

Spring 2018

Health & Welfare E-Newsletter

Brought to You By:

Employers Managed Health Care Trust



See how easy healthy eating can be

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy isn't hard – and you don't have to live on salads, buy expensive supplements, or swear off snacks forever. Small healthy changes can make a big difference over time.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Cook at home to be the master of your own healthy destiny. By controlling fat, sugar, and salt, home cooks tend to eat healthier than people who eat out more often – even when they're not trying to change their eating habits.

Expand your horizons

Healthy eating doesn't have to be bland. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like spaghetti with zucchini noodles, or taco lettuce wraps.

HUNGRY FOR MORE HEALTHY IDEAS?

Visit kp.org/foodforhealth and follow us @kpthrive.



Your care, your way

Connect to care anytime, anywhere



Get the care you need the way you want it. No matter which option you choose, your providers can see your health history, update your medical record, and give you personalized care that fits your life.

Choose where, when, and how you get care

Not sure where to go for care? Visit [kp.org/getcare](https://www.kp.org/getcare) for more information.



24/7 care advice

Get medical advice and care guidance in the moment from a Kaiser Permanente provider.



In-person visit

Same-day appointments are often available. Sign on to [kp.org](https://www.kp.org) anytime, or call us to schedule a visit.



Email

Message your doctor's office with nonurgent questions anytime. Sign on to [kp.org](https://www.kp.org) or use our mobile app.²



Phone appointment

Save yourself a trip to the doctor's office for minor conditions or follow-up care.^{2,3}



Video visit

Meet face-to-face online with a doctor on your computer, smartphone, or tablet for minor conditions or follow-up care.^{2,3}

¹If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage*.

²These features are available when you receive care at Kaiser Permanente facilities.

³When appropriate and where available. You must be 18 years or older to schedule.

Need care now? Know before you go.

Urgent care

An urgent care need is one that requires prompt medical attention, usually within 24 or 48 hours, but is not an emergency medical condition. This can include minor injuries, backaches, earaches, sore throats, coughs, upper-respiratory symptoms, and frequent urination or a burning sensation when urinating.

Visit [kp.org/getcare](https://www.kp.org/getcare) to find the urgent care location nearest you.

Emergency care

A medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health.¹ Examples include:

- Chest pain or pressure
- Severe stomach pain that comes on suddenly
- Decrease in or loss of consciousness
- Severe shortness of breath

If you think you have a medical or psychiatric emergency, call **911** or go to the nearest hospital.

Want to eat better? Ideas make it happen.



**9 food hacks
and swaps to
kick-start your
best life.**

Feeling great. Looking fit. Staying healthy. Could you be underestimating the power of the plate? Food trends may come and go. Black garlic ice cream, really? But today, we bring you the real deal - 9 evidence-backed dietary changes to help you be at your best.

Get Started Now

 **UnitedHealthcare®**

Estimate Your Costs



Looking to budget your dental costs? Try the Cost Estimator. This feature of Delta Dental's Online Services gives you a personalized estimate of how much you'll pay for your next dentist visit.

Whether you're getting braces or need a cavity filled, you'll choose from the top reasons for visiting the dentist, written in everyday language. The Cost Estimator organizes information logically, so you don't need to be concerned whether the service involves multiple procedure codes or visits.

Advantages

- **Easy to use.** Questions guide you through the process, letting you add services to your visit, like getting x-rays or a cleaning alongside your dental exam.
- **Based on real data.** Your cost estimate is calculated from actual claims Delta Dental has processed, updated daily.
- **Personalized.** You'll get a customized cost based on your actual benefits, taking into account any maximums and remaining deductible.
- **Available on desktop and mobile.** Get an estimate on your computer, tablet or phone.

Features

- **Change your dentist.** Want to know if you'd save by switching to another dentist? Test it out by comparing up to five dentists.
 - **Personalize your procedure.** Specify which tooth is being treated, the type of filling you need or whether you're going to a specialist. The price will be calculated accordingly.
 - **Keep track of your benefits.** A handy sidebar shows the current status of any deductibles and annual and lifetime maximums.
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GET AN EXTRA **\$40** TO SPEND ON
SELECT FRAME BRANDS

Offer good through April 30.

Now through April 30, eligible VSP® members get an extra \$40 to spend on Lacoste, Nike and Nine West frames.

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VSP Vision Care

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