

## Health & Welfare E-Newsletter

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**Employers Managed Health Care Trust**

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FLU PREVENTION



### 3 ways to fend off the flu

It's never fun to be sick, but the flu is more serious than the common cold. It can be dangerous – especially for older people, children under 4, and pregnant women. Protect yourself and the people you care about with these simple tips.

#### Get your flu shot

It's your best defense. The vaccination can't give you the flu – but it can help protect you against this year's most common strains and prevent spreading the flu to others. Don't get the flu – get the flu shot!

#### Boost immunity with healthy habits

Simple things that support overall health can also help you fight the flu. Wash your hands often, and keep hand sanitizer handy. Make sure to get enough sleep, eat lots of fruits and veggies, and drink plenty of water.

#### Keep your germs to yourself

If you do get the flu, do yourself and your co-workers a favor and stay home. You need rest, fluids, and time to recover – and going to work sick can make symptoms worse and spread the illness around your workplace.

Ready to win your fight against the flu?



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

# Compare quick care options to help keep costs down.

Call 911 or go to an emergency room (ER) if you have a life-threatening condition. For everything else, see your primary care physician (PCP) or family doctor first. If seeing your PCP isn't possible, it's important to know your quick care options, especially before heading to an ER.

Getting care at the best place for your condition could **save you up to \$1,800 compared to an ER visit.** For more details on quick care options, visit [uhc.com/checkchoosego](https://uhc.com/checkchoosego).

Quick Care Options	START HERE				
	 <b>PCP</b> Care from the doctor who knows you best.	 <b>Virtual Visits</b> See a doctor whenever, wherever.	 <b>Convenience Care</b> Basic conditions that aren't life-threatening.	 <b>Urgent Care</b> Serious conditions that aren't life-threatening.	 <b>Emergency Room</b> Life- and limb-threatening emergencies.
Average Cost*	Varies by plan type	Less than \$50**	\$90	\$170	\$2,000
Hours	Varies by location	24/7	Varies by location	Varies by location — may be open nights/weekends	24/7
How to Connect	Contact your PCP	<a href="https://myuhc.com/virtualvisits">myuhc.com/virtualvisits</a>	<a href="https://myuhc.com">myuhc.com</a> ®	<a href="https://myuhc.com">myuhc.com</a>	<a href="https://myuhc.com">myuhc.com</a>

✓ indicates the recommended place for care for the following common conditions:

Condition	PCP	Virtual Visits	Convenience Care	Urgent Care	Emergency Room
Broken bone				✓	✓
Chest pain					✓
Cough	✓	✓	✓		
Fever	✓	✓	✓		
Muscle strain	✓		✓		
Pinkeye	✓	✓	✓		
Shortness of breath					✓
Sinus problems	✓	✓	✓		
Sore throat	✓	✓	✓		
Sprain	✓		✓	✓	
Urinary tract infection	✓	✓	✓		



**Need to find a network provider or PCP?** Visiting an out-of-network provider could end up costing you more for care. To find a PCP, urgent care centers and emergency rooms in your network, go to [myuhc.com](https://myuhc.com).

**Not sure where to go for care?** Call the number on your health plan ID card.

CONTINUED



# AVOID THE BLUE LIGHT BLUES

All that blue light exposure from digital devices can lead to eye strain and fatigue. And with **2 out of 3 people** in the U.S. experiencing digital eye strain,<sup>1</sup> your employees' eyes are probably working overtime.



## SCREEN TIME IS TAKING OVER That's bad for productivity:



**88%**  
MILLENNIALS

**83%**  
GENEXERS

**76%**  
BOOMERS

Spend over two hours a day on a digital device<sup>2</sup>



## FIGHT FOR YOUR SIGHT How to reduce blue light exposure:



**20 | 20 | 20**  
Every 20 Minutes,  
Look 20 Feet Away  
For 20 Seconds



Shut down  
**TWO HOURS**  
before bed



Minimize effects with  
**BLUE LIGHT-FILTERING**  
eyewear

## VSP® HAS YOUR BACK

VSP members can already save big on anti-reflective (AR) coatings, our secret weapon in the battle against blue light. But you can up the savings even more by:



