

# In Sound Health

Your Source for How to LiveWell

**Healthy habits** are formed with one small change at a time. A LiveWell Health or Lifestyle Coach can help you get started!  
**See page 7 to find out how.**

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## HEALTHY HABITS ISSUE

March 2013

A healthy lifestyle is made up of many small daily habits: drinking enough water, getting enough sleep, eating a wholesome balanced diet, being active, taking some time to unwind alone or with family, taking your prescribed vitamins and medications, and other things. In this issue we explore ways to make manageable changes, like packing your lunch or creating a better sleep environment, which can have positive effects on our health.

We also take a look at understanding your benefits eligibility, knowing when and where to review online the health related actions you may have completed that count towards your Health Reimbursement Arrangement funding, and how the Trust can help you get healthy, stay healthy and live well.

## THE TRUST HELPS YOU TAKE CARE OF YOURSELF SUPPORTING YOUR HEALTH CHOICES

Wellness doesn't just happen; it comes about through a lifelong practice of taking care of ourselves. We do this by making sure we're getting enough sleep, eating right, creating a support network of family and friends, staying current with our check ups and medications, and in many other ways. The path to wellness is different for each individual, but it starts with being engaged in your own health and health care.

At the Sound Health & Wellness Trust, we believe health care is not just for when you're sick or injured. It's for keeping you healthy, and helping you take care of yourself every day. This is why we offer no-cost wellness programs, incentives such as funding for your Health Reimbursement Arrangement that can pay for certain eligible medical expenses, and coverage that goes beyond conventional health plans.

Each year we ask you to do a few simple things to help you stay engaged in your health. We'll ask you to participate

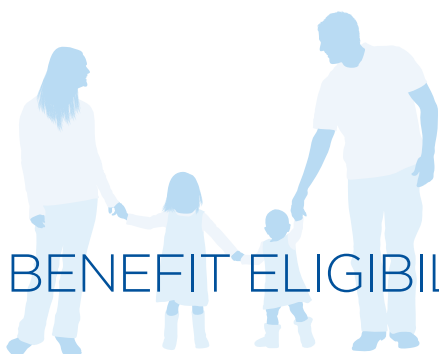
in certain health actions, keep your contact information up to date, to choose a primary care physician and complete a health assessment.

Based on your answers to your annual health assessment, independent coaching professionals may contact you by phone or mail to suggest you participate in certain wellness programs that could benefit you. The programs are confidential, are offered at no cost, and you have no obligation to participate.

The Trust is committed to being your partner in health and providing you with the support you need to live a happy and healthier life.

If you received a call to join a wellness program offered by the Trust, but have not yet enrolled, please visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) to learn more about the LiveWell wellness program. Or turn to [page 7](#) for contact information.





## BENEFIT ELIGIBILITY TIMELINE

### Q I Started Work for a Grocery Store a Few Months Ago. When Do Benefits Start for Me and My Family?

A Understanding how you earn benefit eligibility for you and your family, as a new grocery store employee can be confusing. Here's a quick list of when you and your family become eligible for benefits.

