



BENEFITS INSIDER

A PUBLICATION OF THE TEAMSTERS OHIO CONTRACTORS ASSOCIATION HEALTH & WELFARE FUND

Your Wellness Matters

This quarter, we're bringing you helpful updates and simple ways to support your well-being — from important changes in your medical care to everyday tips for feeling your best.

We're excited to announce a new medical provider joining our network - Anthem, making it easier to access the care you need. Plus, shopping for your vision needs online is now more convenient than ever — giving you flexibility and choice right from your device.

In recognition of Healthy Aging Month, we're sharing ideas to help you thrive at every stage of life. You'll also find a calming breathing exercise for mental clarity, a self-esteem boost you can try today, and a healthy recipe to nourish your body and mind.



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COMING IN 2026

A new partner in health:

Anthem  

A New Chapter

Welcome to a new chapter in health care for plan participants! Beginning 01/01/2026, your health coverage will transition from Medical Mutual of Ohio to Anthem. This change is designed to strengthen your benefits while keeping the union support you rely on. With Anthem, you'll gain access to one of the nation's largest provider networks—so it's easier than ever to find care that works for you and your family.

What's Changing



Expanded Network

Access one of the nation's largest lists of doctors, specialists, and hospitals.



Seamless Transition

Your new Anthem ID card will arrive before coverage begins.



Union Support

The Fund Office is here to guide you every step of the way.



Digital Tools

Use Anthem's online portal and mobile app to find providers, check claims, and manage your care easily.



Nationwide Coverage

Whether you're at home or traveling, Anthem's broad network ensures care is always within reach.



24/7 NurseLine

Get health advice anytime with Anthem's round-the clock nurse support service.

Convenient Online Shopping Options for Your Vision Needs

You can now use your NVA vision benefits online with UVP and purchase premium eyewear from the comfort of your home!

NVA members get more coverage on their frames and lenses when using UVP. See the chart below for enhanced coverage amounts based on the NVA frame allowance.

NVA Frame Allowance	Extra Coverage
\$75 - \$99.99	+\$15 of coverage
\$100 - \$124.99	+\$20 of coverage
\$125+	+\$25 of coverage



Discover the UVP Advantage

- ✓ Browse 6,000+ styles, including designer brands
- ✓ Virtual try-on technology — see how frames look on you
- ✓ Shop securely from the comfort of home
- ✓ Free shipping and hassle-free returns

Shop for a new pair of eyeglasses today!

1. Log into your NVA Member Portal at www.e-nva.com
2. Click on Find Eyecare Professional and select See Online Options
3. Click on the UVP logo to access online shopping site
4. Explore 1000's of frames and try your glasses on virtually
5. Enter your prescription details
6. Complete your order and enjoy your new frames

Breathe deep for better mental health

Take a deep breath.

We instinctively do it several times each day. You take a big breath before you jump into things literally, like a pool, or figuratively, like a task that requires mental focus. We use a deep breath to clear our minds, signal the start of something new, or even to bring a moment of calm when it's busy.

How deep breathing works

When you take a deep breath, you fill your lungs with oxygen and that stimulates your parasympathetic nervous system. The infusion of oxygen calms down your sympathetic nervous system's "fight or flight" response and increases your "rest and digest" mode. This can increase your feelings of peace and calm. Deep, slow breathing is also shown to decrease muscle tension and may support improved mental health.

There's been a lot of attention on high-level athletes and top executives using breath work to get through their challenges and perform better. However, it's not just for them. Some wellness, exercise and medical professionals hold the opinion that deep breathing practices can benefit many people. It costs nothing but a few minutes and may offer physical and mental health rewards.

Before you start any new exercise routine, talk to a doctor to make sure it's safe.

This is not a lot of hot air. The simple act of deliberately catching your breath can lead you to a calmer, more restful and relaxed mental state.

Learn how Teladoc Health can help support you on your wellness journey.

To sign up or learn more, go to TeladocHealth.com/Smile.

The following breathing exercises are used in meditation, the practices of yoga, Pilates, Tai Chi and more. Find your favorite or just take a deep breath—it's that easy.

Belly Breathing

Deep belly breathing can help strengthen the diaphragm, lessen the work of breathing and decrease oxygen demand.

