



# BENEFITS INSIDER

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

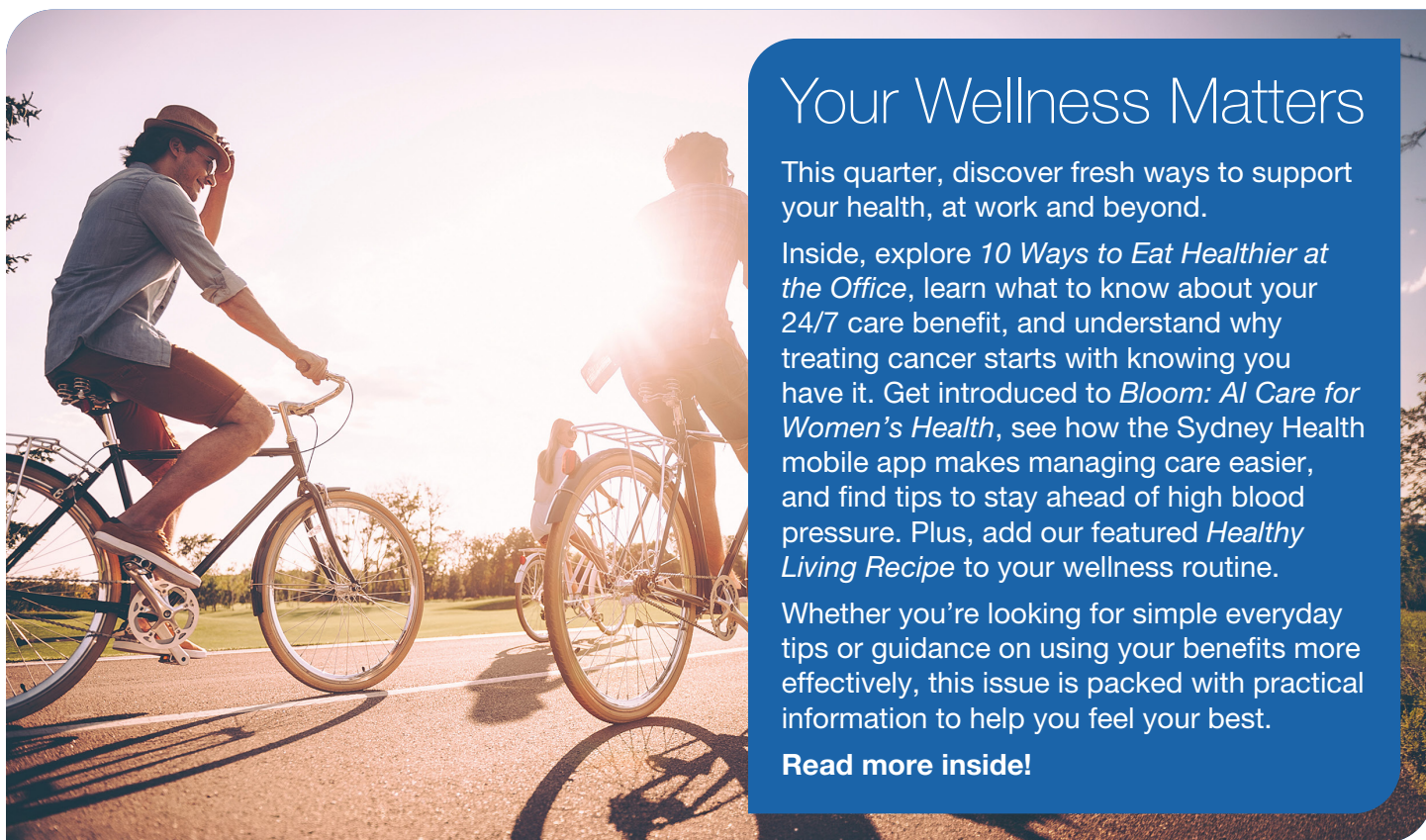
## Your Wellness Matters

This quarter, discover fresh ways to support your health, at work and beyond.