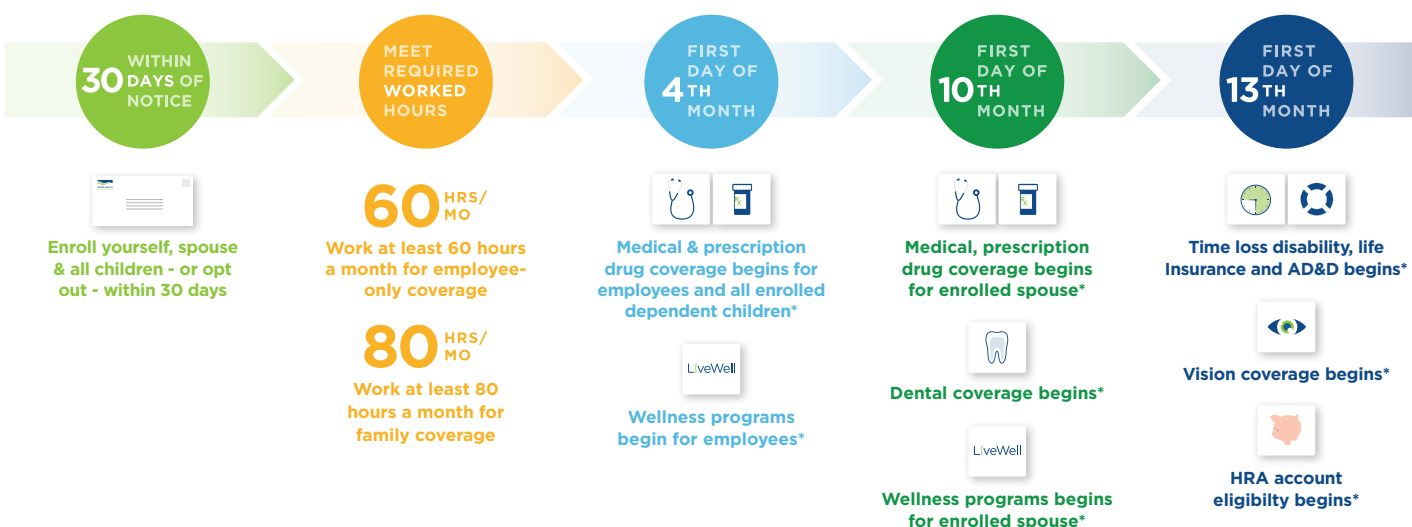
All eligibility for benefits depends on the enrollment form you completed, who you have enrolled, and **meeting the required number of worked hours** each month. To be eligible you will have to work at least 60 hours a month for employee only coverage or 80 or more

hours for family coverage. If you meet this requirement then here is how your benefits will become available:

- ➔ On the first day of the **4th month that you have worked**, medical and prescription drug coverage begins for employees and all enrolled dependent children. The LiveWell wellness program also begins for the employee.
- ➔ On the first day of the **10th month that you have worked**, medical and prescription drug coverage as well as wellness programs begin for your enrolled spouse. Dental coverage starts for your entire enrolled family.

- ➔ On the first day of the **13th month that you have worked**, weekly time loss disability begins for the employee, life and AD&D insurance begins, vision coverage starts for your entire enrolled family and your Health Reimbursement Arrangement (HRA) eligibility begins.

*Please refer to your Summary Plan Description booklet for a full explanation of the enrollment and eligibility rules of the Plan.*



*\*If required work hours are met.*

## YOUR HEALTH BENEFITS COMMON QUESTIONS FROM PLAN PARTICIPANTS:

### Q How Do I Know That I'm Getting Credit for the HRA Funding Actions That I Have Completed?

A When you complete a health related action that counts toward your Health Reimbursement Arrangement (HRA) funding, it can take up to a few months for that action to be posted to your online account. The reason for this is that some actions, such as a physical, require a health claim to be filed by your provider at the time of your visit. Your doctor must submit the claim for benefit payment first, and then the benefit payment has to be made to the provider before it is posted to your account. Depending on how quickly your provider submits the claim, it can take a few months to post.

- ➔ To see what eligible health related actions have been posted to your secure online account, log in to [www.soundhealthwellness.com](http://www.soundhealthwellness.com) and click on "My Health Related Actions" on the left side. Check back periodically for updates to your account.

- ➔ For more information on what health related actions count towards HRA funding, go to [www.soundhealthwellness.com](http://www.soundhealthwellness.com) and select "Health Reimbursement Arrangement (HRA)" under Benefits.

*Remember, your 2014 annual HRA funding will be posted in early January 2014 as long as you are HRA eligible in that month.*



## DINING OUT DOS & DON'TS

### EATING OUT WITHOUT BLOWING YOUR CALORIE BUDGET

Some people trying to lose weight steer clear of restaurants to avoid the large portion sizes, bottomless bread baskets and all those hidden high-calorie entries. But shunning restaurants altogether isn't a realistic approach to weight loss — and it's unnecessary.

You can eat out and lose weight. Start with this list of tips to help you navigate the menu options at your favorite fast-food joints and sit-down restaurants.

#### 1 Set a calorie budget.

Determine how much you're willing to eat before you go. If you can, give yourself some leeway by scheduling some exercise on or near days you plan to eat out. Be flexible, you can loosen up a bit on special occasions, as long as you eat carefully most of the time.

#### 2 Create some rules.

Decide on some guidelines for yourself before you go to a restaurant, and stick to them. For instance: Take one piece of bread if you want, but then ask that the basket be removed or moved away from you. Choose to skip the all-inclusive (prix fixe) menu and opt for an à la carte selection.

