

Preventive Care

Preventive care includes covered well-adult and well-child physicals, immunizations, flu shots and appropriate preventive screening tests such as mammograms, colonoscopies, and prostate exams. Most covered in-network preventive care is paid in full by the Trust.

Learn more at wateamsters.com/wellness/preventive-care/

Virtual Care

Get secure, on-demand, around-the-clock access to board-certified physicians who can resolve common medical issues over the phone, email or video chat. Physicians can diagnose certain conditions, recommend treatment and prescribe medications (when appropriate) for many common medical issues, such as colds and flus, allergies, ear infections or sinus problems.

Learn more at <http://wateamsters.com/benefits/virtual-care/>

NurseLine

The NurseLine provides confidential access to a registered nurse 24 hours a day, 7 days a week at no cost to you. A registered nurse can help you:

- Decide if you should go to your doctor, use a virtual care option, or visit Urgent Care or the ER
- Get answers about your prescription medications and common medical concerns
- Take care of certain health concerns at home

Trust Medical Plan participants: Call the 24-hour NurseLine: **(855) 784-456**

Kaiser Permanente Plan participants: Call the 24/7 Consulting Nurse line: **(800) 297-6877**

The NurseLine is an educational resource and not intended to constitute healthcare. If you have concerns about your health, you should consult with your physician. In an emergency, call 911 or your local emergency services number.



WASHINGTON TEAMSTERS WELFARE TRUST WELLNESS SERVICES AND PROGRAMS

Staying healthy is a lifelong commitment that isn't always easy. As a Washington Teamsters Welfare Trust participant, you and your eligible dependents have access to numerous wellness services, programs and resources to help you make healthy choices and achieve your goals.

We're Here to Help

If you have any questions about your coverage, eligibility or wellness programs, don't hesitate to contact us.

Visit www.wateamsters.com, or call

**Trust Medical
Plan participants:**
(800) 458-3053

**Kaiser Permanente
Plan participants:**
(888) 901-4636

Wellness programs are offered to you and paid in full by the Washington Teamsters Welfare Trust. They are provided by Vivacity—an independent health management service provider, Premera or Kaiser Permanente depending on the program or service. All wellness programs are voluntary and offered at no cost to you. Any information you share is completely confidential, protected by federal law, and cannot be shared with your union or your employer without your permission.



Health Assessment and Health Profile

The Health Assessment for Trust Medical Plan participants or the Health Profile for Kaiser Permanente is a quick, easy and confidential questionnaire that offers you a snapshot of your health and health risks.

Each year Trust participants are asked to complete their Health Assessment or Health Profile during a specific time. If you and your eligible spouse or covered domestic partner, if applicable, both complete the questionnaire during this period, you will save \$200 to \$600 off your medical expenses in 2018.

Quit For Life®

The Quit For Life® Program is a tobacco cessation program for Plan participants or covered dependents 18 years of age and older. Receive personalized telephone coaching and online support with a variety of tools, including medication if appropriate, to help you get ready, take action and live a tobacco-free life – all at no cost to you.

Trust Medical Plan participants: Call toll-free (855) 462-5859 or visit www.quitnow.net/WATeamsters. By completing three calls with your coach, you could receive a **\$50 check**.

Kaiser Permanente Plan participants: Call toll-free (800) 462-5327 or visit quitnow.net/ghc.

Assistance Program

Trust Medical Plan participants and their eligible family members can get connected to professionals who, at no cost, can help with personal and work-related issues such as managing stress, coping with grief and loss, family relationships, work-life balance and more.

Trust Medical Plan participants: Call (866) 301-0313 or visit www.GuidanceResources.com, using Web ID: WATEAMSTERS.

Lifestyle Management

This personalized phone-coaching program connects you to trained health professionals that help you make positive changes in your life, stay on track and reach your own health goals. Your coach can help you with:

- Weight Management
- Stress Management
- Increased Activity
- Food and Nutrition

Trust Medical Plan participants: If you completed the annual Health Assessment this past fall during the incentive period, a Lifestyle Coach from Vivacity may reach out to you. If you didn't complete your Health Assessment, you may still qualify for Lifestyle Coaching! To find out, visit the Trust's Vivacity site at wateamsters.vivacity.com/. If it is your first visit, you'll be asked to register and take a Health Assessment to get started. In addition, by completing three calls with your health coach, you could receive a **\$50 check**.

Chronic Condition Management

Personal Health Support from Premera Blue Cross, goes beyond other chronic condition management programs. Using a "whole-person" approach Personal Health Support helps participants diagnosed with certain chronic conditions better manage their condition, and ultimately get back on the road to better health.

Personal Health Support covers a large array of health concerns, and helps participants and their families get the right level of support they need for their unique situation. Services are available to all eligible Trust Medical Plan participants and are especially valuable to those diagnosed with:

- Diabetes
- Heart Failure
- Coronary Artery Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma

Trust Medical Plan participants: Premera may reach out to you to invite you to this program, but to find out if you qualify for Personal Health Support, call Premera at (855) 869-6775. When you complete three calls with your support team, you could receive a **\$50 check** just for participating, and if you have certain chronic medical conditions, such as diabetes, asthma, or coronary artery disease you may also qualify for a **\$0 prescription drug copay** on qualifying medications for these conditions.

Kaiser Permanente Plan participants: To learn more about coaching and workshops available to you, visit www.kp.org/wa.