



Benefits That Support You

Washington Teamster Welfare Trust PPO plan participants have access to numerous no-cost wellness services, programs, and resources that offer you the support and accountability you need to start and maintain healthy habits. These programs and services are part of your health benefits, paid for by the Trust on your behalf, and are completely confidential.

Whether you want to lose a little weight, start exercising, quit tobacco, manage your stress better or take another positive step to feeling your best, the Trust can help.



One on one health coaching with **WellRight**



Weight loss and management from **Virta**



Premera Personal Health Support for chronic conditions



Pre- and type 2 diabetes support from **Virta**



Mental health and stress support from **GuidanceResources**



Tobacco cessation with **Quit For Life®**



To learn more and get connected to a wellness program visit wateamsters.com