Inside, explore *10 Ways to Eat Healthier at the Office*, learn what to know about your 24/7 care benefit, and understand why treating cancer starts with knowing you have it. Get introduced to *Bloom: AI Care for Women's Health*, see how the Sydney Health mobile app makes managing care easier, and find tips to stay ahead of high blood pressure. Plus, add our featured *Healthy Living Recipe* to your wellness routine.

Whether you're looking for simple everyday tips or guidance on using your benefits more effectively, this issue is packed with practical information to help you feel your best.

**Read more inside!**



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## 10 Ways to Eat Healthier at the Office

Work. It's where most of us spend the majority of our weeks. While that realization can be somewhat depressing, it also shows how your habits at work have a huge effect on your weight-loss goals. Sure, the office can be full of temptation--whether the vending machine calls your name at 3 p.m., or your boss brings in glazed donuts every Monday morning--but your workplace can actually be a place that supports your healthy lifestyle. You just have to know how to work the system. Read on for 10 ways to do just that!

### **1. Use the workday structure to work with your diet--not against it.**

The great thing about being at work on a regular schedule is that you have built-in structure for your day. While you may not know exactly what stress is coming your way, you probably know when regular meetings are held and when deadlines are approaching. So, just like you would for any other important assignment at work, get organized! Set aside time to eat a healthy snack or mindfully enjoy lunch without distractions, if possible. (Eating while you work is one surefire way to mindlessly eat out of stress!) View your planned snacks and lunchtime as any other important to-do on your list.

### **2. Find a weight-loss ally (or 20).**

We all know how important it is to have a weight-loss buddy in our social lives, and the same holds true at work. Tell your closest co-workers about your commitment to stick with a healthy diet and see if they'll join you. If you have a good relationship with your boss, why not tell him or her about your goals? Don't be shy in reminding your superiors that studies have demonstrated healthy employees are more cost-effective and productive. Before you know it, you might have everyone at your workplace changing their ways.

### **3. Pack your meals and snacks.**

Preparation is the name of the game when it comes to eating right at work. Pack a small cooler each day full of fresh fruits, vegetables, lean proteins and whole grains. It's good to bring a variety of options so that you can eat what sounds good to you at the time (this helps you from not feeling overly deprived or "stuck" with what you brought), and the extras come in handy if you have to work late. You might have to get up earlier to pack yourself a lunch and snacks, but after you start to eat better and feel better at work, you'll see that it's worth the extra time.

#### **4. Keep an emergency stash.**

For days when you forget your cooler, or find that your snack didn't quiet the hunger monster after that early-morning Spinning class, it's a good idea to have a drawer in your desk full of non-perishable, healthy snacks. Easy go-to options are protein bars, snack portions of trail mix or nuts, beef jerky, and even instant or canned soup. It's best to pick items that are healthy, but not so tasty that you keep thinking about them all day long. So choose foods you like, but don't consider a treat. Remember, this is about preparation--not feeding your sweet/salty tooth (more on that later!).

#### **5. Practice your most assertive and nicest "No, thank you."**

Almost everyone can name a food-pusher at work. Whether it's the receptionist who likes to bake or the sales rep that also helps her daughter sell Girl Scout Cookies, unhealthy temptations are part of the workplace and a part of life. If you've followed tip No. 2, hopefully this will stop some diet saboteurs from pushing food, but be prepared to politely say "No, thanks" when you don't want to eat something. Thank the person and acknowledge the effort, and then move on.

#### **6. Out of sight, out of mind.**

Research shows that it's much easier to avoid that dreaded workplace candy bowl when you can't actually see it. In a study by Brian Wansink, author of the book *Mindless Eating*, people were 70 percent more likely to eat from the candy dish at work when it was transparent versus when the jar was opaque. If you have a candy dish on your desk, either put it in a jar that you can't see through, or—better yet—get rid of it altogether. Follow this principle with all unhealthy foods at work: Close the lid on that donut box, move the plate of bagels off the conference table and into the break room (where other co-workers will quickly gobble them up), and talk an alternate route so you don't have to walk past the candy dish in reception.

