

In Sound Health

Your Source for How to LiveWell

We all have unique health needs based on where we are in life. **Look inside** for tips for lifelong health.

Staying Healthy at Every Age

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HEALTH AT EVERY AGE

July 2014

As we get older and our bodies change, so do our health needs. Making health and wellness a priority is important at every age, since preventing illness and creating good habits can make a difference in your overall quality of life. This edition of *In Sound Health* explores ways to help you take care of yourself and your family every step of the way.



STAYING HEALTHY AT EVERY AGE GET THE CARE YOU NEED, WHEN YOU NEED IT

Your medical benefits through the Trust provide certain preventive care coverage to all eligible participants and their covered family members. Talk with your doctor about your specific situation and consult your summary plan description for details on your coverage and plan limitations.

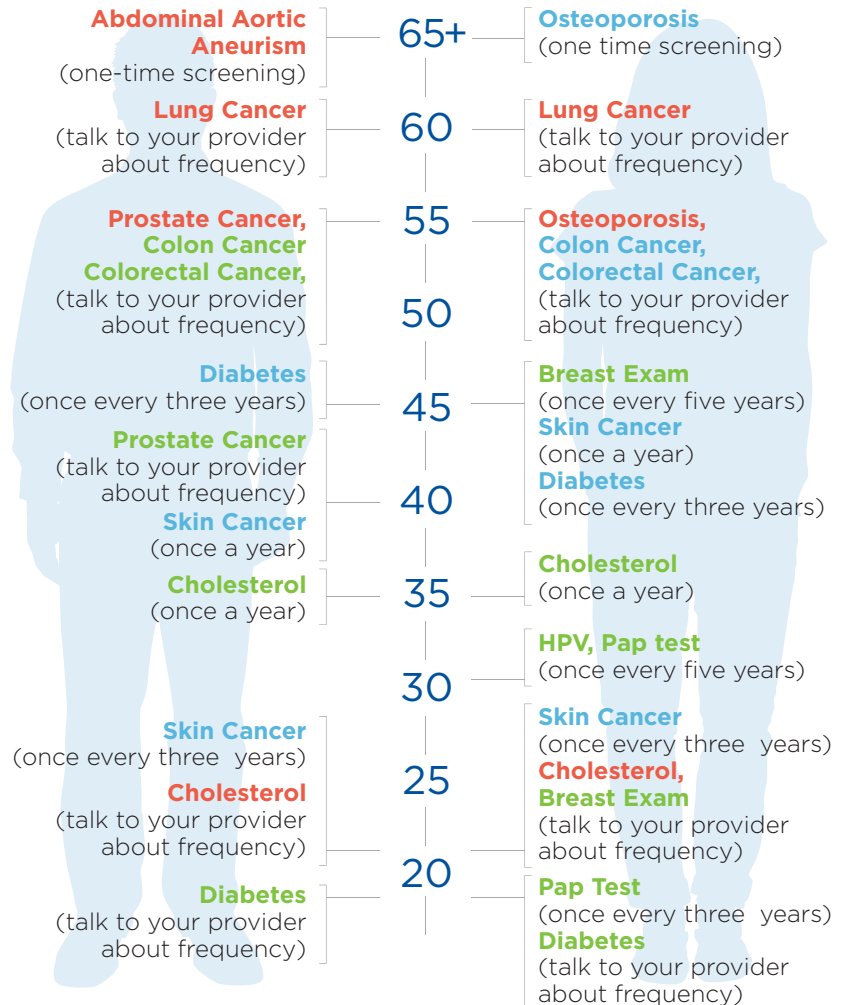
Health Screenings by Age

Clip out this guide to find out what tests to discuss with your doctor at each stage of life.

