



BENEFITS INSIDER

A PUBLICATION OF THE OHIO CONFERENCE OF TEAMSTERS & INDUSTRY HEALTH AND WELFARE FUND

Your Wellness Matters

This quarter, we're bringing you a variety of health and wellness topics designed to help you stay healthy, informed, and feeling your best all summer long. Inside, you'll find practical sun safety tips to protect your skin today and for years to come, information on accessing dental care when you need it, and the truth behind seven common myths about sodium and your health.

We're also highlighting flexible wellness programs that can help you improve your health on your terms and insights into ocular migraines and the temporary vision changes they can cause. In addition, you'll find answers to frequently asked questions about Hello Heart and learn how Thrive can help keep pain from getting in the way of enjoying an active, healthy summer.

Read more inside to explore these topics and discover the resources available to support your health and well-being.



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Sun safety tips: Your future self will thank you



If you're like 87% of Americans, you don't wear sunscreen daily. But consider this: Your skin is the body's largest organ and is your first defense against the outside world. Wearing sunscreen every day is one of the easiest ways to protect your health and youthful appearance.

Why sun safety is preventive healthcare

Skin cancer is the most common form of cancer in the United States, affecting one in five Americans in their lifetimes. The American Cancer Society estimates nearly 105,000 new cases of melanoma in 2025 and more than 8,400 deaths. While the risk of melanoma increases with age — the average age of diagnosis is 66 years old — it's also frequently diagnosed in young adults.

The two most common, though less fatal, skin cancers are basal and squamous cell carcinomas, with around 5.4 million cases diagnosed in the U.S. each year. About 90% of these skin cancers are associated with ultraviolet (UV) radiation exposure from the sun and tanning beds.

The most visible risk of not protecting your skin from harmful UV rays is sun-damaged skin, which includes sunburn, fine lines, wrinkles, and age spots. The Skin Cancer Foundation reports that UV exposure causes 90% of visible facial aging.

Schedule a yearly skin check

Add an annual skin exam with a dermatologist or primary care provider to your preventive care plan. Skin exams detect skin cancer early, when it's easier to treat.

Your doctor will look for new or changing moles or spots, especially in places you can't easily see, like your back or scalp. When caught early, the five-year survival rate for melanoma is 99%. That drops to 35% once it spreads to other organs.

5 ways to protect your skin from the sun

1. **Find a sunscreen you like ... and wear it every day**, even on cloudy days in winter. Sunscreen comes in various formulas and sun protection factors (SPFs); look for broad-spectrum SPF 30 or higher. Your dermatologist or primary care provider can also suggest the right sunscreen for your skin type.
2. **Reapply sunscreen every two hours** or after sweating, swimming, or drying off with a towel.
3. **Stay in the shade**, especially between 10 a.m. and 4 p.m., when the sun's UV rays are the strongest.
4. **Wear protective gear**, such as a wide-brimmed hat, loose-fitting long-sleeved shirts, and long pants. If you spend a lot of time working or exercising outdoors, purchase clothing with an ultraviolet protection factor (UPF) of 30 or higher.
5. **Don't forget your eyes and lips**. Not all sunglasses protect your eyes. Look for sunglasses that offer 100% UV protection, which means they block both UVA and UVB rays. Use a lip balm with SPF to lower your risk of dry, sunburned lips.

Daily sun protection and yearly skin exams will help prevent or catch skin cancer early. It will also help you put your best face forward as you age. Your future self will thank you.

If you haven't had a skin exam this year, schedule one soon. If you need to find a doctor, use our Find Care feature on the SydneySM Health app or [anthem.com](https://www.anthem.com).

Need Dental Care?

Visit smilehelpnow.com.

Taking care of your mouth is just as important as taking care of your body. That's why it's important to establish a dental home—a place where you develop an ongoing relationship with a dentist.

Your dental home can help you create good oral health habits for you and your family, resolve any dental issues you may have and give you a place to go in case of a dental emergency.

You can access dental care even if you are underinsured, uninsured or have Medicaid.

At smilehelpnow.com, you can find a dentist near you who:

- Accepts Medicaid.
- Charges on a sliding-fee scale based on your income.
- Provides no- or low-cost care options.

How else can I keep my mouth healthy?

Even if you see a dentist every six months, taking care of your teeth every day is important:

- Brush your teeth twice a day.
- Floss once a day (best at night).
- Make sure every member of your family has their own toothbrush.

For more information about the Delta Dental Foundation, visit www.deltadental.foundation.





7 Salty Myths Busted

MYTH: Eliminate sodium completely for good health.

Sodium is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but you need the right amount.

MYTH: High levels of sodium are only found in food.

