

Spring 2020

## Health & Welfare E-Newsletter

Brought to You By:

**Employers Managed Health Care Trust**

Visit Our Website



### Boost your health with healthy lifestyle programs

Take an active role in your health with customized online programs designed to help you live healthier.

#### Take the Total Health Assessment

This online questionnaire will help you see what's impacting your overall health, and it only takes about 20 minutes to complete. It has 4 parts – biometrics, body, mind, and lifestyle – and once you complete them all, you'll get a customized plan to help you make healthy lifestyle changes. It's also available in Spanish.

To get started, go to [kp.org/tha](https://kp.org/tha).

#### Set a health goal and pick a program

The programs only take about 20 minutes to complete, and you can do so at your own pace.\* With most programs, we'll send customized emails to help you stay on track.

To start a program, go to [kp.org/healthylifestyles](https://kp.org/healthylifestyles).

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\*To use these programs for the first time, you'll need to create an account at [kp.org](https://kp.org). To do so, go to [kp.org/registernow](https://kp.org/registernow).

[kp.org/healthylifestyles](https://kp.org/healthylifestyles)

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# Programs

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## Balance

Learn how to lose weight and keep it off with this comprehensive weight management program.

## Breathe

Create your plan to quit smoking, and discover proven strategies to deal with cravings.

## Care for Diabetes

Get help managing this complex condition with a program designed around your needs.

## Care for Pain

Create a personalized plan to manage chronic pain.

## Nourish

Learn how to improve your health and well-being with a nutritional plan that fits your lifestyle.

## Care for Depression

Lead a happier, fuller life by finding ways to help manage depression and its symptoms.

## Dream

Learn how to get a good night's rest, wake up refreshed, and be ready for the day.

## Relax

Get a customized stress-management plan that can help you live longer, healthier, and more relaxed.

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., 601 Union St., Suite 3100, Seattle, WA 98101

[kp.org/healthylifestyles](http://kp.org/healthylifestyles)

 Please recycle, 60798208 December 2017

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## Move more, more often

You know exercise is good for you. But when your to-do list is a mile long, it can be easy to write off your workouts. To get back on track, follow these simple tricks to stay active.

### Do it your way

Staying active is easier when your workouts don't feel like work. Maybe treadmills and barbells aren't your thing. But what about dancing? Shooting hoops? Taking a walk on a sunny day? (Psssst! That's exercise!)

### Divide and conquer

Exercise adds up. So if you don't have a solid 30 minutes to spare, break it up into 10-minute bursts of activity, 3 times a day. The health benefits are the same – your body can't tell the difference.

### Keep workout gear near

You never know when you'll find extra time for a workout. Stash running shoes, a bike helmet, or whatever else you need to get moving in your car or at the office – so you never have an excuse to stay put.

Visit [kp.org/fitness](http://kp.org/fitness).

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# 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](http://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](http://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](http://kp.org) or use our mobile app.<sup>2</sup>



### Phone appointment

Save yourself a trip to the doctor's office for minor conditions or follow-up care.<sup>2,3</sup>



### Video visit

Meet face-to-face online with a doctor on your computer, smartphone, or tablet for minor conditions or follow-up care.<sup>2,3</sup>

<sup>1</sup>If 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*.

<sup>2</sup>These features are available when you receive care at Kaiser Permanente facilities.

<sup>3</sup>When 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](http://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! 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.



## See a doctor whenever, wherever. Virtual Visits

When you're sick and need care quick, a Virtual Visit is a convenient way to start feeling better faster.

With a Virtual Visit, you can see and talk to a doctor via mobile device or computer - 24/7, no appointment needed. The doctor can give you a diagnosis and prescription\*, if needed. And with a UnitedHealthcare plan, your cost is \$50 or less.

To get started with a Virtual Visit, 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/ Urinary tract infection
- Rash
- Bronchitis
- Sinus problems
- Cold/ flu
- Sore throat
- Fever
- Stomachache
- Pinkeye

### 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

\* 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, PCP, 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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company and its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.

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### Virtual Visits can save time and money.

An estimated 25 percent of ER visits could be treated with a Virtual Visit — which brings a potential \$1,700 cost down to \$50.\*\*



## What is TeleDentistry?

TeleDentistry is a new free mobile app that gives you 24/7 access to a dentist 365 days a year through the convenience of your telephone or video conference on your smartphone or computer.

**It's a simple, affordable and convenient option for emergency dental care.**

### When can I use TeleDentistry?

- When you need dental care now
- If your dentist is unavailable
- If you're considering the ER or urgent care
- When on vacation, on business or away from home

### How does TeleDentistry work?

- Download the TeleDentistry app
- Access the TeleDentistry app
- Request a videoconference
- Talk to a board certified dentist about your dental issues

 <p>✓ <b>Talk to a dentist</b> anytime, anywhere you happen to be</p>	 <p>✓ <b>Receive quality care</b> via phone or video conference</p>	 <p>✓ <b>Prompt treatment</b></p>
 <p>✓ <b>A network of dentists</b> for you and your family</p>	 <p>✓ <b>Local Providers</b> TeleDentistry can direct you to a local provider for further care</p>	 <p>✓ <b>24/7 Access</b> TeleDentistry gives you 24/7 access to Board Certified dentists</p>

To get started, download the TeleDentistry app  today at:  

**You can call TeleDentistry anytime and talk to a dentist at 888.588.3394**

Questions? Email Teladentistry at: [support@teledentistry.com](mailto:support@teledentistry.com)

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