

## Health & Welfare E-Newsletter

Brought to You By:  
**Employers Managed Health Care Trust**

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### SUN SAFETY



## Love the sun safely

Sun exposure is the leading cause of skin cancer – and it's also to blame for up to 90% of the visible signs of aging.\* But you don't have to shun the sun completely. Just be smart about the time you spend outside on sunny days.

### Block it out

Wear sunblock with SPF 30 or higher – every day, and on every body part that's not covered by your clothes. And remember: If you can see light through the shirt you're wearing, UV rays can get through, too.

### Don't let the forecast fool you

You don't have to be at the beach to burn, and summer's not the only time when sun safety matters. Sun damage adds up day after day – even when it's cloudy – so make sun protection part of your everyday routine.

### Check your shadow

Not sure if it's a good time to hang outside? Use the shadow rule. If your shadow is shorter than you are, it means the sun's harmful rays are at their strongest – and it's time to head for the shade.

READY TO ENJOY SUN SAFELY?

Visit [kp.org/sunscreen](http://kp.org/sunscreen) and follow us @kpthrive.



# Let your Children Benefit from Playing Outside this Summer



**This summer, turn off the TV and bring your kids outside to play.**

**The amount of time children spend playing is declining. Some children may be more interested in video games or watching TV than playing a game of kickball in the cul-de-sac. Research shows that kids are missing out on important health benefits and developmental factors of unstructured play.**

[Click Here to Learn More](#)





## 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](https://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, POC 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 (J039-EP) or United Behavioral Health (UBH).

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804334310 5/19 ©2019 UnitedHealthcare Services, Inc. 19-12288



# Smile Wherever You Are

Access dental services away from home



If you have a dental emergency while you're traveling, Delta Dental makes it easy for you to access services. Most Delta Dental plans include coverage for emergency care,<sup>1</sup> but always check your plan booklet before seeking treatment from an out-of-network dentist.<sup>2</sup>

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## 3 Ways to Protect Your Eyes on Vacation



[Click Here to Learn More](#)

**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 supercede 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.



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