Some over-the-counter medications contain high levels of sodium. Read drug labels carefully and remember that some companies produce low-sodium over-the-counter products. Check with your health care professional regarding sodium content in your prescription medications.

MYTH: Sea salt has less sodium than table salt.

Sea salt is popular, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.

MYTH: I don't get a lot of salty food so I don't eat too much sodium.

Sodium is found in almost all foods including mixed dishes such as sandwiches, burgers and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups. Use the Nutrition Facts label to choose foods with the least sodium.



MYTH: I usually don't salt my food, so I don't eat too much sodium.

Over 75% of sodium people in the U.S. consume is estimated to come from processed and ready meals — not the saltshaker.

That's why it's important to compare Nutrition Facts labels and serving sizes.

MYTH: Lower sodium foods have no taste.

There is a rich world of creative and flavorful alternatives to salt. Experiment with spices, herbs and citrus to enhance the natural flavor of your food!

MYTH: My blood pressure is normal, so I don't need to worry about how much sodium I eat.

The American Heart Association recommends no more than 2,300 milligrams (mg) a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.

Flexible programs to improve your health on your terms



Personalized support at no cost to you.

Diabetes Management

A personalized way to help manage diabetes. Receive:

- A connected blood glucose meter
- Unlimited strips and lancets
- Tips, action plans and one-on-one coaching
- Real-time support for out-of-range readings

Hypertension Management

Take control of your heart health and make managing your blood pressure easier. Receive:

- A connected blood pressure monitor
- Step-by-step action plans based on your goals
- Tips on nutrition and activity
- One-on-one support from expert coaches

Diabetes Prevention program

Reduce your risk of type 2 diabetes. Receive help from:

- A team of expert coaches to support you
- A smart scale that syncs to the app and web
- An all-in-one program that tracks weight, activity and food

Weight Management

Reach your goals with our interactive weight management program. Receive:

- A smart scale that syncs to the app and web portal
- An app to log food and set goals
- One-on-one support from a team of expert coaches
- Ability to share progress with doctor

Mental Health

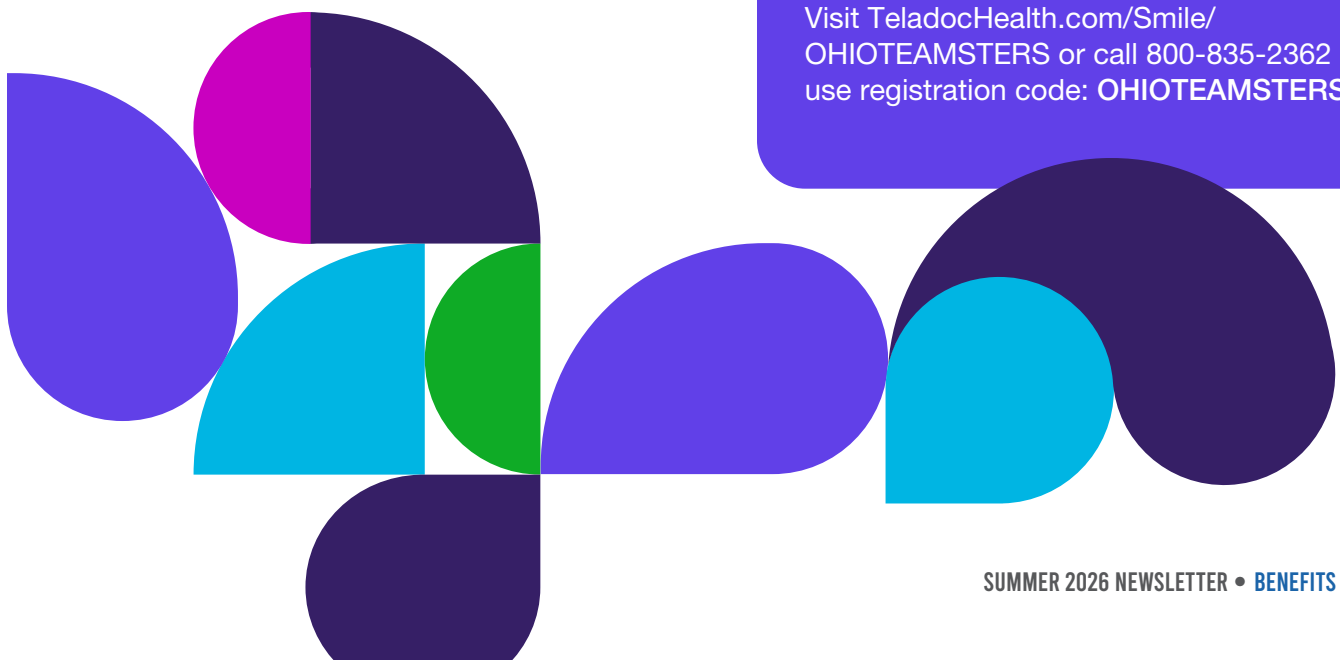
Dedicated support and coaching for stress, depression, sleep and more.