**INCLUDING**

The VSP Computer Vision Plan™ with covered AR



**ADDING**

AR coverage to your plan



**GIVING**

the choice to upgrade to a premium plan with covered AR

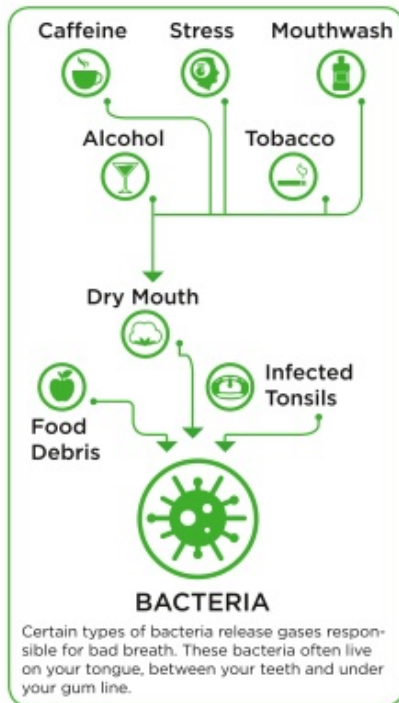
Go easy on your employees' eyes...and wallets.  
**Include a covered AR coating in your VSP plan**

1. 2017 Digital Eye Strain Report, The Vision Council; 2. Vision Council, Hinderlight is 2020.  
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# Keep Your Breath Fresh



**Halitosis. Dragon breath. Stomatodysodia.** Whatever you call it, bad breath is not pleasant. Here's how to avoid this condition affecting 80 million Americans.<sup>1</sup>



## What you can do?

- **Brush and floss regularly.** Maintaining a proper oral health routine helps prevent bad breath at the source.
- **Drink water.** Stay hydrated by sipping plain water throughout the day. Sugary drinks are not a substitute! Choose fluoridated tap water when possible.
- **Eat properly.** Maintain a healthy diet with regular meals to keep your breath in check. Don't forget to brush after eating!
- **Gargle with warm salt water.** To loosen plaque and kill bacteria, mix one tablespoon of salt in eight ounces of warm water. Wait for the salt to dissolve, then gargle normally.
- **Avoid antiseptics.** Swap out your antibacterial mouthwash for a fluoride rinse. Check the label to make sure it doesn't include any alcohol.
- **Visit your dentist.** If your bad breath doesn't go away, consult your dentist. Halitosis can be a symptom of a more serious condition.

<sup>1</sup>What is halitosis? Academy of General Dentistry. <http://www.knowyourteeth.com/infobites/abc/article/?abc=H&iid=306&aid=1254>

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[deltadentalins.com/enrollees](http://deltadentalins.com/enrollees)

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LIBERTY cares about more than just teeth!

# Adult Care

## help sheet: Daily Oral Hygiene Tips



For most of us, thorough daily oral hygiene lays the groundwork for a healthy smile. Just a simple routine of brushing and flossing, in addition to regular dental checkups, can be enough in most cases to help prevent tooth decay, gum disease and bad breath.

### Brushing up on technique

Since there are various techniques for brushing your teeth, it's a good idea to ask your dentist which one to use. Here are a few tips to help you develop a good brushing routine:



**Brush twice a day**  
Brush your teeth in the morning and before bed



Use a toothpaste with **fluoride** to help prevent tooth decay



**Brushing gums**  
Hold your toothbrush at a slight angle toward the gums when brushing along the gum line.



**Concentrate on brushing all surfaces**  
Use a gentle touch—it doesn't take much pressure to remove the plaque from your teeth, and a vigorous scrubbing could irritate your gums



**Brushing your tongue**  
Brushing your tongue gently can help remove bacteria that cause bad breath

### The importance of flossing

Cleaning between your teeth is every bit as important as brushing. Since brushing can not effectively clean between teeth, it's important to use floss to get to those areas.

- Other items also are available to help you clean between your teeth. Ask your dentist which ones to use
- As with brushing, use a gentle touch to avoid injuring your gum tissue
- Clean between your teeth once a day

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Making members shine, one smile at a time™

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