

Start the  
New Year Right

# In Sound Health

Your Source for How to LiveWell

Kick off the New Year with a whole new perspective and resources for you.

Take a look inside for tips.

## Fresh Year. Fresh Start.

Trust participants Richard and Penny Barney and their daughter, Makayla.

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## START THE NEW YEAR RIGHT

### January 2016

With a new year comes fresh possibility and a clean slate. Start yours off right by taking advantage of your health and wellness benefits from the Sound Health & Wellness Trust. This issue of *In Sound Health* will help you understand what's available to you and how you can form new habits using programs specially built to help you succeed. Set goals. Make new healthy habits. Put technology to work for you. It's all inside.



## TRUST-SPONSORED WELLNESS PROGRAMS PUT YOUR BENEFITS TO WORK FOR YOU

With the New Year upon us, it's time for a fresh start, and the LiveWell wellness program can help. From phone-based health coaching, to a 24/7 nurse line, to help with quitting tobacco, and fitness events for your whole family, you get a lot from your Trust benefits—all available at no or low cost to you.

Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) and click on LiveWell Programs to learn more.



### A Nurse is Just a Call Away

Call 24/7 to talk to a live registered nurse to help resolve any health concerns. All calls are at no cost and completely confidential. PPO and Retiree participants can also chat online at any time, day or night.



### Your Own Personal Health Coach

PPO Plan participants can get the support they need to help set and meet goals to improve their health and well-being with phone-based LiveWell Health Coaching. Get help with one of the following topics: back care, blood pressure, cholesterol, exercise, nutrition, stress, or weight control.



### Support for Chronic Conditions

Get help with a diagnosed chronic condition of diabetes, heart disease, asthma or other pulmonary diseases. For PPO Plan participants, a personal nurse will work with you and your health team to help you keep your condition under control. For Group Health, enroll in one of many Chronic Condition workshops to get custom-tailored help with your condition.



### Help with Weight Control

Meet your weight loss goals by attending Weight Watchers® in person with Meetings or managing your weight loss online with Essentials. The Trust will cover half of your cost of membership for up to 12 months—and will reimburse the other half if you meet active participation requirements.



### Quit Tobacco for Good

Get help quitting tobacco once and for all with Quit For Life®. You'll work one-on-one over the phone with a certified Quit Coach®. You could even qualify for free nicotine patches or gum.



### Stay Healthy

To keep you and your loved ones healthy, your covered eligible in-network preventive care is paid in full by the Trust—with no deductibles, co-insurance or co-pays.

FOR EMPLOYEES AND SPOUSES ONLY



**Get a jump on funding your 2017 HRA, if eligible, by kicking off the year with a health related action that counts toward HRA funding. Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for a full list.**

## WE'RE IN THIS TOGETHER THE BARNEYS JOINED WEIGHT WATCHERS® FOR THE HEALTH OF THEIR FAMILY.

For Richard and Penny Barney, Trust participants from Gig Harbor, success with Weight Watchers® has been a family affair —they both joined in hopes of keeping up with their busy, active 5-year-old daughter, Makayla.

“I want to live a long, healthy life, and not only watch, but take part in our kids’ lives,” says Penny. “And I didn’t want to be the overweight dad who can’t keep up,” adds Richard, who has worked at various Safeway stores since 1989.

Penny joined Weight Watchers in January 2015 and has lost more than 65 pounds, while Richard has lost more than 60.

“I want to live a long, healthy life, and not only watch, but take part in our kids’ lives.”

“What motivated me at first was my daughter, but attending the weekly Weight Watchers meetings is what has helped me most,” says Penny. “They keep me accountable.”

“We’re in this together,” adds Richard. “We have the same goals of losing weight and getting healthy.”

In their experience with Weight Watchers, the Barneys have discussed mindful eating, shared healthy recipes, discussed personal struggles and gained support from the group. The best part,



Penny shares, is, “Nobody judges you because you devoured a piece of cake.” Weight Watchers is a lifestyle that leads to a healthier you.

