

healthy choices



live well. be well.

# 2023

## FITNESS TRENDS

Fitness is always evolving and there are always new trends on the horizon. Here are the top 3 fitness trends that are most likely to take off in 2023:

### 1 ▶ Virtual Reality Workouts

Virtual reality is becoming increasingly popular and it's only natural that it would make its way into the fitness world. Virtual reality workouts would allow people to immerse themselves in their workouts and make them more fun and engaging. VR can be used for a variety of different workouts, from cardio to strength training.



### 2 ▶ Group Fitness Classes


Group fitness classes are already popular, but they're likely to become even more so in the future. People enjoy working out with others and it motivates them to push themselves harder.



### 3 ▶ Wearable Technology

Wearable technology is a great addition to your workouts, and there is a variety of devices you can choose from depending on your needs.

- Smartwatches
- Fitness Tracker
- Smart Clothing



Delta Dental will provide  
UFCW Local 655 Welfare  
Fund members and their  
families with dental  
benefits effective  
January 1, 2023.

**Delta Dental understands the importance of oral and overall health which is why they are committed to providing superior care and service.**

## Access to the nation's largest network

With the largest dental network in the nation, it is easy to find a Delta Dental dentist nearby. You have the freedom to choose any dental provider with added benefits and savings when you choose a provider in the Delta Dental PPO™ and Delta Dental Premier® networks. To find a current listing of Delta Dental dentist locations, visit [DeltaDentalMO.com](http://DeltaDentalMO.com), select "Find a Provider" and click "Find a Dentist."

## Take advantage of your dental benefits

You also have access to a suite of helpful member tools and resources. Effective Jan. 1, 2023, you will need to register your member portal at [DeltaDentalMO.com/Members/Register](http://DeltaDentalMO.com/Members/Register) where you can view your claims, print or request a new ID card, and review coverage details. Additional tools such as the Find a Dentist and Cost Estimator tools can be easily accessed through your personalized microsite or the Delta Dental mobile app.

## Attention Please!

Delta Dental will be mailing you a welcome letter with your ID cards attached. You can also access your ID card through your member portal and on the Delta Dental mobile app after your effective date of Jan. 1, 2023.

**Delta Dental is a recognized leader in customer service. For questions relating to your member benefits call 800-335-8266 or email [service@deltadentalmo.com](mailto:service@deltadentalmo.com) to get in touch.**



Scan the QR code to access your Delta Dental microsite:  
<https://microsite.deltadentalmo.com/ufcw655>