- From a seated or lying position, place one hand on your chest and one hand on your abdomen. The bottom hand should do the moving. The top hand should remain still.
- Inhale through your nose for about 4 seconds, feeling your abdomen expand.
- Hold your breath for 2 seconds.
- Exhale very slowly and steadily through your mouth for about 6 seconds.

Pursed lip breathing

Pursed lip breathing slows your breathing pace, which can make each breath more effective. It also helps increase the amount of oxygen in your lungs.

- Inhale slowly through your nose for 2 seconds with your mouth closed. You don't need to take a deep breath; a normal breath is OK.
- Purse (pucker) your lips as though you're going to whistle.
- Exhale slowly and gently through your pursed lips for 4 or more seconds. It may be helpful to count to yourself.

Box Breathing

Box breathing, or square breathing, can reset the mind and body after a stressful situation by breathing in patterns of 4.

- Exhale, then breathe in through your nose as you slowly count to 4 in your head. Fill your lungs and let your stomach rise.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath again for a count of 4.
- Repeat 3 or 4 times.



October is Breast Cancer Awareness Month

Your health matters. Breast cancer doesn't always come with symptoms you can see or feel, and early detection can save your life. Getting regular screenings, knowing your family history, and being aware of changes in your body are powerful tools. Be sure to schedule yearly mammograms, check in with loved ones, and encourage the people around you to do the same.



An Exercise in Self-Esteem

By Dean Anderson

If you're like most people who want to lose weight, you probably think that shedding a few pounds will help you feel better about yourself. And chances are, you see exercise simply as something you need to do to accomplish that goal. But here's something you may not know: this "necessary evil" approach to exercise may actually be preventing you from feeling better about yourself right now—even before the number on the scale or reflection in the mirror matches up with your ideal.

A simple attitude adjustment may help you start feeling a lot more comfortable in your skin right now—and this, in turn, can make your weight loss journey a lot easier and more pleasant. Here's what you need to know to decide if you need to adjust your exercise attitude, and if so, how to do exactly that.

Making Friends with Your Body: The Roots of High Self-Esteem

There's no doubt that feeling comfortable in your own skin is an important part of that "feeling-good-about-yourself" goal (also known as high self-esteem) you're trying to achieve. But the more you learn about the roots of self-esteem, the clearer it becomes that what helps the most has very little to do with achieving some abstract ideal, like a certain weight or look. In fact, there are many, many cases where people work very hard on goals like this—and even achieve them—only to find that they're still unsatisfied and unhappy. What does seem to have major, positive effects on self-esteem is the process of moving yourself—the right way—from where you are towards where you would like to be.



To be a little more precise, the best way to increase your self-esteem is to actively and effectively engage in something that is both good for you and consistent with your expressed goals. Both of these are key elements. If your goal isn't good for you, because it's unrealistic or strongly based on what you think other people want or expect from you (like trying to look like a model when your body can't naturally achieve or maintain that), then you are going to face problems feeling good about yourself. Nothing you do will ever be good enough.

You'll have the same problem if your actions aren't consistent with your goals, like going on an unhealthy crash diet to achieve a healthy weight. To feel good about yourself, you have to treat yourself as if you are already someone worthy of respect and good treatment. If that means "faking it until you make it," then that is where you need to start.

***The journey is more important
than the destination.***



Exercising the “Right” Way, for the “Right” Reasons

If you are carrying a lot of unhelpful baggage in the form of poor body acceptance, negative body image, or even body-rejection due to excess weight, then exercising the right way and for the right reasons may well be your shortest, fastest, and easiest path away from these problems.

But you’ll need a particular kind of attitude and approach, one that will help you begin appreciating your body for what it can do right now, and allowing it to be your guide and teacher on your journey towards change—not an object of your contempt and ridicule. Here are the basic elements of such an attitude:

- Exercise for the “right” reasons. There aren’t many bad reasons to exercise of course, so in a pinch you should take advantage of whatever gets you going. But certain attitudes and approaches will help you get a better self-esteem boost. It helps a lot, for example, to tell yourself that you are working out because it is good for your body and you want to take good care of your body. When you do that, you affirm that you and your body are friends—not enemies—and you open yourself up for healthy communication with your body, allowing it to tell you what you need. This will work much better than setting out to burn calories so you can get rid of all that ugly fat you can’t stand.

