



BENEFITS INSIDER

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Healthy Habits, Healthy You

This quarter's newsletter is filled with insights and resources designed to help you live healthier and feel your best. Explore the benefits of walking for wellness, learn how to protect your dental health, and gain a better understanding of important health topics like cholesterol, diabetes risk factors, and breast cancer trends in younger women. You'll also find information on maximizing your benefits and savings, convenient pain relief options through Thrive, and a healthy recipe to add to your meal plan.

Learn more inside and discover new ways to support your health and well-being.



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The wonders of walking for wellness



Walking does more than help us get from one place to another. It also helps keep us healthy — physically and mentally. Two of the best benefits of walking for fitness are that you don't need to be athletic, and it's free. All you need are comfortable clothes and sneakers.

10 reasons why you should walk more.

Walking can:

1. Boost your energy.
2. Burn calories.
3. Fill your body with feel-good hormones.
4. Improve sleep.
5. Keep your heart strong.
6. Lower the risk of disease.
7. Melt away stress.
8. Strengthen muscles and bones.
9. Support the immune system.
10. Tone your legs.

Staying motivated

The beauty of walking is that there are so many ways and places you can do it. You can follow the same routine every day or mix it up. To keep boredom at bay:

- Chat on the phone.
- Listen to a podcast or audiobook.
- Look for trees, flowers, or animals along the way.
- Meet up with a friend.
- Savor the silence.
- Snap photos and post what you see on social media.
- Try going in the opposite direction.
- Vary your pace, from medium to brisk.

Getting started

When you're first starting out, it helps both physically and mentally to break your walks into smaller ones. Shorter walks are also a good way to fit exercise into a busy schedule.

Aim for 150 minutes of exercise a week. Start with 10–15 minutes once or twice a day, then slowly increase your time and distance.

Sneaking in more steps

Hitting 10,000 steps can seem overwhelming, even if you're already fit or have loads of free time. Whether you're walking for weight loss or more energy, here are ways to sneak extra steps into your day:

- Park farther away.
- Take your dog or a neighbor's dog for a walk.
- Take the stairs.
- Walk every time you talk on the phone.

At work, you can:

- Have walking meetings.
- Use the restroom or break room furthest from your work station.
- Schedule a walking workout with a friend.
- Walk over to your co-worker to ask a question.

If you're busy raising kids:

- Sneak in a walk around the block after the bus comes.
- Take a family walk after dinner.
- Walk around the field or court at sports practice.
- Walk in place while you cook, wash dishes, or fold laundry.

Once you start putting one foot in front of the other for exercise, soon you'll be walking your way to better physical and mental health.

Dental Care

Tips for Maintaining Healthy Smiles

With age comes wisdom. As you grow older, remember that living a healthy, active life is possible when you take care of your oral and overall health. Pairing good oral health habits at home with regular dental visits can help protect your teeth for years to come.

Maintain a Regular Oral Health Routine

- Brush teeth twice a day and floss once a day.
- Clean your dentures daily and remove them each night.
- Visit your dentist regularly for cleanings and exams.

Care for Dentures

- Brush daily with a soft toothbrush or denture cleaning brush.
- Use denture cleaner, hand soap, or dishwashing soap, and rinse with cool water.
- Brush gums and any remaining teeth.

Cover your dentures with water or a denture cleaning solution when you're not using them, and talk to your dentist if you notice a change in fit.

Medical Conditions, Medications, and your



Mouth

- Some medical conditions and medications can affect your oral health. Complications can include dry mouth, mouth sores, gum swelling, and bone loss. Dry mouth can also increase the risk for gum disease or tooth decay.
- Untreated gum disease can lead to receding gums, loose teeth, and even tooth loss. It is also linked to other health issues like Alzheimer's disease, heart disease, diabetes, and respiratory problems.

For optimal health, it's important to discuss your medical conditions with your dentist.