■ For patients at high risk
 ■ Highly recommended for all patients
 ■ Moderately recommended for all patients

MEN

WOMEN



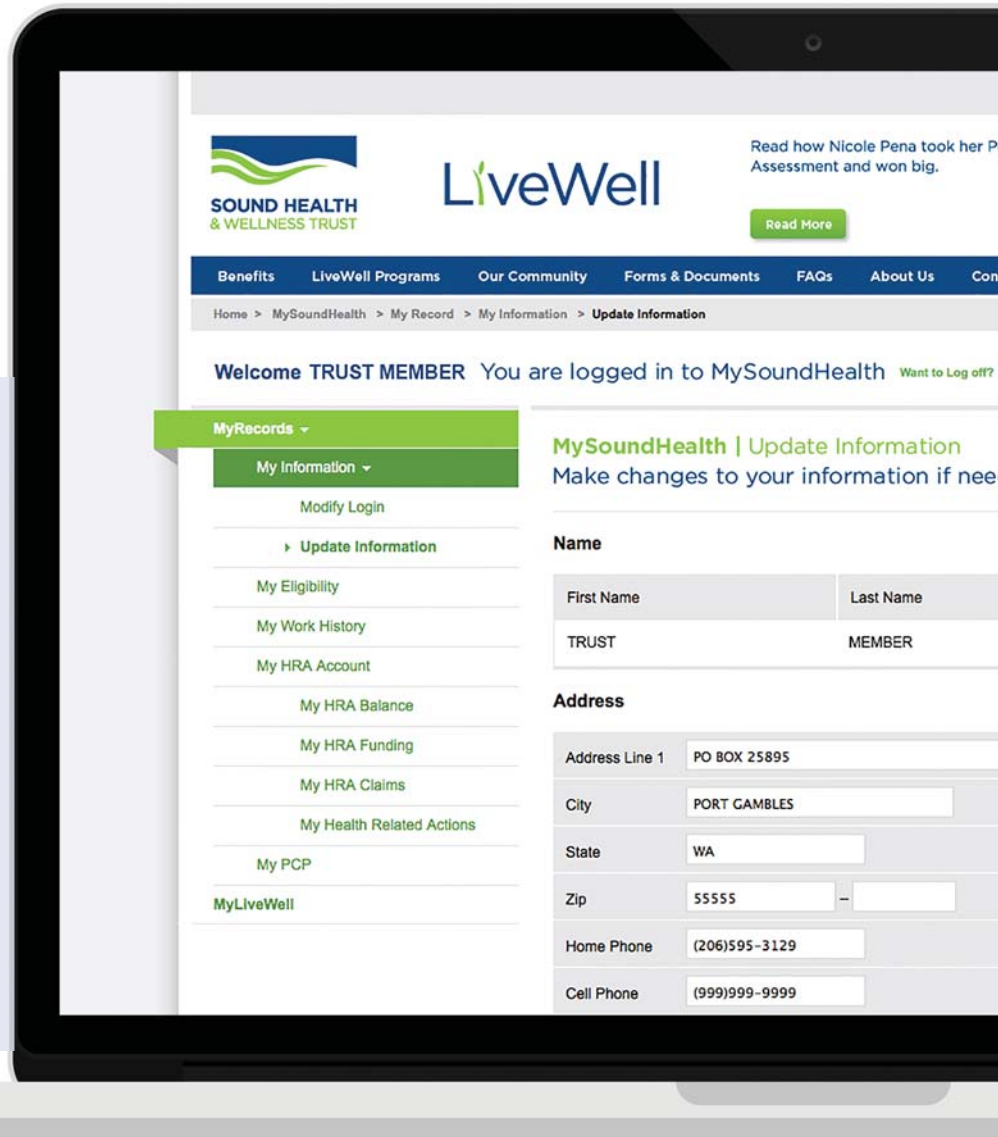
Disclaimer: These are general guidelines. Your doctor will customize a screening schedule for you. Consult your summary plan description for details on your coverage and plan limitations.

YOUR HEALTH BENEFITS UPDATING YOUR CONTACT INFORMATION WITH THE TRUST

Please help the Sound Health & Wellness Trust stay in touch. If you move, change your name or get a new email address, it's important for you to share these updates with the Trust. That way, the Trust can reach you to provide important benefit information, remind you of details on deadlines for the Personal Health Assessment or Group Health's Health Profile, or other updates. Visit www.soundhealthwellness.com for more information on how to update your contact details and stay informed.

YOUR PRIVACY AND CALLS FROM THE TRUST

When the Sound Health & Wellness Trust calls a participant on the phone we will request that you verify your participation by providing your member ID. If you don't have your member ID, we may request your social security number. If you receive a call and are unsure if it is really from the Trust or the caller asks for your social security number right away, please do not offer the information and ask for a phone number you can use to call back at a later time. That way, you can confirm the caller is really who they say they are.