Penny and Richard’s advice if you’re considering Weight Watchers? Go for it! “Find a meeting near you and go every week. Even the weeks you feel you have made poor choices,” says Penny. “Those are the most important weeks to go.”

“My key to success has been going to the meetings and weighing in,” says Richard. “I would tell anyone that

Weight Watchers is worth it. If you follow the plan, it really works.”

The Sound Health & Wellness Trust helps pay the cost of Weight Watchers for participants and their covered spouses 18 years of age or older. Go to the Trust’s website and look under “LiveWell Programs” for more information. Call **800-767-5154** to join the Trust’s Weight Watchers program.

## KEEPING YOUR ENROLLMENT CURRENT HOW TO ADD A NEW FAMILY MEMBER TO YOUR PLAN

Certain situations in life require changes to your health care coverage outside the open enrollment period. If you get married or add a new family member, just call the Trust Office at **(206) 282-4500** or **(800) 225-7620** and we’ll take care of the rest.

# HEALTH GOAL HELPER

## 5 TIPS TO HELP YOU SET TARGETS

Setting new goals for your health can be a challenge. Use these tips to help.

### 1 Set small, appropriate goals.

You know the old phrase ‘don’t bite off more than you can chew’? The same goes with setting goals. Choosing reasonable tasks in achievable time frames will keep you motivated and on track. If you are unsure where to start, seek advice or guidance from someone you trust.

If you’re just getting started, take on low-impact activities like walking.

### 2 Accept that failure can happen

and that disappointments are a part of life. This does not mean that you must accept failure, but accept that sometimes when we try at something we may not succeed the first time.

Don’t give up. You know what they say: if at first you don’t succeed, try, try again.

### 3 Be realistic.

Don’t set yourself up for failure by having unrealistic expectations. Know that you’ll have times where you move forward, move back and stand still—it is all part of change.

Rome wasn’t built in a day and 20 pounds isn’t lost in a week. Lasting change happens gradually.

### 4 Understand and accept

that your life’s path is not the same as that of the person next to you. You may share the same goals, but your means for getting there may be different.

Do what suits you. What works for you may be different from what works for someone else.

### 5 Ask for help.

Sometimes we need to get rid of the Superman/Superwoman cape! Some things cannot be accomplished without help. Knowing when we need assistance is actually a sign of strength.

Reach out for support! A trusted friend, family member or enlist the help of your own LiveWell health coach to cheer you on.

Source: Psych Central

## THE STAGES OF CREATING NEW HABITS

### WHAT STAGE ARE YOU IN?

Adopting new, healthier habits may protect you from serious health problems. After a while, if you stick with these changes, they may become a part of your daily routine.



#### CONTEMPLATION

“I’M THINKING ABOUT IT.”

##### You might be in this stage if

- you have been considering change but aren’t ready to start.
- you believe that your health and energy level will improve with new habits.
- you’re not sure how to overcome the roadblocks that stand in the way of success.



#### PREPARATION

“I HAVE MADE UP MY MIND.”

##### You might be in this stage if

- you’ve decided you’re going to change and are ready to take action.
- you’ve set some specific goals that you’d like to meet.
- you’re getting ready to put your plan into action and get started.

# MEDICAL CONDITION SPOTLIGHT: HEART DISEASE

If you think you have heart disease or are worried about your heart disease risk because of your family history, it is important to see your primary care physician (PCP). Your PCP can help establish a baseline and run certain tests. You may also be referred to a heart specialist (cardiologist).



February is American Heart Month. Visit [www.heart.org](http://www.heart.org) to learn more.