#### 3 Make special requests.

Don't be shy. You're paying good money for that meal, so you're entitled to make special requests or slight modifications: *Can I have that without butter? Grilled? With the sauce on the side? I'd like a salad instead of fries.*

#### 4 Practice portion control.

Some restaurant portions can be two to four times the "normal" size. Keep your portions in check by ordering a salad as a starter and then splitting a main entrée. At a fast-food restaurant, just say no to the super-sized meal.

#### 5 Ask questions.

If you don't know what a preparation term means, ask. In general the following words translate into high-fat, high-calorie dishes: Au gratin, scalloped, hollandaise, Parmigiana, scampi, Bolognese.

#### 6 Watch out for extras.

The average burger with ketchup, lettuce and tomato isn't so bad. But one with "the works" is usually a caloric nightmare. The same goes for salad; avoid piling on the calories with heavy dressings, croutons and cheese.

#### 7 Don't drink away your progress.

A drink with dinner is fine, but too many may wreak havoc on your resolve. Keep your appetite under control by drinking a large glass of water before every alcoholic beverage and don't drink alcoholic beverages on an empty stomach.

#### 8 Resign from the "clean plate club."

You paid for it so you have to eat it, right? Wrong. Stop eating when you are full, request a to-go box right away and put it out of sight, or ask for your plate to be removed.

#### 9 Slow down.

A habit of many healthy weight people is that they eat slowly. It takes at least 20 minutes for your body to recognize that it's full.

*Source: Excerpted from an article by Leslie Fink, MS, RD for Weight Watchers\**

## PERSONALIZED SUPPORT



**Participants diagnosed with certain chronic conditions can get support at no cost, to help manage their health and live a happy and healthier life.**

Turn to **page 7** to find out more.



Look for the This Counts icon throughout the year to see what counts toward up to \$150 in 2014 HRA funding.

**HEALTH TIP:** Packing your lunch saves you money and calories.

When you prepare dinner, especially on weekends, make extra and refrigerate or freeze to use for another dinner or lunch. You'll have healthy meals all week long that are ready-to-go when you are.



## LEMON-AND-HERB-MARINATED GRILLED CHICKEN BREASTS

In this recipe you will make a lot at once, but without a lot of effort.

- 1/4** cup minced rosemary leaves
- 1/4** Tbsp minced garlic
- 3** Tbsp white wine vinegar
- 2** Tbsp chopped pre-minced jarred garlic (or 6 medium garlic cloves, minced)
- 1 1/2** Tbsp minced lemon zest
- 2** tsp salt
- 1** tsp freshly ground black pepper
- 16** 4-oz (to total, 4 lbs) boneless skinless chicken breasts

In a large bowl, combine rosemary, oregano, vinegar, garlic, lemon zest, salt and pepper. Add chicken breasts. Mix thoroughly with two wooden spoons, turning chicken until it's completely coated with herbs and other ingredients. Cover bowl with plastic wrap and refrigerate for 6 hours.

Prepare a grill for high-heat cooking — or spray a large grill pan with cooking spray and heat it over medium-high heat. Cook breasts on grill rack directly over heat for 6 minutes, turning once after 3 minutes. Or cook them in grill pan in batches for about 7 minutes, turning once.

Place any leftover chicken breasts on a large platter, cover with plastic wrap, and refrigerate for up to 3 days, or freeze.

**Makes 16 servings.** Serving size is 1 boneless skinless chicken breast. PointsPlus® values is 3 per serving.

Source: Bruce Weinstein and Mark Scarbrough for Weight Watchers®

BE WELL

## ARE YOU GETTING ENOUGH? TIPS FOR MAKING WATER PART OF YOUR ROUTINE

Many people don't drink the suggested eight glasses every day, but most know that water is good for you in a lot of ways. Water helps us maintain our balance of fluids and stay hydrated; it helps us control our caloric intake; it energizes our muscles; it keeps our skin looking healthy; it flushes our kidneys of toxins; and keeps us regular. Here are five tips to make getting enough water part of your daily routine:

- 1 Make it a habit:** Have a glass when you get up in the morning and when you come home from work.
- 2 Make it part of your meal:** Have a water-based beverage with every snack and meal.
- 3 Make sure you like it:** Choose water-based beverages that you enjoy as you're likely to drink more if you like the taste
- 4 Make it part of your healthy diet:** Eat more fruits and vegetables. The high water content will add to your hydration. About 20% of our fluid intake comes from foods.
- 5 Make it easy:** Keep a bottle of water with you in your car, at work, or in your bag.