#### **7. Set a calendar reminder for your H2O.**

A healthy diet isn't just about food. Did you know that even being slightly dehydrated can leave you feeling tired and sluggish? Thirst can also masquerade as hunger, making it harder for you to stick to your healthy-eating plan. To avoid this, set a reminder on your calendar to pop up every 30 minutes. Every time you hear that reminder, have a few big gulps of water so that you're properly hydrated.

#### **8. Keep a list of go-to restaurants with healthy options.**

You know how it goes. You pack a deliciously healthy meal when, all of a sudden, your biggest client wants to go out for lunch. The key is research: Write out a list of restaurants around your workplace that have healthy options (you may have to look them up online). Then, the next time you're surprised with a lunch offer, you can recommend dining at a place that has healthy food that you like.

#### **9. Make the vending machine a no-go zone.**

If you struggle with junk food or soda at work, the first step is to commit to avoiding the vending machine. (Remember, you packed healthy snacks to nosh on!) The next step is similar to tip No. 6: out of sight, out of mind. If possible, try not to walk by the vending machines at all. If you have to pass by them, don't look at them and walk quickly past them. Another idea is to set up a reward system. Give yourself a dollar (or the amount you'd usually spend) for every day that you successfully avoid the vending machine. In a few weeks, treat yourself to a fun reward like a manicure, a new book or something else you love (that's not junk food!) with the money you've saved. Before you know it, the vending machine will lose its appeal altogether.

#### **10. Indulge in your absolute favorites—and savor every bite.**

By no means should you never eat junk food or donuts at work again. When something is really calling your name, or a special event is going on, go ahead and indulge, but keep your portions in check. Savor every bite, eating slowly and fully enjoying the experience. Afterward, get right back to your usual healthy eating plan. Just don't fall into the trap of indulging at every "special event" at the office, because those days tend to come up quite often (it always seems to be somebody's birthday in an office setting!).

No matter if you follow one of these tips or all 10 of them, one thing is certain: If you work in an office and are trying to manage your weight, you have to be committed, organized and ready to stand up for your decisions to eat a nutritious diet. While it can be hard at first, don't be surprised if over time, more people start to try eating your way. Being healthy becomes contagious once others see your dedication, increased energy and great results!

# 24/7 Care: What to know about this benefit



**Did you know 60% of patients have to wait 2 weeks to see their primary physician and only 10% are able to get in to see their regular doctor the same day they need care?**

Our Teladoc Health benefit gives you access to compassionate care from U.S. board certified clinicians, anytime, anywhere. Providers are available in all 50 states and you can meet with them 24/7 by phone or video.

**The average Emergency Room care costs 10 times more than an urgent care visit for the same diagnosis.**

Teladoc Health can help you skip the trip to the ER or urgent care for non-emergency problems, avoid long wait times and save money since you can see a clinician within minutes by phone or video. Teladoc Health is here to listen, answer your questions and help you feel better faster.

## What services does Teladoc Health provide?

Teladoc Health provides healthcare for the whole you and can help you with everyday, non-emergency health needs like prescription refills, coughs, colds, UTIs, sinus, allergies and much more. Teladoc Health helps you get healthy and live healthy.

## How much does Teladoc Health cost?

Your out of pocket cost varies based on your plan. If you do have to pay, you will see your cost before you finish requesting your visit. You can pay with a credit card, prepaid debit card, HSA (health savings account), or by PayPal.

## How do I sign up?



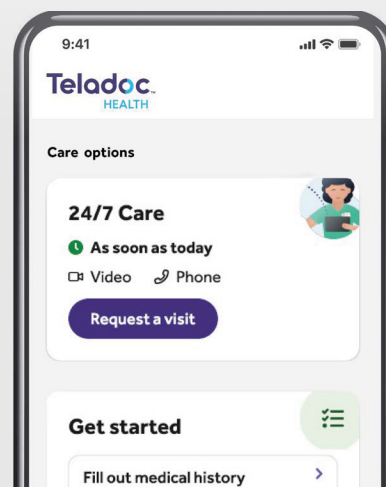
To sign up for Teladoc Health, scan the QR code to download the app, call 1-800-835-2362, or visit the website. Visits can be by phone or video and there is no time limit on how long the visit is.