- Don’t just mark time. Make exercise a challenge and notice how you respond. The simple act of setting personal performance goals and watching yourself achieve them can work wonders. Keep a journal where you record what you do during your exercise sessions, noting the improvements in your capacities over time. Hold little competitions against yourself, trying to improve on your personal bests (not world records) a few times a month, and reward yourself when you succeed. Pay special attention to how exercise affects your mood, and let your body teach you how to use the type and intensity of the exercise you do to influence your state of mind.
- Turn some exercise time into playtime. You are, among other things, an animal with a body that needs to play. Notice how happy and excited your dog or child is when he gets to go out and play—especially when you physically play together. There is a part of you that still feels the same way. This need doesn’t go away just because you get older, become more serious, or are a little out of shape. The more exercise you can do in the form of sports, games, and other activities that are fun and rewarding themselves, the better. So be creative—turn some of those daily walks into roller skating, ice skating, golfing or Frisbee, racing with your dog, or even belly dancing!

Research shows that individuals who exercise feel better about themselves and their bodies. Once you start a workout program (or begin exercising for the “right” reasons), you’ll soon experience the positive changes in self-esteem and body image that regular exercisers of all shapes and sizes enjoy. It’s never too late to start feeling better about yourself!

Dentists are Disease Detectives

Oral and overall health

Your mouth performs a range of important daily activities including eating, drinking, talking and smiling. But did you know that your mouth can also provide clues to other diseases? Dentists can act as disease detectives by simply examining your mouth, head and neck for signs and symptoms that may point to more serious health issues.

During routine checkups, dentists not only look for cavities and gum disease, but also monitor symptoms like breath odor, unexplained sores and tooth erosion. If certain signs are detected, dentists can urge patients to seek medical attention to help better manage their oral health and overall health. Dentists are at the forefront of saving lives, as more than 90 percent of common diseases have oral symptoms and can be detected in the dental chair.

It's important to remember that just because you haven't had a cavity in a while or haven't had any tooth pain recently, that doesn't necessarily mean you are in the clear. Be sure to visit your dentist regularly to ensure your oral health and overall health are being monitored and in good standing.

Did you know?

More than 120 signs and symptoms of nondental diseases can be detected through a routine oral exam.

Quick Bites

Health problems with oral signs:

- **Anemia:** Burning, fiery red tongue, swelling of the corners of mouth or pale gums.
- **Anorexia nervosa and bulimia:** Erosion of tooth enamel, fillings raised above the eroded tooth surfaces, sensitive teeth, enlarged parotid glands and sweet- breath aroma.
- **Deficient immune system (HIV positive):** Thrush mouth, unexplained sores, nonremovable white areas on the sides of the tongue.
- **Diabetes:** Dry mouth, distinctive breath odor, burning tongue, high rate of tooth decay, inflammation and infections in the mouth.
- **Heart disease:** Pain radiating to the jaw.
- **Kidney failure:** Retarded tooth development in children, dry mouth, odor, metallic taste and ulcers on the tongue and gums.





HEALTHY LIVING RECIPE: Honey Balsamic Chicken

Nutritional Info

Servings Per Recipe: 4

Amount Per Serving

Calories: 173.3

Total Fat: 2.6 g

Cholesterol: 65.7 mg

Sodium: 367.6 mg

Total Carbs: 10.1 g

Dietary Fiber: 0.3 g

Protein: 26.3 g

INTRODUCTION

Sweet and tangy, this chicken takes less than five minutes to prep!

INGREDIENTS

1 1/2 tsp of dried thyme

1/2 tsp salt

1/4 tsp black pepper

1 tsp olive oil

1lb chicken breast

2 tbsp balsamic vinegar

2 tbsp honey

DIRECTIONS

Combine first 3 ingredients; sprinkle over both sides of chicken.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 7 to 8 minutes on each side or until chicken is done.

Transfer chicken to a platter; keep warm. Reduce heat to medium-low; add vinegar and honey to pan. Simmer 1 minute or until glaze thickens; stir constantly. Pour glaze over chicken. Yield: 4 servings (serving size: 1 chicken breast half).

Minutes to Prepare: 3

Minutes to Cook: 15

Number of Servings: 4