Source: [www.WebMD.com](http://www.WebMD.com)



### WHAT MAKES US HEALTHY



### WHAT WE SPEND ON BEING HEALTHY



VS.

Source: The Bipartisan Policy Center. [www.bipartisanpolicy.org](http://www.bipartisanpolicy.org)

## BE SMART ABOUT SLEEP

### SMALL CHANGES CAN HAVE A BIG EFFECT

All living creatures have an internal clock, or “circadian rhythm,” which guides our 24-hour cycle of activity and sleep affected by the change from light to dark. A part of the brain called the hypothalamus manages the circadian rhythm by processing information (like when your eyes detect light) and creating sleep patterns. This sleep-wake cycle gives you the cue to go to sleep.

If you have trouble sleeping, or insomnia, slightly adjusting your routine and habits may help.



#### Sleep is Extremely Important

Sleep is good for us in a lot of ways: we make better decisions, eat less, recover quicker from stress, increase memory retention, keep depression at bay, and increase immunity. Sleep can even positively affect chronic conditions like diabetes.



#### A Common Sleep Mistake

You might think having a glass of wine before bed will help you sleep better, but this notion is only half right. Alcohol may make it easier for you to fall asleep, but your sleep will probably be lighter than usual — causing you to wake up in the middle of the night.

#### Strategies for Better Sleep

Most adults need about seven to eight hours of sleep each night. But if you're depressed, sick, or just plain stressed, getting a good night's sleep can be hard to come by. With these strategies, you'll stop tossing and turning and be on your way to dreamland:

- ➔ **Create a tranquil space.** Keep the lights low an hour or more before bedtime, stay away from bright computers and noisy televisions, and make sure the temperature is cool.
- ➔ **Keep a routine.** Try to stick to the same bedtime and wake-up time every day — this includes holidays, weekends, and vacations if possible.
- ➔ **Slow it down.** Establish an hour or more of quiet time before bed. Try picking up a book, listening to calming music, taking a warm bath, meditating, or writing in a journal. This will allow your body to relax after a hectic day and put you in the mood for sleep.

➔ **Make sleep a priority.** Allow seven to nine hours in bed as much as possible — even getting an extra 30 minutes per night can help, says Phyllis C. Zee, MD, PhD, professor of neurology and director of the Sleep Disorders Center at the Northwestern University Feinberg School of Medicine in Chicago.

➔ **Work out early.** Staying active can lower stress and provide feelings of relaxation, which will help you sleep better. Exercise regularly but keep workouts at least three hours before bedtime.

➔ **Sleep (don't work) in your bedroom.** Do not turn your bedroom into your office — this room should be reserved for sleep and time with your partner.

*Source: From an article by Clare Kittredge, Medically reviewed by Christine Wilmsen Craig, MD for [www.everydayhealth.com](http://www.everydayhealth.com)*



## IN YOUR WORDS

Diane Carlson has been a Trust participant for 20 years, working at Safeway and now Fred Meyer. Motivated to lose weight after seeing vacation photos of herself, she joined Weight Watchers® through the Trust and not only lost weight, but saved money.

#### What motivated you to enroll?

In the fall of 2000, after seeing a photograph of myself on vacation that summer, I decided then and there that I needed help to lose weight. In the past, I had unsuccessfully tried to eat smaller portions, but I was never very focused or consistent. I needed a plan, a guideline. I joined Weight Watchers that fall, and it was the best, most positive thing that I had ever done for myself!

#### How did you hear about the program?

I chose Weight Watchers because two of my co-workers had lost a lot of weight on the plan, and that inspired me to join. I attend the weekly meeting held in Monroe, just two miles from my house, and look forward to them! At the meeting everyone weighs in and shares their successes or failures and strategies to stay on track. We also received new healthy recipes each week.

#### What helped keep you motivated?

The best part of the plan is that you do not have to buy any specific, expensive pre-packaged foods. You simply learn an easy system for determining correct food portions and calculating the number of calories you can eat on a daily basis in order to lose weight. I lost an average of 2 pounds per week, shedding 30 pounds total. I felt great, had way more energy, and went out and bought new, smaller-sized clothes! I have kept off the weight because I learned how to eat healthier foods and smaller portions. I love the program because it is easy, and it works.