## Here's some information to help you prepare for your appointment.

### What you can do

- ✓ **Be aware of pre-appointment restrictions.** When you make the appointment, ask if there's anything you need to do in advance, such as restrict your diet. You may need to fast before a cholesterol test, for example.
- ✓ **Write down symptoms you're experiencing,** including any that seem unrelated to heart disease.
- ✓ **Write down key personal information** including a family history of heart disease, stroke, high blood pressure or diabetes, and major stresses or recent life changes.
- ✓ **Make a list of medications,** vitamins or supplements you're taking.
- ✓ **Take someone along,** if possible. A friend or family member who comes with you can help you remember the information you're given.
- ✓ **Be prepared to discuss** your diet and your smoking and exercise habits. If you don't already follow a diet or exercise routine, talk to your doctor about getting started.
- ✓ **Write down questions to ask your doctor.**



## LIVE YOUR HEALTHIEST LIFE POSSIBLE!

### What you can do in the meantime

It's never too early to make healthy lifestyle changes, such as quitting smoking, eating healthy foods and becoming more physically active. These are primary lines of defense against heart disease and its complications.

Source: Mayo Clinic



## ACTION

"I HAVE STARTED TO MAKE CHANGES."

### You might be in this stage if

- you've been making eating or physical activity changes.
- you're adjusting to how it feels to eat differently or be more active.
- you've been "troubleshooting" to overcome roadblocks.



## MAINTENANCE

"I HAVE A NEW ROUTINE."

### You might be in this stage if

- your change has become a habit.
- you've found creative ways to keep going and stick with your routine.
- you've had slip-ups and setbacks but have been able to get past these.

Source: National Institutes of Health



## LEMON-RASPBERRY MUFFINS

A warm, heart-healthy breakfast.

### Ingredients

- 1 lemon
- 1/2 cup sugar
- 1 cup nonfat buttermilk
- 1/3 cup canola oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup white whole-wheat flour, or whole-wheat pastry flour
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups fresh or frozen (not thawed) raspberries

### Preparation

1. Preheat oven to 400°F. Coat 12 large (1/2-cup) muffin cups with cooking spray or line with paper liners.
2. Use a vegetable peeler to remove the zest from the lemon in long strips. Combine the zest and sugar in a food processor; pulse until the zest is very finely chopped into the sugar. Add buttermilk, oil, egg and vanilla and pulse until blended.
3. Combine whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Add the buttermilk mixture and fold until almost blended. Gently fold in raspberries. Divide the batter among the muffin cups.
4. Bake the muffins until the edges and tops are golden, 20 to 25 minutes. Let cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm.

MAKES ABOUT 6 SERVINGS.  
PER SERVING:

185 calories	7 g fat
4 g protein	2 g fiber
27 g carbohydrates	245 mg sodium

Source: EatingWell

## STAY ON TRACK WITH YOUR RESOLUTIONS SIGN UP FOR WEIGHT WATCHERS®

**weightwatchers**

If losing weight is one of your resolutions, then you have great support within reach: Weight Watchers. As a Trust participant, employees and spouses only can get to up to a year of your active participation paid for in full by the Trust. Just call **(800) 767-5154** for more information or to sign up. You can choose to find a group near you with Meetings, or manage your weight loss online with Essentials.



### Meetings

With Meetings, you'll find out all the latest information on eating right and living healthy. You'll get the guidance you need to succeed and stay on track.

Visit [www.weightwatchers.com](http://www.weightwatchers.com) to find a meeting near you.

- ➔ Meetings Retail Pricing: \$42.95
- ➔ Special Pricing for the Trust: \$36.50 per month
- ➔ The Trust Covers: 50% for 12 months
- ➔ What You Pay: \$18.25 per month

#### To get reimbursed for your half of participation in Meetings:

You must attend at least one meeting a week for 10 of 12 consecutive weeks, then download the reimbursement form on the Trust website and submit it.



### Essentials

Your Essentials online subscription gives you step-by-step guidance and a customized weight loss plan. Manage your results on your own time from wherever you are.