Work on Healthy Habits

- Drink water instead of soda or other sugary beverages.
- Read nutrition labels to check for added sugars and aim to consume no more than 25–36 grams per day.
- Limit your tobacco and alcohol use, which can cause tooth-related problems such as an increased risk of oral cancer.

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



Breast cancer in younger women: trends, risks and prevention

The statistics on breast cancer are always alarming. The rise of incidence rates (the frequency new cases occur) in women under 50 is of particular concern. In this age group, the breast cancer incidence rate rose 1.4 percent each year between 2012 and 2022. In women over 50, this rate rose just 1 percent each year.

There are many reasons advanced cancer diagnosis in younger women is increasing.



Women who are younger when diagnosed are more likely to have aggressive forms of breast cancer.



Younger women are more likely to develop aggressive cancers such as triple-negative breast cancer (TNBC), which more often affects Black women. Its hormone resistance affects the types of treatments available.



Some have inherited BRCA1 and BRCA2 gene mutations, which are common in women of Ashkenazi Jewish descent.



Because routine breast cancer screening usually starts at age 40, younger women may be diagnosed at a more advanced stage, making it harder to treat.

Understanding your risk factors

It's important to be as educated as possible when it comes to breast cancer and your risk. Knowing your personal history, along with your family history, is a great place to start. Ask your family members the hard questions. It's not the time to be discreet when your life could depend on it.

Women may be at higher risk for breast cancer if they:

- Had their first menstrual period before age 12.
- Had their first pregnancy over age 30 or have not had children.
- If one or more family members:
 - » have been diagnosed with breast cancer before age 50.
 - » had cancer in both breasts.
 - » had male breast cancer.
 - » had ovarian, pancreatic or prostate cancer that spread (metastatic).

Things you can do:

• Learn how to do a breast self-exam.

Get to know your body and what's normal for you. Let your healthcare provider know right away if there are any changes.

• Advocate for yourself.

Talk to your healthcare provider about timing for a baseline mammogram, magnetic resonance imaging (MRI), ultrasound or other screening options and what intervals are appropriate for you.

• Know where you stand.

Access the Tyrer-Cuzick risk assessment calculator, available free online. Discuss your score with your healthcare provider.

• Get to and stay at a healthy weight.

Talk to your healthcare provider about what's right for you.

• Be physically active.

At least 30 minutes of moderate activity, five times per week is recommended.

• Eat healthy food.

Nutrient-rich fruits, vegetables, lean protein and whole grains are best. Limit processed foods and avoid sweetened beverages.

• Make healthy choices.

Avoid or limit alcohol. Don't smoke or use tobacco.

• Get regular physicals.

Make sure clinical breast exams are included.

Knowing your risks, increasing healthy behaviors and advocating for your care sets you up for the best possible outcome.

Let Teladoc Health be a part of your wellness journey. To sign up or learn more, go to TeladocHealth.com/healthy-start.



More Benefits. More Savings.

Your NVA vision benefits go beyond eye exams. It also includes exclusive discounts for contact lenses, LASIK surgery, and hearing aids.