#### Any advice for others considering Weight Watchers®?

If I could say one thing about the program it would simply be that it works! Also, I was happy to hear that the Trust has a special price for participants. The regular Monthly Pass price was \$19.95 for the first month, and then \$39.95 after that, but with the Trust reimbursement, I only paid \$9.98 and then \$19.98 for the next 8 months. It was a great deal!



## TRUST SPONSORED WELLNESS PROGRAMS

Trust participant Sue Sleighter found success through attending weekly Weight Watchers® meetings



The confidential LiveWell wellness programs are available to all eligible Sound Health & Wellness Trust participants and your eligible spouse, 18 years of age and older. The LiveWell programs are a revolutionary benefit that gives you and your family direct access to the medical expertise, information and personalized support you need to make better health decisions and enjoy a healthier, happier life.

**Nurse Line for PPO & Retiree:**  
(877) 362-9969 Option 1

**Consulting Nurse helpline for GHO:**  
(800) 297-6877

Call the nurse line 24 hours a day, 7 days a week. A knowledgeable registered nurse will help you find the information you need to make informed health decisions, navigate the healthcare system, get guidance about medical procedures, and find a healthcare provider.

**Health Coaching for PPO & Retiree:**  
(877) 362-9969 Option 3

**Lifestyle Coaching for GHO:**  
(800) 816-3306

Health Coaching for PPO and Retiree plan participants, and Lifestyle Coaching for Group Health Options plan participants, are phone-based health education programs designed to help you set and meet goals to improve your health and wellbeing. You will receive information, telephone support, and encouragement as you work toward your goals with exercise, nutrition and stress.

**Quit For Life® for PPO, GHO & Retiree:**  
(877) 362-9969 Option 4

Quit For Life is a tobacco cessation program, where participants work one-on-one over the phone with Quit Coaches®. You will receive personalized guidance, support, encouragement and useful resources to help you stay on track. You could even qualify for no-cost nicotine patches or gum.

**Weight Watchers® PPO, GHO & Retiree:**  
(800) 767-5154

With Weight Watchers you'll learn how to eat right and live healthy. You have the choice of attending in-person meetings or managing your weight loss online. With either option, you'll pay just half of the Trust's special price, and you could get up to nine months at no cost.

**LiveWell Fit for PPO, GHO & Retiree:**  
(800) 225-7620 Option 2, then 5

Walk, run, bike, or stroll with LiveWell Fit. The Trust wants to support you as you participate in selected local exercise events by reimbursing participants and their eligible family members in one event per season. Go online for a complete listing of this season's events.

**Condition Management for PPO & Retiree:**  
(877) 362-9969 Option 2

Custom-tailored condition management services are available for participants who have been diagnosed with conditions such as asthma, COPD, heart disease and diabetes. You'll receive information in the mail or work one-on-one with a personal nurse advocate to improve both your health and your quality of life.

**Chronic Conditions Workshops for GHO:**  
(800) 992-2279

The *Living Well with Chronic Conditions* program is a series of workshops that provide proven benefits for people living with one or more chronic conditions. The program increases confidence in managing chronic conditions, improves health status, and reduces healthcare use and costs.

Visit [soundhealthwellness.com](http://soundhealthwellness.com) to find out more about these programs and the many other LiveWell wellness programs and benefits, such as:

- Personal Health Assessment (PHA) and Health Profile
- Prevention @ 100%
- Tier O Prescriptions
- Health Reimbursement Arrangement (HRA)

**LiveWell**  
A PROGRAM OF THE SOUND  
HEALTH & WELLNESS TRUST

## YOUR PRIVACY IS IMPORTANT

Your health information is completely confidential, protected by federal law, and cannot be shared with the Trustees, your union or your employer without your permission.

All LiveWell wellness programs are provided and managed by independent service providers contracted by the Trust. The information on your health status and conditions, your medical

and prescription drug claims, and the information you may provide when participating is only used to offer you programs that could help you meet your health and wellness goals.