LIVEWELL FIT GETS YOUR WHOLE FAMILY MOVING

LiveWell Fit offers activities for every age – from the youngest among us to retirees. Find an event that fits your fitness goals, sign up, and then notify the Trust. The Trust will reimburse eligible participants registration fees for up to four approved events per year. Learn more about what events count as summer heats up at www.soundhealthwellness.com, select LiveWell Programs and then LiveWell Fit.

CHOOSING A PEDIATRICIAN HOW TO FIND THE RIGHT DOCTOR FOR YOUR CHILD

1 Ask for Referrals

To find or change your child's pediatrician, it's good to start with referrals from family and friends. Or ask your OB/GYN or primary care doctor for suggestions. Ask them why they think the suggested pediatrician is a good match.

2 Check Credentials

Once you have someone in mind, you should also check his or her credentials. Appropriate training in pediatrics involves medical school and at least three years of residency in either pediatrics or family medicine. After that, many doctors take a test given by the American Board of Pediatrics or the American Board of Family Medicine, to become board certified. It is possible to be a good doctor without this certification, but having it demonstrates a certain knowledge base; likewise, being a Fellow of the AAP (FAAP)

or American Academy of Family Practice (FAAFP) shows that the pediatrician is likely current on medical issues.

3 Do the Footwork

You want to find a pediatrician you feel comfortable with and who is accessible for checkups and emergency visits. If you're doing a search for a child who isn't born yet, make appointments to talk with several doctors. When you're in the waiting room, keep your eyes and ears open, taking note of patients' reactions to the staff and the doctor.

4 Check Your Network

Make sure the pediatrician is in the Trust's preferred provider network, the Aetna Choice POS II network for PPO or GroupHealth for GHO participants. Visit www.soundhealthwellness.com to search your network.

5 Ask Questions

When you meet with your child's potential doctor, ask about their experience and try to get to know them. See where your ideas intersect and where they don't. Then, you can feel confident to schedule your child's first visit.

Sources: Parents.com, WebMD



STAYING SHARP WITH AGE EXERCISE YOUR BRAIN AND KEEP YOUR FOCUS

Your brain, like your body, must be exercised to stay in top shape. Here are a few things you can do to maintain your brain function and remain sharp as long as possible.

- ➔ Interactive, daily activities like crossword or Sudoku puzzles are entertaining and keep your brain active. Pick up the paper each morning or buy a book of puzzles to do when you have downtime.
- ➔ **Prevention.com** offers a series of "brain games" informed by scientific research to improve your cognitive skills. Or, try to do small tasks every day like memorizing phone numbers, names or fun facts.
- ➔ Strength training, even just an hour or two each week, can also improve cognitive function. Incorporate dumbbells or weight machines into your work out and your brain will thank you many years down the road.

Sources: Prevention, UC Davis Medical Center, Everyday Health





FRESH CORN SALAD

Ingredients

- 5** ears of corn, shucked
- 1/2** cup finely chopped red onion
- 3** tbs cider vinegar
- 3** tbs olive oil
- 1/2** tsp salt
- 1/2** tsp black pepper
- 1/2** cup fresh basil, thinly sliced

Preparation

1. In a large pot of boiling salted water, cook the shucked corn for 3 minutes.
2. Drain and put the corn in a bowl of ice water to stop the cooking and keep the corn a nice yellow color.
3. When the corn is cool, cut the kernels off the cob, cutting close to the cob.
4. Toss the kernels in a large bowl with the red onions, vinegar, olive oil, salt, and pepper.
5. Just before serving, toss in the fresh basil. Serve cold or at room temperature. Salad keeps well for several days in a covered container in the refrigerator.

Tip:

- Use frozen or canned corn instead of fresh corn. 5 ears of fresh corn= about 2 packages of frozen corn or 3 cans.
- Microwave fresh corn instead of using the boiling method. To microwave the corn, leave it in its husk, and microwave one ear at a time for 2 minutes. Shuck the corn when it has cooled and proceed with Step #3.
- Add fresh tomatoes or avocado slices for extra flavor and nutrition.