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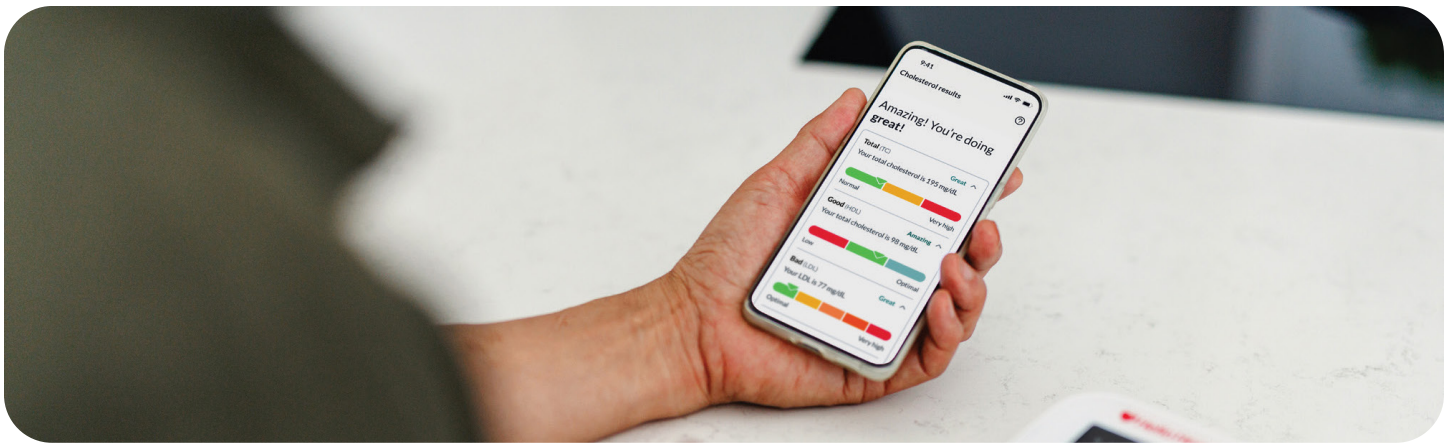
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Hello Heart

Understand your
cholesterol.
Support your heart.

What is Hello Heart?

High cholesterol can quietly raise your risk of heart disease. Hello Heart is here to help you understand your cholesterol numbers and make simple changes that protect your heart.

Get a blood pressure monitor, personalized coaching, detailed reports for your doctor, and an app to track activity, medication, and cholesterol—all in one place.

What You Need to Know.



You won't feel high cholesterol.

Most people with high cholesterol have no symptoms. That's why tracking is key.



Knowing your numbers helps you act.

Hello Heart makes it easy to track your heart health and learn what works for you.



Small changes go a long way.

Eating a heart-healthy diet, moving your body, and taking your medication regularly can help lower your numbers.



Relieve physical pain on your schedule with Thrive

**Pain or stiffness slowing you down on the job?
Not moving like you used to?**

Meet Sword Thrive, AI physical therapy that helps you tackle joint, back and muscle pain from home.

Activate your \$0 benefit to connect with a Doctor of Physical Therapy who will build a recovery plan around your pain and your goals. Knock out sessions at home or on your break right from your phone in the Sword Health app. No office visits, traffic or missing work. Just short sessions you can do from anywhere.

Thrive isn't just convenient—it works. 72% of members finish their program free of limiting pain¹.

1. Enroll in minutes

Answer a few questions about your pain, health, lifestyle and goals. Scan the QR code, enter the URL or call us.

2. Connect with a PT

Download the Sword Health app to meet your dedicated Doctor of Physical Therapy, who will create your program..

3. Get 1:1 support

Chat with your PT anytime in the app. They'll monitor your progress and adjust your program as you go.

4. Start feeling stronger

Complete your exercise sessions anytime, anywhere, and feel the pain relief for yourself.



Get started today

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

Scan the QR code or visit
word.health/thrive/ohioteamsters/go



Diabetes Risk Factors

In the United States, about 115.2 million adults ages 18 or older, including 31.3 million adults age 65 or older, may have prediabetes, and many people with Type 1 and Type 2 diabetes do not know they have it. Knowing your risk can help you take steps early to protect your health.

Some diabetes risk factors can be changed through lifestyle choices. These are called modifiable risk factors. Other risk factors cannot be changed and are called non-modifiable risk factors.

Non-modifiable risk factors for Type 2 diabetes

These factors increase the chance of developing prediabetes or Type 2 diabetes but they cannot be changed:

- **Family history:** Your risk is higher if a parent or sibling has diabetes. Sharing your family health history with your healthcare professional can help guide your care.
- **Race or ethnic background:** Black people, Hispanic/Latino people, Native Americans, Asian Americans and Pacific Islanders have a higher risk of developing diabetes.
- **Age:** Risk increases as you get older. Type 2 diabetes is more common after age 45. However, more children and teens are now being diagnosed.
- **Gestational diabetes:** If you had diabetes during pregnancy, you have a higher chance of developing Type 2 diabetes later in life.