**By law, your health information cannot be used to determine or deny health care coverage.**



**SOUND HEALTH  
& WELLNESS TRUST**

201 Queen Anne Ave. N. #100  
Seattle, WA 98109

This newsletter provides a general overview of plan benefits. Please refer to your Plan Booklet for specifics about covered expenses as well as exclusions and limitations. The information in this publication is meant to complement the advice of your healthcare providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

**GET  
INVOLVED**

## SPRING INTO ACTION!

Spring in the Pacific Northwest is the perfect time to take up a run, walk or biking goal. It may still be crisp outside but once you get moving that mild cool air is invigorating and keeps you from overheating. With some practice now you'll be ready to take on bigger and longer routines by summer.

With LiveWell Fit the Trust will reimburse participants and covered family members' registration fees in one event per season. Once registered for an event, call the Trust office at least one week before the event at (800) 225-7620 option 2 then option 5 to let us know. Please have your health plan ID card handy when you call. For more information, or to view a full list of this season's events, visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com). Select your plan (PPO or GHO), click on "LiveWell Programs" and select "LiveWell Fit" - the list is about half way down the page.

## LiveWell Fit Calendar

DATE	CITY	EVENT NAME & DESCRIPTION	REIMBURSEMENT
<b>APRIL / SPRING SEASON</b>			
4/6	Burlington	Skagit Valley Tulip Run - 5 or 2 mi run/walk	\$13
4/13	Oak Harbor	Whidbey Island 5k - 3.1 mi walk/run	\$25
4/14	Oak Harbor	Whidbey Island Marathon - 26.2 or 13.1 mi run	\$80-\$100
4/19	Seattle	Beat the Bridge - 8K run & wheelchair race, 4 mi walk, 1 mi run	\$25
4/20	La Conner	Tulip Pedal - 20, 40, or 60-mi bike ride	\$30
4/21	Renton	Seahawks 12k - 7.46 mi run or 3.1 mi walk/run	\$25-\$45
4/27	Tukwila	Healthy Earth, Healthy You 5k - 3.1 mi walk/run	\$20
4/28	Everett	Heroes Half Marathon & 10K - 13.1 or 6.2 mi walk/run	\$25-\$75
<b>MAY / SPRING SEASON</b>			
5/4	Snoqualmie	Cinco de Mayo Half Marathon & 8k - 13.1 or 4.96 mi run/walk	\$27-\$70
5/5	Tacoma	Tacoma City Marathon - 26.2, 13.1, 13.1 relay, 3.1 mi run/walk	\$20-\$120
5/11	Mukilteo	Inspiring Hope - 6.2 mi run or 3.1 mi walk/run	\$30-\$35
5/11	Burlington	Spring Classic Bike Ride - 25, 45, 62 & 100 mi bike rides	\$35-\$40
5/11	Seattle	Free Them 5k - 3.1 mi walk/run	\$20-\$30
5/12	Kirkland	Kirkland half marathon - Half marathon run/walk or 5K run/walk	\$30-\$65
5/18	Arlington	Walk & Roll - 6.2 or 3.1 mi walk/run	\$20-\$25
5/19	Olympia	Capital City Marathon - 26.2, 13.1, 5 mi run or kids run	\$10 - \$90
5/19	Port Townsend	Rhody Run - 7.46 mi walk/run	\$10-\$30
<b>JUNE / SPRING SEASON</b>			
6/2	Port Angeles	North Olympic Discovery Marathon - 26.2, 13.1, 6.2 or 3.1 mi walk/run	\$10-\$130
6/2	Shelton	Tour de Mason Lake - 20, 23, 44 mi bike ride	\$25
6/2	Seattle	Susan G. Komen for the Cure - 3.1 mi walk/run, 1 mi walk	\$15-\$40
6/8	Tacoma	Sound to Narrows - 7.44 or 3.1 mi walk/run	\$35
6/15	Woodinville	Cottage Lake Tri & Tri again & Kids Tri - Triathlon: 400 yard swim, 9 mi bike, 1.6 mi run	\$65
6/22	Long Beach	Beach to Chowder Run/Walk - 6.2 or 3.1 mi walk/run	\$20
6/22	Seattle	Seattle Rock 'n' Roll Marathon - 26.2 or 13.1 mi run	\$95-\$150
6/30	Puyallup	Tour de Pierce - 12, 30, 50 mi bike ride	\$12

"I think running in such a fun event with my daughter will go down as one of my favorite holiday memories of all time." - Diane Lennstrom after running the Jingle Bell Run this past December.