SERVES 4-6.
PER SERVING:

- 119** calories
- 1.2 g** protein
- 10.2 g** carbohydrate
- 8.4 g** fat
- 2.3 g** fiber
- 233 mg** sodium

Source: Ina Garten, Food Network

SAFETY IN THE SUMMER SUN SPF CAN HELP EVERYONE ESCAPE THE BURN

After a long northwest winter, sometimes all you want to do is bask in the summer sunshine. But doing so without some sort of sun protection can mean more than a burn. Studies have shown that the number one cause of damage and aging to the skin is sun exposure. Excessive exposure to the sun's rays can cause wrinkling, a leathery skin appearance, and in worst cases - skin cancer.

SPF stands for Sun Protection Factor and is the universal measurement of protection against UV - ultra-violet - rays. An SPF 20 sunscreen will protect the skin against *20 times* the exposure of UV rays than if you weren't wearing any sunscreen at all. For maximum protection, the American Academy of Dermatology recommends wearing an SPF of 15 or higher.

SUNBLOCK VS. SUNSCREEN - WHAT'S THE DIFFERENCE?



Sunblock - Sunblock is able to block a majority of UVA and UVB rays because it reflects light so that it doesn't reach the skin at all. To do this, two important reflective particles are used - zinc oxide and titanium oxide.



Sunscreen - Sunscreen can also help protect against harmful rays, but not quite as well as sunblock. Sunscreen is a combination of organic and inorganic chemicals that filter sunlight so less of it reaches the deep layers of your skin. For sunscreen to be effective, it needs to be consistently reapplied throughout the day.

WHAT TO CONSIDER WHEN CHOOSING A SUNSCREEN:

Complexion - If you have fair skin, you're more likely to absorb solar energy than those with darker skin, even under the same conditions. If you're a fair-skinned person and are known to sunburn easily, choose a sunscreen with a high SPF for added protection.

Type - Oils normally don't contain a significant amount of sunscreen and have a very low SPF - usually less than 2. Creams are ideal for those with dry skin.

Activities - Consider your activity and how often you'll be able to reapply sunscreen. If you plan to be near the water, be sure to choose a sunscreen that is waterproof. Even then, it will need to be reapplied several times throughout the day.

Waterproof vs. Water-resistant - This is where the terminology can get a bit sticky. If you plan to spend time in or near the water, you should choose either waterproof or water-resistant sunscreen. According to the FDA, a sunscreen is "water-resistant" if it maintains its SPF level after 40 minutes of exposure to the water; it is considered "waterproof" if it maintains its SPF after 80 minutes.

UNDERSTANDING TEENS & SLEEP IT'S MORE IMPORTANT THAN YOU MIGHT THINK

Sleep is as vital to your well-being as the air you breathe, the water you drink and the food you eat. For teenagers, lost sleep can mean moodiness and poor performance in school or other activities. Here are some more truths and consequences about teenagers and sleep that may help you help your teen get the rest they need.

Fun Facts:

9¹/₄

THE NUMBER OF HOURS OF SLEEP TEENS NEED PER NIGHT ON AVERAGE

11 PM

THE TIME SOME TEENS ARE BIOLOGICALLY WIRED TO FALL ASLEEP

Truths:

- ➔ Biological sleep patterns shift toward later times for both sleeping and waking during adolescence – meaning it is natural for teens to not be able to fall asleep before 11:00 pm.
- ➔ Teens need about 9 1/4 hours of sleep each night to function best. Most teens do not get enough sleep – one study found that only 15 percent reported sleeping a minimum of 8 1/2 hours on school nights.
- ➔ Teens tend to have irregular sleep patterns across the week – they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.
- ➔ Many teens suffer from treatable sleep disorders, such as narcolepsy, insomnia, restless legs syndrome or sleep apnea.

Consequences:

- ➔ Not getting enough sleep can limit your teen's ability to learn, listen, concentrate and solve problems.
- ➔ It can contribute to acne and other skin problems.
- ➔ It can lead to aggressive or inappropriate behavior.

Sources: National Sleep Foundation

BENEFITS OF A FAMILY WALK INCLUDE LOVED ONES AND IMPROVE YOUR HEALTH

Walking is one of the easiest ways to get exercise, but the benefits of taking a stroll with your family can be even bigger. Regular walks have been proven to reduce stress, release endorphins that lift your mood, and help prevent serious conditions such as heart disease, high blood pressure, and type 2 diabetes.