## How does it work if I am traveling and not in the state I live in when I need help?

Teladoc Health is available in all 50 U.S. states, so the service can be used even if you are traveling. Some restrictions may apply.

## Can Teladoc Health providers prescribe medicine?

Yes they can when it makes sense medically. But, Teladoc Health providers do not prescribe controlled substances, drugs like Viagra and Cialis, and/or other drugs that have a higher risk of abuse. If a prescription is not needed, the Teladoc Health provider may give you instructions for managing symptoms.



Visit [TeladocHealth.com](https://www.TeladocHealth.com)

Call 1-800-835-2362

Download the Teladoc Health app  



## Treating cancer starts with knowing you have it



### **About the Galleri test**

Finding cancer early can make a difference in treatment and even survival. About 3 out of 4 new cancer cases and cancer-related deaths are due to cancers with no recommended screening tests. Ohio Conference of Teamsters is passionate about your health and have partnered with GRAIL to provide eligible members access to the Galleri® test. The Galleri test, valued at \$949, is available at \$374.50 to OCT participants and dependents who are 50 years old or older or age 40-49 with additional risk factors.

This groundbreaking test can detect a cancer signal across more than 50 types of cancer with just a simple blood draw. It screens for many cancers not commonly screened for today.

To learn more about the Galleri test, check your eligibility, and review our Important Safety Information, visit [galleri.com/OCT](https://galleri.com/OCT). The Galleri test is by prescription only.

The Galleri test does not detect a signal for all cancers and not all cancers can be detected in the blood. False positive and false negative results do occur. The Galleri test should be used in addition to healthcare provider recommended screening tests.

### **Early detection can make a difference**

The earlier cancer is diagnosed, the greater the chance of successful treatment. However, recommended cancer screenings only look for 5 types of cancer, meaning many are not found until later stages, when treatment options may be limited.

### **The good news?**

The Galleri test, valued at \$949, is available at \$374.50 to Ohio Conference of Teamsters participants and dependents who are 50 years old or older or age 40-49 with additional risk factors.

To learn more about the Galleri test, check your eligibility, and review our Important Safety Information, visit [galleri.com/OCT](https://galleri.com/OCT). The Galleri test is by prescription only.

The Galleri test should be used in addition to healthcare provider recommended screening tests. The Galleri test does not detect a signal for all cancers and not all cancers can be detected in the blood. False positive and false negative results do occur. Galleri is a screening test and does not diagnose cancer. Diagnostic testing is needed to confirm cancer.

# AI Care for Women's Health

Bloom is the only women's health solution that delivers specialist-led AI care from fertility through menopause in one program, with pricing tied to measurable outcomes.

## What is Bloom?

Bloom is the first AI women's health platform that leverages advanced technology and clinical practices to improve outcomes, lower healthcare costs and change lives. Bloom pairs Phoenix, our AI Care specialist, with a dedicated team of human specialists, giving members 24/7 access to personalized care at every stage of life.

By integrating real-time data from wearables and devices with biofeedback inputs, Bloom identifies health signals early and adjusts care in real time, ensuring every intervention is timely, proactive and effective.

## Bloom brings end-to-end support across every life stage

### Fertility and preconception

Wearables track cycle, stress, temperature and sleep quality to optimize natural fertility (available soon).

### Pregnancy

Guided strength and mobility sessions adapt each trimester to maintain physical wellbeing (available soon).

### Postpartum

Pelvic floor recovery, core strength exercises, and breastfeeding guidance to support postpartum recovery (coming later in 2026).