- Live sessions with a certified coach
- Personalized plan tailored to your needs
- Activities and content designed for you
- Tools to help reduce stress in the moment



Enroll now.

Visit TeladocHealth.com/Smile/OHIOTEAMSTERS or call 800-835-2362 and use registration code: OHIOTEAMSTERS.



Ocular Migraines: Understanding Temporary Vision Changes

Ocular migraines are temporary visual disturbances that may cause flashes of light, blind spots, or shimmering patterns. These episodes can occur with or without a headache and may affect one eye or both eyes, depending on the type of migraine involved. Most symptoms resolve on their own within 5 to 60 minutes.

Common Symptoms

Ocular migraines can affect vision in several ways, including:

- Flashing lights or zigzag patterns
- Blind spots or reduced vision
- Shimmering or sparkling visual effects
- Temporary vision loss in one eye
- Headache, nausea, or light sensitivity

Types of Ocular Migraines

Two of the most common types include:

- **Migraine with Aura** – Visual symptoms affect both eyes and may occur before or during a migraine headache.
- **Retinal Migraine** – A rarer condition that affects only one eye and can cause temporary vision loss or visual disturbances, such as tunnel vision.

What to Do During an Episode

If symptoms occur, stop driving or operating machinery and move to a safe location. Resting your eyes and allowing symptoms to pass before resuming normal activities can help prevent injury.

Understanding Potential Triggers

While the exact cause of ocular migraines is unknown, experts believe they may result from temporary changes in blood flow or neurological activity related to vision. Common triggers include:

- Stress
- Lack of sleep
- Dehydration
- Bright lights
- Hormonal changes
- Certain foods or beverages

Tracking symptoms and potential triggers may help identify patterns over time.

When to Seek Medical Care

Although ocular migraines are often harmless, some symptoms can resemble more serious eye or neurological conditions. Seek medical attention if you experience:

- Vision loss in only one eye
- Symptoms lasting longer than one hour
- New or worsening migraine symptoms
- Persistent vision changes
- Weakness, numbness, or difficulty speaking

Any sudden or unexplained change in vision should be evaluated by a healthcare professional.



National Vision Administrators, L.L.C.

**Vision Benefits.
Smarter.®**

www.e-nva.com



Frequently Asked Questions

What is Hello Heart?

The Hello Heart app helps you track your blood pressure and easily manage your heart health all in one place.

This benefit is offered for free to eligible members and includes a free Hello Heart blood pressure monitor that pairs directly with your smartphone.

What's great about Hello Heart?

Along with blood pressure, you can also track cholesterol, weight, and activity to better understand how daily habits may affect your heart health. Plus, you can choose to share detailed, private reports with your doctor.



What do you get with Hello Heart?

- ✓ A free Hello Heart blood pressure monitor that is FDA-cleared and easily connects to your phone.
- ✓ An app to help you track blood pressure, cholesterol, medication, and more.
- ✓ Clear explanations of what your numbers mean.
- ✓ Personalized tips that make it simple to maintain a healthy heart.
- ✓ Progress reports that are easy to review or share with your physician.
- ✓ Assistance from our support team via phone or email.

It's quick and easy to get started.

Scan the QR code or visit join.helloheart.com and enter Ohio Conference of Teamsters & Industry Health & Welfare Fund.





Don't let pain get in
the way of your best
summer ever

**Sword Thrive, your \$0 summer
essential, is waiting.**

Grab your sunglasses, sunscreen and phone with
your personalized pain-relief plan that goes where
you go, Sword Thrive.

Thrive helps you target persistent back, joint and
muscle pain with simple, guided sessions you can
do anywhere from a hotel room to your backyard—
all from your smartphone.

You'll get a personalized plan built for your specific
pain by a Physical Therapist, plus 24/7 support to
help you stay on track. As long as you have your
phone, you'll never leave home without your Thrive
plan.

So say yes to the lake trip. Say yes to another game,
knowing Thrive has your back all summer long.



Get started today

**Activate your Thrive benefit today
at \$0-cost**

Scan the QR code or visit

sword.health/campaign/june26a/essential_tk



Here's how to get pain relief on the go:

1. **Enroll in Thrive online**

In 10 minutes or less, say yes to feeling
better this summer.

2. **Connect with a Physical Therapist**

Who will learn about your pain level and
goals.

3. **Get your personalized plan**

And complete guided sessions from
anywhere on your smartphone.

4. **Start feeling better on your schedule**

With Thrive, your essential for a pain-free
summer.