Try making a walk a regular part of the family routine. Let your kids pick a route or fun destination, like the park or a favorite coffee shop. Bring a football, baseball or Frisbee and take time to play during the stroll. Enjoy the time with your family, even for a brief 20 to 30 minutes, and feel good knowing you are nourishing both your mind and body.



TRUST SPONSORED WELLNESS PROGRAMS



Trust participant Gloria Gibbs gets ready for the Hot Chocolate 5K in Seattle in March.

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.

LiveWell
A PROGRAM OF THE SOUND
HEALTH & WELLNESS TRUST

Nurse Line

PPO & Retiree

(877) 362-9969 Option 1

Consulting Nurse helpline

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

PPO & Retiree

(877) 362-9969 Option 3

Health Coaching is a phone-based health education program 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®

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

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

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

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 www.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 0 Prescriptions
- Health Reimbursement Arrangement (HRA)

YOUR PRIVACY IS IMPORTANT

Your health information is completely confidential, protected by federal law, and cannot be shared with 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 deny health care coverage.



SOUND HEALTH
& WELLNESS TRUST

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GET INVOLVED

THE TIME IS NOW

The best days of summer are upon us, and you know what that means: fun outside with your family and friends with LiveWell Fit.

With LiveWell Fit, the Trust will reimburse participants and covered family members' registration fees in up to four events per calendar year. After you register for an event, go online and fill out the reimbursement form on the LiveWell Fit page, or call the Trust office at (800) 225-7620, option 2, then option 5 at least one week in advance of the event to let us know, or notify us online. 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.



Look for the This Counts icon throughout the year to see what counts toward Jan. 1, 2015 HRA funding.



Trust participant Jenny Nichols with her finisher's medal and LiveWell Fit at the 2013 Seattle Rock n' Roll Marathon.

LiveWell Fit Calendar

DATE	CITY	EVENT NAME & DESCRIPTION
JULY		
7/12	Kent	Kent Cornucopia Days - 3.1 mile walk/run
7/12	Tacoma	Run to the top - 3.1 miles walk/run and kid's dash
7/12	Lake Stevens	Run or Dye - 3.1 mile walk/run
7/12	Seattle	Seattle to Portland Bicycle Classic (SOLD OUT) - 200 mile bike ride
7/19	Bellingham	Chuckanut Foot Race - 7 mile run
7/19	Bonney Lake	Warrior Dash - 3.1 mile run with obstacles
7/19	Seattle	Refuse to Abuse - 3.1 mile walk/run
7/19	North Bend	Tour de Peaks - 100, 50, or 25 mile bike ride
7/19	Olympia	Lakefair Run - 13.1, 4.96 or 1.86 mile walk/run
7/26	Anacortes	Anacortes Art Dash - 13.1, 6.2 or 3.1 mile walk/run
7/26	Seattle	Seafair Torchlight Run - 4.96 mile run, 3.1 mile walk/run
7/26	Silverdale	Whale of a Run - 4 or 1 mile walk/run
7/26	Bellingham	Tour de Whatcom - 105, 50, or 25 mile bike ride
7/27	Arlington	OSO Strong 5k Walk/Run - 3.1 mile run/walk
7/27	Silverdale	Tour de Kitsap - 72 or 33 mile bike ride
AUGUST		
8/2	Tacoma	Tacoma Narrows Half - 13.1 mile walk/run
8/2-4	Snoqualmie	Courage Classic - 173 mile bike ride (3 day event)
8/9	Puyallup	Electric Run - 3.1 mile run/walk
8/9	Tacoma	Park to Pint - 3.1 mile run/walk
8/9	Olympia	Run for Your Lives - 3.1 mile run/walk obstacle race
8/9	Everett	Run with Heart 5k - 3.1 mile run/walk
8/10	Seattle	Lake Union 10k - 6.2 mile run/walk
8/10	Tacoma	The Color Run - 3.1 mile run/walk
8/15-16	Seattle	RSVP: Ride Seattle to Vancouver (B.C.) (RSVP 1 is sold out) - 188 mile bike ride (Seattle to Vancouver B.C.)