



TEAMSTERS TRUST BENEFITS INSIDER

KAISER PERMANENTE



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Doctor Visits Not to Miss

Medical appointments you shouldn't skip

If it's been a while since your last doctor's exam, you're not alone. Many people put off or don't go to doctor's appointments for a wide range of reasons. Whether you don't like going to the doctor, worry about costs, just want to tough it out, or don't know where or when to go, there are a few regular visits you simply shouldn't postpone.



Well-Adult Annual Checkup

Remember, the doctor isn't just for when you are feeling ill. Seeing your doctor for an annual checkup when you aren't experiencing any acute issues helps them better assess your health, address concerns, notice signs of future issues, and track your progress over time. In addition, getting annual lab work when you're feeling good helps establish a baseline that can be referred to in case any issues do arise.



Cancer Screenings

When it comes to finding – and fighting – cancer, timing can make the difference between life and death. Even if you are feeling good, your doctor may spot things that can signal serious illness. By putting off routine screenings for breast cancer, colon cancer, cervical cancer, skin cancer and other tests, you can delay a diagnosis, and malignancies may not be caught until more advanced stages. This not only reduces positive outcomes but can result in much higher costs and hospital time.



Take Action

Need help finding a provider? Find an in-network provider online or by calling Kaiser at **(888) 901-4636**.



New or Worsening Symptoms

Are you ignoring a new or worsening pain or symptom? Toughing it out and hoping it will just clear up on its own? That persistent cough, stitch in your side, skin rash, or headache could be the sign of something more serious going on. Maybe it is nothing, but any new symptom that's occurring often or is beginning to affect your daily life calls for examination by a health care provider – and it shouldn't wait.



Chronic Illness Check-ins

If you've been diagnosed with diabetes, asthma, heart issues, or other chronic conditions, regular checkups are essential. Many chronic conditions get worse over time and require close monitoring of medications, symptoms and lab work. In addition, with a chronic condition complications can sometimes snowball quickly, especially when combined with the flu, COVID or other common viruses.



Preventing Repetitive Motion Injuries

Ways to support your physical wellbeing

Many people who work in the trades perform repetitive and sometimes physically demanding tasks on a regular basis—tasks that can expose them to various types of musculoskeletal injuries and issues with chronic pain. From carpal tunnel syndrome to tendonitis and lower back pain, repetitive motion injuries can make life and work a lot harder.

Whether you are in the field, in a warehouse, at a desk (even sitting can lead to sore muscles), or driving much of the day, there are things you can do to support your physical wellbeing.



LIMIT REPETITIVE MOTIONS, if possible. Repetitive motions can involve lifting objects, working with tools, sitting a lot, or typing at a computer for extended periods of time. These repetitive motions wear the body down and can overwork the muscles. If you happen to perform tasks with incorrect posture or at awkward angles, it can make things worse. Focusing on good posture and switching between tasks that use different muscle groups can help avoid injury and allow muscles to recover.



STAY HYDRATED. This simple tip is one of the most effective things you can do to prevent repetitive motion injuries. It can be easy to stay hydrated on busy days, but drinking sufficient water can help stave off injuries and keep your muscles and body operating at its best.



WARM UP AND STRETCH. Starting the day with a light warm up and stretches gets your muscles ready for the tasks ahead. But stretching shouldn't be reserved just for the safety moment warm up or before you start work. Stretch on breaks, between tasks, and throughout the day to support your body's recovery.



Did you know?

A majority of second opinion medical appointments are about musculoskeletal issues.

Getting a second opinion can sometimes help you avoid surgery or invasive procedures and help you make more informed medical choices.



MAKE USE OF YOUR BENEFITS. Your Trust medical benefits give you access to massage, physical therapy, acupuncture, and more. Regular visits with a healthcare provider can help you manage an injury, keep pain down, and help you avoid more serious and expensive interventions. Please see your SPD for plan benefits, exceptions and coverage limits.



COMPRESSION, AND ELEVATION. For acute musculoskeletal injuries like sprains, strains, and bruises, RICE is recommended for the first 48-72 hours to reduce pain and swelling.

Rest: avoid using the injured area for 1-2 days

Ice: Apply a towel covered cold pack for 15-20 minutes several times a day

Compression: Use a snug (but not too tight) ACE bandage to limit swelling and provide support

Elevation: Keep the injured area above heart level, if possible, to reduce swelling



For more serious injuries, if you are experiencing persistent pain or if you are unable to put weight on your limb, please seek medical care.



Choosing Low-Carb Vegetables

The right veggies to support a low-carb diet

Many people who want to lose weight and keep it off have found success by switching to a low carb diet. Low-carb diets have been shown to support weight loss, improve blood sugar control, and increased satiety (feeling full and satisfied after eating and throughout the day). By reducing carbohydrate intake, these diets can naturally lower insulin levels, which helps burn stored fat for energy, reduce triglyceride levels, and boost HDL (good) cholesterol.

Low carb diets limit the intake of carbohydrates—typically to 60–130 grams daily—that is found in sugar, bread, and pasta, and high-sugar fruits, and instead focuses on proteins, healthy fats, and non-starchy vegetables. Knowing to avoid processed foods and sugary drinks can seem obvious but knowing what veggies to choose – or to avoid – is a little more complicated.

Starchy vs. Non-Starchy Vegetables

A starchy vegetable is one that is higher in carbs and calories, and lower in fiber. This includes potatoes, sweet potatoes, corn, peas and winter squash. These vegetables can provide you with more energy but also have a larger impact on your blood sugar. Starchy vegetables aren't "off limits," but they're easier to overdo than lower-carb, non-starchy veggies.

A non-starchy vegetable is lower in carbs and calories, higher in fiber and nutrients. This can include broccoli, spinach, zucchini, celery, peppers, green beans, and more. Non-starchy vegetables are a great base for low-carb meals.

RULE OF THUMB:

Fill half your plate with non-starchy veggies, then add protein and healthy fat.



Leafy Greens

- **Spinach:** Use in salads or omelets; sauté with butter or olive oil
- **Lettuce:** Use for wraps or taco boats; swap for burger buns
- **Kale:** Great when massaged for salad or for baked kale chips
- **Arugula:** Use as a peppery-tasting salad base or topping
- **Swiss chard:** Sauté with garlic, lemon and butter or olive oil



Cruciferous Vegetables

- **Broccoli:** Roast on a sheet pan or serve raw with a low-carb dip
- **Cauliflower:** Rice, mash, roast or use as a pizza crust alternative
- **Cabbage:** Use for slaws, stir-fries or even noodle swaps when thinly sliced
- **Brussels sprouts:** Roast or air-fry; slice them raw for a crunchy salad base



Other Non-Starchy Low-Carb Veggies

- Zucchini
- Cucumber
- Asparagus
- Celery
- Bell peppers
- Green beans
- Mushrooms
- Artichokes
- Radishes
- Carrots

While both non-starchy and starchy vegetables can fit into a healthy diet, opting for non-starchy vegetables more often can help if you're following a low-carb meal plan.



THE TAKEAWAY

Understanding Your Benefits: Mail Order Pharmacy

Mail Order is one of the best ways to keep your pharmacy costs down.

Mail order can offer you:

- 90-day refills on certain medications
- Often a lower price than if you picked up your prescription in person
- Prescriptions being mailed to your home with no shipping or handling fees



Call the Kaiser Permanente Mail Order Pharmacy Service at **(800) 245-7979** or download a mail order request form online, include your payment information, and drop the form in the mail.

Be sure to plan ahead if you use this service as deliveries can take up to 10 days, although in most cases, they may arrive sooner.

