rewards

Take healthy actions, achieve goals and earn Rally Coins.



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The hub for all your dental insurance info

Create a MyDentalBenefits account

With **MyDentalBenefits**, you can find all your coverage info in one place online. You'll see a quick overview right when you log in. Then just click to get details on everything from covered services to claims.

You can create your own account after your plan's effective date.

MyDentalBenefits makes it easy to:

- ✓ See what your plan covers and how much we'll pay
- ✓ Check the status of dental claims
- ✓ Find in-network dentists near you
- ✓ Chat live or upgrade to a phone call with customer service
- ✓ Print extra ID cards
- ✓ Rate your oral health with the My Dental Assessment quiz
- ✓ Opt in to get paperless Explanation of Benefits (EOBs)

How to create an account:

1. Go to **UnitedConcordia.com/GetMDB**
2. Enter your **Member ID** number and your **Birthdate** (You can also use the policyholder's SSN instead of the ID)
3. Create a username and password to log in

Chat live with customer service

Connect directly to a real person. Chat live while using your **MyDentalBenefits** account.

Get the United Concordia Dental app

Sign in with your **MyDentalBenefits** login info.



The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English	ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-332-0366 (TTY: 711).
Español (Spanish)	ATENCIÓN: Si habla español, le ofrecemos de ayuda lingüística gratuita. Llame al 1-800-332-0366 (TTY: 711).
繁體中文 (Chinese)	注意：如果您使用繁體中文，您可以免費獲得語言輔助服務。請致電 1-800-332-0366 (TTY: 711)。

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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.²

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, <https://www.mouthhealthy.org/en/az-topics/t/brushing-your-teeth>, accessed August 29, 2019.

2. Centers for Disease Control, <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html>, accessed August 29, 2019.

The information provided in this file is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

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Classification: Public

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