### Menopause and midlife

Movement, mindfulness, pelvic support, and hormone therapy coordination to manage the full scope of menopause symptoms (available, hormone therapy integration coming later in 2026).

### Persistent pelvic conditions

Movement, nutrition, and targeted pelvic exercises to address the symptoms of endometriosis, chronic pelvic pain, urgency and bladder leaks (available).



## Why Bloom?

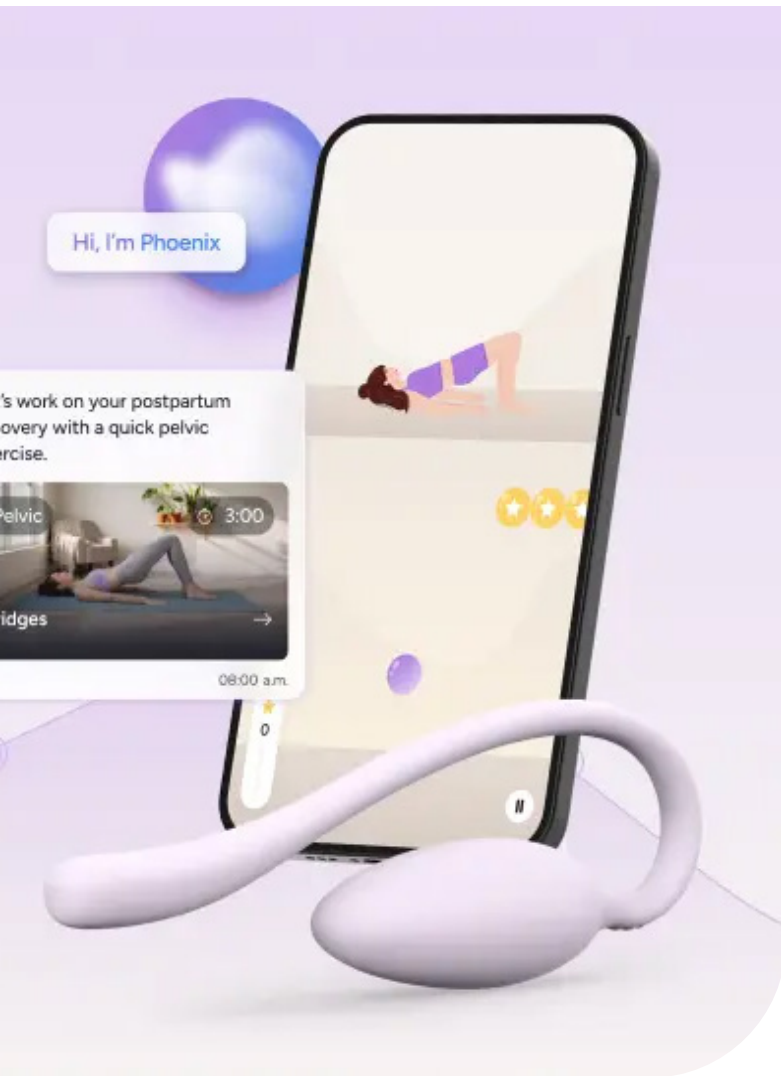
Traditional women's care is fragmented across specialists who address symptoms in isolation with no shared history, no continuity and no accountability for long-term outcomes. Bloom integrates evidence-based care, AI and real-time data into one continuous program delivering comprehensive care at each life stage.

### Existing solutions

- Multiple disconnected specialists and solutions
- Appointment-based care
- Interventions after symptoms escalate

### Bloom

- Single, integrated platform across every life stage
- Instant care with 24/7 guidance
- Continuous, proactive interventions



## How does Bloom work?

### 1. Enroll in minutes

Members get care instantly, avoiding long waits, with a fast enrollment process and 24/7 AI support.

### 2. Get paired with a dedicated specialist

Each member is directly paired with a Women's Health Specialist (who hold NP or DPT degrees) for continuous 1:1 guidance.

