

## Directory Assistance

If you have any questions about the Plan or the benefits available to you, call the Administrative Office at **855-617-2478**.

### WHO ARE YOU TRYING TO REACH?

<b>Administrative Office (BeneSys)</b>	staff@ibew-west.com 855-617-2478
<b>PacifiCorp Employee Benefits Department</b>	benefits.services@pacifcorp.com pacifcorpactive.hr@pacifcorp.com
<b>Cigna – OAP and Behavioral Health Services</b>	mycigna.com Employer ID: westernutilities
<b>Sav-Rx – Prescription Services</b>	savrx.com 866-233-IBEW
<b>MDLIVE</b>	mycigna.com 888-726-3171
<b>Cigna – Employee Assistance Program</b>	877-622-4327
<b>Talkspace (counseling via text, voice, or video)</b>	mycigna.com 877-622-4327 Employer ID: westernutilities
<b>HealthEquity – Health Savings Account</b>	healthequity.com
<b>Kaiser – HMO Network</b>	kp.org
<b>Delta Dental</b>	deltadentalins.com 800-521-2651



For the most up-to-date benefits information, scan the QR code, or visit the Online Learning Library at [onlinelearninglibrary.com/ibew-west](https://onlinelearninglibrary.com/ibew-west).

The information provided in this *Staying Connected* newsletter is of a general nature only and does not replace or alter the official rules and policies contained in the official plan documents that legally govern the terms and operation of the plans. If this newsletter differs in any way from the official plan documents, the official plan documents always govern. Receipt of this newsletter does not guarantee benefits eligibility.



## IBEW/Western Utilities Health & Welfare Trust Fund

BeneSys Administrators  
P.O. Box 215  
San Ramon, CA 94583

### What's New in the Learning Library

Don't miss the Q&A corner we've posted at [onlinelearninglibrary.com/ibew-west](https://onlinelearninglibrary.com/ibew-west). And while you're there, see what you may be missing when it comes to getting the most from your IBEW benefits.

**STAYING CONNECTED** IBEW/Western Utilities Health & Welfare Trust Fund **FALL 2024**



# 6 Reasons to Get a Dental Cleaning

1. Prevent cavities
2. Stop tooth loss
3. Brighten your smile
4. Freshen your breath
5. Boost your overall health
6. Save money

# Your Mouth Says a Lot About Your Health

It's not what comes out of your mouth, but what's inside it that can tell a powerful story about you. Your oral health provides insight into your total well-being, and the state of your teeth and gums plays a starring role in your overall health. Both are key reasons not to skip the twice-a-year dental exams that your dental plan covers.

When your dentist looks into your mouth during your checkups, they're checking to see if you've been maintaining good oral hygiene, and they're looking for signs of other health issues that you could be unaware of.

## Brush and Floss Regularly, and Don't Skip Exams!

The American Dental Association recommends that you have a cleaning and exam twice a year. If any of the following risk factors apply to you, you may need to visit your dentist more frequently: diabetes, smoking, weak immune system, cavity-prone, pregnancy, gum disease.

Keeping your pearly whites clean and shiny goes beyond vanity; brushing and flossing is another way to keep the whole you healthy. That's because the bacteria that your mouth is full of can make its way to the rest of your body. Although most bacteria is healthy, some isn't. Since your mouth is the gateway to your nose, lungs, heart, and gut, unhealthy bacteria can travel and cause disease.

When your teeth and gums are healthy, you stand a better chance of being healthier all around. When they aren't, you're at risk for certain health conditions that have been linked to poor oral health. These include endocarditis (infection of the inner lining of your heart chamber or valves), heart disease, clogged arteries, stroke, pregnancy and birth complications, and pneumonia.

## Other Risks to Be Aware Of

Other things, like medications and chronic disease, can also play a role in your oral health. Some medications, like antihistamines, decongestants, painkillers, antidepressants, and diuretics, reduce the flow of saliva that helps wash away food and neutralize the acids produced by bacteria. Less saliva can put you at risk for disease. And some diseases—notably diabetes and osteoporosis—lower your resistance to infection, which can make oral health problems even worse.

**Don't delay. Schedule your dental checkup today!**

To find a network dentist near you, visit [deltadentalins.com](http://deltadentalins.com), or call 800-521-2651.



## Q & A CORNER



*got another question?*

**Q** • When I was diagnosed with diabetes, my doctor made a point of telling me to make sure I take care of my teeth. What's the connection between my diabetes and my teeth?

**A** • Diabetes can have serious consequences for your dental health. The higher your blood sugar (glucose levels), the higher the level of sugar in your saliva, which can lead to decay. Diabetics are also more likely to develop gum disease. See your dentist if you notice any of these warning signs:

- Red, tender, or swollen gums
- Bleeding gums
- Gums that separate from surrounding teeth
- Chronic bad breath or a bad taste in your mouth
- Teeth that are loose or separating from each other