

## Preventive Care

Preventive care includes covered well-adult and well-child physicals, immunizations, flu shots and appropriate preventive screening tests such as mammograms, colonoscopies, and prostate exams. Most covered in-network preventive care is paid in full by the Trust.

Learn more at <https://wateamsters.com/benefits/preventive-care/>

## Teladoc® Virtual Care

PPO participants get secure, on-demand, and around-the-clock access to board-certified physicians over the phone, email, or video chat with Teladoc® from Premera. Physicians can diagnose certain conditions, recommend treatment, and prescribe medications (when appropriate) for many common medical and dermatology issues, such as colds and flus, allergies, rashes, sinus problems, and more. There isn't a co-pay, and the service is confidential.

Visit [teladoc.com/premera](https://teladoc.com/premera) to set up or log into your account and set up a consultation, or call **(855) 332-4059**.

## NurseLine

The NurseLine provides confidential access to a registered nurse 24/7 at no cost to you. A registered nurse can help you:

- Determine if and where you should go for care
- Get answers about medications and common medical concerns
- Take care of certain health concerns at home

**Trust PPO Plan participants:** Call the 24-hour NurseLine: **(855) 784-4561**

**Kaiser Permanente Plan participants:** Call the 24/7 Consulting Nurse line: **(800) 297-6877**

*The NurseLine is an educational resource and not intended to constitute healthcare. If you have concerns about your health, you should consult with your physician. In an emergency, call 911 or your local emergency services number.*



## QUESTIONS ABOUT YOUR MEDICAL OR WELLNESS BENEFITS? Call an Accolade Health Assistant!

Accolade is a confidential service provided by the Washington Welfare Teamsters Trust that helps you get the most from your healthcare benefits, while reducing the time, cost, and stress of finding quality care.

An Accolade Health Assistant can help provide answers to all types of medical, healthcare, and benefits questions. Accolade Health Assistants can help you:

- Understand your medical, dental and vision benefits
- Learn more about your care options
- Resolve claim issues and billing questions
- Schedule doctor appointments
- Find an in-network provider
- Prepare for inpatient treatment and discharge
- Find care while traveling
- And more!

Call Accolade toll-free: **(866) 206-0977**, Monday through Friday 5:00AM–5:00PM or learn more at [wateamsters.com/benefits/accolade-health-assistant](https://wateamsters.com/benefits/accolade-health-assistant).

For questions about your coverage, eligibility, or Plan, you may also visit [www.wateamsters.com](https://www.wateamsters.com), or call:

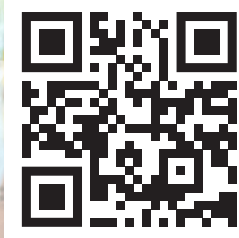
**Trust PPO Plan participants:**  
**(800) 458-3053**

**Kaiser Permanente Plan participants:**  
**(888) 901-4636**



## WASHINGTON TEAMSTERS WELFARE TRUST WELLNESS SERVICES AND PROGRAMS

Staying healthy is a lifelong commitment that isn't always easy. As a Washington Teamsters Welfare Trust participant, you and your eligible dependents have access to numerous no-cost wellness services, programs, and resources to help you make informed choices and achieve your health goals.





## PPO Health Assessment and Kaiser Health Profile



The Health Assessment for Trust PPO Plan participants or the Health Profile for Kaiser Permanente is a quick, easy, and confidential questionnaire that offers you a snapshot of your health and health risks.

Each year participants are asked to complete a Health Assessment or Profile during a specific time. If you and your eligible spouse or covered partner, if applicable, both complete the questionnaire during this time, you will save \$200-\$600 off your medical expenses the following year.

Learn more at [wateamsters.com/wellness/health-assessment](http://wateamsters.com/wellness/health-assessment)

## Quit For Life®



Quit For Life® Program is a tobacco cessation program for Plan participants or covered dependents 18 years of age and older. Receive personalized telephone coaching and online support with a variety of tools, including medication if appropriate, to help you get ready, take action and live a tobacco-free life—all at no cost to you. By completing three calls with your coach, you could receive a **\$50 check**.

**PPO Plan participants:** Call toll-free (855) 462-5859 or visit [www.quitnow.net/WATeamsters](http://www.quitnow.net/WATeamsters)

**Kaiser Plan participants:** Call toll-free (800) 462-5327 or visit [quitnow.net/ghc](http://quitnow.net/ghc)

## Virta Diabetes Program



Virta is medically supervised, research-backed program that can help reverse type 2 diabetes. Available at no cost to all Trust PPO Plan participants, and eligible dependents, between the ages of 18 and 79 diagnosed with type 2 diabetes, Virta offers a safe and sustainable way to reverse type 2 diabetes without the risks, costs, or side effects of medications or surgery.

Learn more at [virtahealth.com/join/wateamsters](http://virtahealth.com/join/wateamsters)

## Stress Management



Trust PPO Medical Plan participants and their eligible family members can get connected to a network of health professionals who can help with a wide variety of topics, and offers access to in-person counseling, video counseling services and online self-improvement tools.

(866) 301-0313 or visit [www.GuidanceResources.com](http://www.GuidanceResources.com), using Web ID: WATEAMSTERS

## Lifestyle Management



This personalized phone-coaching program connects PPO Plan participants to trained health professionals that help you make positive changes in your life, stay on track, and reach your own health goals. By completing three calls with your coach, you could receive a **\$50 check**.

Learn more at [wateamsters.com/wellness/lifestyle-coaching](http://wateamsters.com/wellness/lifestyle-coaching)

## Chronic Condition Management



Personal Health Support from Premera Blue Cross goes beyond other chronic condition management programs. Using a “whole-person” approach, Personal Health Support covers a large array of health concerns, and helps participants and their families get the right level of support they need. Services are available to all eligible Trust PPO plan participants and are especially valuable to those diagnosed with:

- Diabetes
- Heart Failure
- Coronary Artery Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma

By completing three calls with your care team, you could receive a **\$50 check**. You may also qualify for a **\$0 prescription drug copay** on qualifying medications.

**PPO Plan participants:** Call Premera at (855) 869-6775 to find out if you qualify or visit [wateamsters.com/wellness/chronic-condition-management](http://wateamsters.com/wellness/chronic-condition-management) to learn more

**Kaiser Plan participants:** learn more about coaching and workshops available to you at [www.kp.org/wa](http://www.kp.org/wa)

## YOUR PRIVACY MATTERS

Wellness programs are offered to you and paid in full by the Washington Teamsters Welfare Trust. They are provided by Vivacity—an independent health management service provider, Virta, Premera, or Kaiser Permanente depending on the program or service. All wellness programs are voluntary and offered at no cost to you. Any information you share is completely confidential, protected by federal law, and cannot be shared with your union or your employer without your permission.