### 3. Engage in a personalized, whole-body program

Every program integrates mobility and strength exercises, pelvic health sessions, mindfulness, behavioral strategies and nutritional guidance, into one cohesive experience.

### 4. Optimize recovery with real-time biometrics

Biofeedback devices ensure exercise accuracy and wearable-enabled integrations allow care to continuously adapt, enabling a truly personalized and proactive care journey.

### 5. Achieve clinically-validated outcomes

Our outcomes-first model ensures every session drives toward sustainable recovery and measurable cost-avoidance.



## BLOOM PROVEN RESULTS

+150k women supported

+500 enterprise clients

3.6x gross ROI externally validated

81% of members report feeling better or much better

# The Sydney Health mobile app makes healthcare easier



Access personalized health and wellness information wherever you are

Use SydneySM Health to keep track of your health and benefits — all in one place. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you.

## Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you, such as gender, languages spoken, or location. You'll be matched with the best results based on your personal needs.

## My Health Dashboard

Use My Health Dashboard to find news on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals. It also offers a customized experience just for you, such as syncing your fitness tracker and scanning and tracking your meals.

## Chat

If you have questions about your benefits or need information, Sydney Health can help you quickly find what you're looking for and connect you to an Anthem representative.

## Community Resources

This resource center helps you connect with organizations offering no-cost and reduced-cost programs to help with challenges such as food, transportation, and child care.

## My Health Records

See a full picture of your family's health in one secure place. Use a single profile to view, download, and share information such as health histories and electronic medical records directly from your smartphone or computer.

## ¿Prefieres obtener información en español?

Tienes opciones. Si tu teléfono móvil ya está configurado en español, la aplicación Sydney Health también estará en español. Si no es así, selecciona el menú dentro de la aplicación Sydney Health y elige el idioma de la aplicación. También puedes visitar [anthem.com/es](https://www.anthem.com/es).

## Download the Sydney Health app today

Use the app anytime to:

- Find care and compare costs.
- See what's covered and check claims.
- View and use digital ID cards.
- Check your plan progress.



Scan the QR code to download the Sydney Health app.





## Stay ahead of high blood pressure.

**Nearly 1 in 2 U.S. adults have high blood pressure, and most don't even know it.**

Ohio Conference of Teamsters & Industry Health & Welfare Fund has partnered with Hello Heart to help you track your heart health numbers easily and stay ahead of potential risks.

Free blood pressure and heart rate monitor

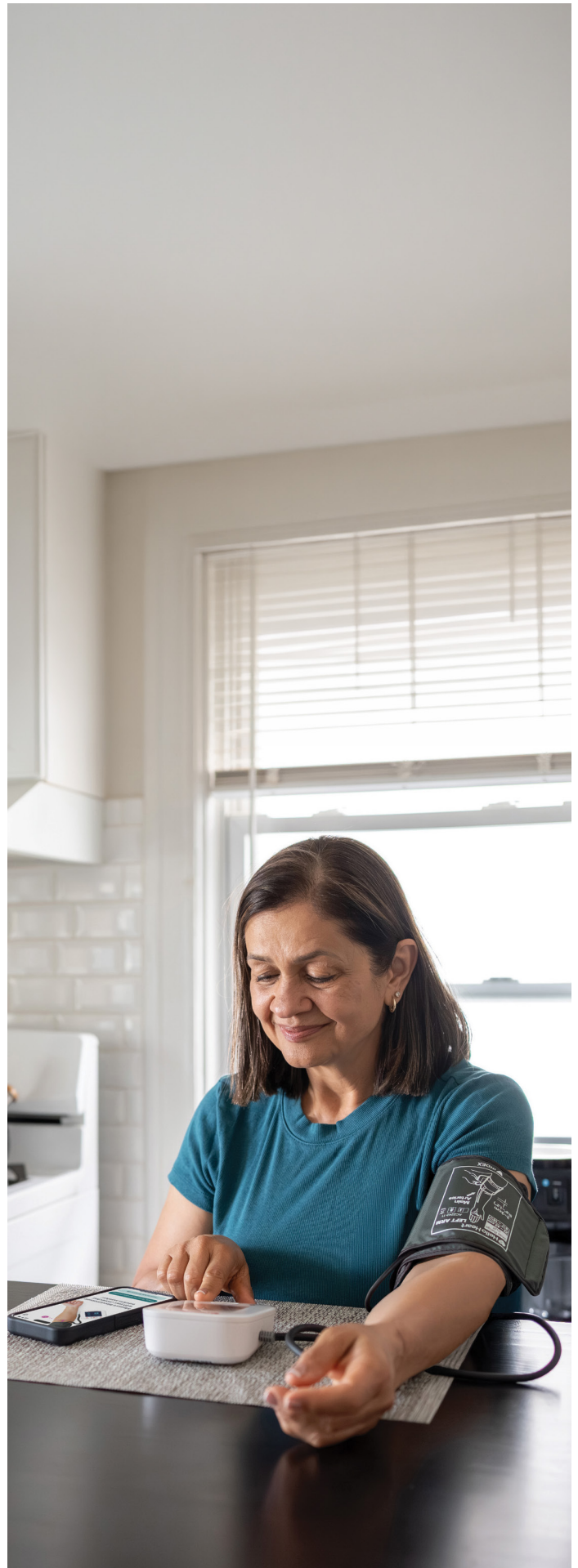
- ✓ Heart health tracking app
- ✓ Activity, medication, & cholesterol tracking
- ✓ Detailed reports to share with your doctor
- ✓ Personalized feedback & digital coaching
- ✓ Fully covered by your benefits plan