Modifiable risk factors for Type 2 diabetes

These are risk factors you can take action on. Healthy changes can lower your risk or delay diabetes.

- **Weight:** Carrying excess weight increases the risk of developing diabetes. Losing 5% to 10% of body weight, along with regular physical activity, can help lower risk. Your risk continues to decrease with additional weight loss. Even small, steady changes can help. Learn how to manage your weight.
- **Physical activity:** Not being active can raise the risk for prediabetes and Type 2 diabetes. Regular movement helps the body use insulin better. For overall cardiovascular and metabolic health, aim for:
 - » At least 150 minutes per week of moderate-intensity aerobic activity (such as walking, dancing or yardwork), or
 - » 75 minutes per week of vigorous activity (such as running, biking or swimming),
 - » Plus, muscle-strengthening activities at least two days per week.

Even a 30-minute brisk walk five days per week can make a meaningful difference.

- **Blood pressure:** Untreated high blood pressure can damage the heart and blood vessels and raise the risk of diabetes complications. A goal of below 130/80 mm Hg is often recommended for adults living with diabetes and high blood pressure. Below 120/80 mm Hg is considered normal for most adults. Your healthcare team can help set a goal that is right for you. Learn more about high blood pressure and how to control it.
- **Smoking:** Smoking increases the risk of diabetes complications and heart disease. Quitting smoking is one of the most powerful steps you can take for your health. Talk with your healthcare team about tools and programs that can help you quit.

By focusing on healthy daily habits, you can take control of many diabetes risk factors. Taking action now can prevent or delay development of diabetes and support your overall well-being.



Nutritional Info

Per Serving
Calories 133
Protein 6g
Fiber 2g

Number of Servings: 12

Minutes to Prepare: 20

Minutes to Cook: 35

HEALTHY LIVING RECIPE:

Blackberry Lemon Drop Cupcakes

INTRODUCTION

The sweetness from the stevia perfectly balances the tartness of the fresh blackberries. Lemon brightens all the flavors in these baked delights.

INGREDIENTS

- Cooking spray
- 1 1/4 cups all-purpose flour
- 1/4 cup almond flour
- 1 teaspoon baking powder
- 1/2 cup unsweetened applesauce
- 1/2 cup fat-free milk
- 2 large eggs
- 1 tablespoon olive oil
- 2 teaspoons grated lemon peel
- 1 tablespoon fresh lemon juice
- 5 drops lemon-flavored liquid stevia sweetener
- 1/8 teaspoon salt
- 1 cup frozen blackberries, each cut in half
- 3 tablespoons stevia sugar blend

Frosting Ingredients

- 2 ounces low-fat cream cheese
- 2 ounces fat-free cream cheese
- 1 teaspoon stevia sweetener

DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray.
2. In a large bowl, stir together both the flours, stevia sugar blend, and baking powder.
3. Make a well in the center of the flour mixture. Add the applesauce, milk, eggs, oil, 2 teaspoons lemon zest, lemon juice, 5 drops lemon-flavored liquid stevia sweetener, and salt, stirring just until moistened but no flour is visible. Gently fold in the 1 cup frozen blackberries. Spoon the mixture into the muffin cups.
4. Bake for 22 to 24 minutes, or until a wooden toothpick inserted into the center comes out clean. Transfer two a cooking rack. Let cool for 30 minutes before frosting.
5. Meanwhile, in a medium bowl, using an electric mixer on medium-high speed, beat the frosting ingredients except the yogurt, for 1 to 1½ minutes, or until smooth, scraping the sides of the bowl as needed. Add the yogurt and beat on medium-high speed for 20 to 30 seconds, or until smooth and creamy. Spread 2 tablespoons of the frosting on top of each cupcake. Garnish each with a blackberry.

Tip: If you can find low-fat Greek-style cream cheese in your grocery store, try it; it'll give the frosting a creamier texture.