***It's quick & easy to get started.***



**Scan the QR code**

or visit [join.helloheart.com](https://join.helloheart.com) and enter Ohio Conference of Teamsters & Industry Health & Welfare Fund.





## HEALTHY LIVING RECIPE: Banana Oatmeal Cookies

### Nutritional Info

Servings Per Recipe: 1  
Amount Per Serving  
Calories: 66.8  
Total Fat: 2.5 g  
Cholesterol: 4.0 mg  
Sodium: 55.5 mg  
Total Carbs: 12.2 g  
Dietary Fiber: 0.5 g  
Protein: 1.1 g

### INTRODUCTION

Banana and oatmeal are a perfect pair in these not-too-sweet treats.

### INGREDIENTS

Canola oil spray  
3/4 cup whole wheat flour  
1/4 tsp. salt  
1/4 tsp. baking soda  
1/2 tsp. ground cinnamon  
1 cup quick-cooking oats (not instant)  
1/3 cup raisins  
1/4 cup chopped walnuts  
1 large egg white  
3 Tbsp. butter (preferably unsalted), cut in 1/2-inch pieces  
1/2 cup (packed) dark brown sugar  
1 small banana, cut in 1-inch pieces  
1 tsp. vanilla extract

**Number of Servings: 24**

**Minutes to Prepare: 5**

**Minutes to Cook: 8**

### DIRECTIONS

1. Set baking racks in top and lower thirds of the oven. Preheat oven to 400 degrees. Coat 2 baking pans or cookie sheets with oil spray.
2. Whisk together flour, salt, baking soda, cinnamon and allspice in a mixing bowl. Mix in oats, raisins and nuts.
3. In a blender on medium speed, mix egg white, butter and sugar until smooth. Blend in banana and vanilla until mixture is smooth. Pour banana mixture into bowl with dry ingredients, mixing with spatula until well combined. Batter will be fairly stiff.
4. Drop batter by walnut-size spoonfuls onto prepared baking sheets, spacing cookies at least 2 inches apart. Flatten them slightly with the back of a wet spoon, wetting spoon frequently between cookies, to make 2-inch cookies.
5. Bake 10 minutes. Switch position of pans in oven. Bake an additional 5 to 8 minutes or until cookies are golden brown and almost firm in the center when pressed with a finger. Transfer cookies to a baking rack and cool. Stored in airtight container, these cookies keep up to 1 week.