- ➔ Special Pricing for the Trust: \$193.20 for a year
- ➔ The Trust Covers: 50% for the one year
- ➔ What You Pay: \$96.60 for a year

#### To get reimbursed for your half of participation in Essentials:

Log your weight online at least one a week for 10 of 12 consecutive weeks, then download the reimbursement form on the Trust website and submit it.

## MAKE THE MOST OUT OF THAT NEW GADGET FITNESS TRACKER TO-DO'S



- 1 If it goes on your wrist, wear it on your non-dominant arm so you'll get a more accurate reading (lefties, this means your right wrist; vice versa if you're right-handed).
- 2 Don't fret if you forget. Using your tracker is like making other incremental changes. Eventually you'll remember to use it (and give yourself proper credit) most of the time.
- 3 Match your workout to your device. Some devices do better for some activities, so if yours isn't working for your preferred activity, consider trading it in for something that works better.
- 4 Be sure to set it up properly so everything syncs – and read the owner's manual so you know how to troubleshoot.



**Remember:** your tracker is your symbol of a lifestyle change. Keep it on or within reach to remind you to take action.

## IMPORTANT NUMBERS TO KNOW

### PPO PLAN PARTICIPANTS

Trust Office - Benefits, Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
VSP (Vision Service Plan)	(800) 877-7195
Catamaran Rx—for Prescription Coverage	(877) 629-3126
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

### GHO PLAN PARTICIPANTS

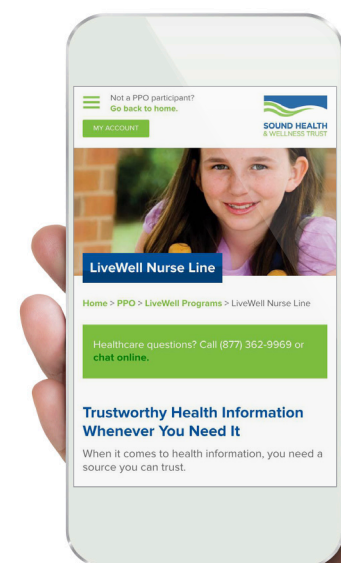
Trust Office - Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Group Health - Benefits and Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Chronic Conditions Workshops	(800) 992-2279

### RETIREE PLAN PARTICIPANTS

Trust Office - Benefits, Eligibility	(206) 282-4500 or (800) 225-7620
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

### SOUND HEALTH & WELLNESS TRUST

For more information, visit the Trust website at [www.soundhealthwellness.com](http://www.soundhealthwellness.com)



### LiveWell PRIVACY POLICY

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**

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.

## NEW YEAR, NEW EVENTS TO TRY

Staying motivated is a challenge even for seasoned athletes in the colder months. Signing up for a 5K walk or race can help. Download the full list of LiveWell Fit events on the Trust website and sign up today.

If you are eligible and you and your covered family members are covered, you can get reimbursed for registration fees for up to four approved events each year.

Visit the LiveWell Fit page at [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for a full list of upcoming events.



Earn funds for your HRA with LiveWell Fit. See the full list for details.



Trust participants at the RunScared 5K.

DATE	EVENT NAME & DESCRIPTION
<b>FEBRUARY</b>	
6	Bellingham <b>Zombies Have Hearts Too 5k</b> - 3.1 mile run/walk
6	Olympia <b>Geoduck Gallop</b> - 13.1 or 6.2 mile run/walk
7	Mill Creek <b>Mill Creek Puddle Run</b> - 6.2, 3.1 or 1 mile run/walk
13	Olympia <b>Valentines Day 5k</b> - 3.1 mile run/walk
13	Bellingham <b>Fragrance Lake Half</b> - 13.1 mile run/walk & kid's race
13	Woodinville <b>Run or Wine</b> - 3.1 mile run/walk
13	Seattle <b>President's Day Weekend Run</b> - 9.3, 6.2 or 3.1 mile run/walk
13	Spokane <b>Partners In Pain Valentines Day Run</b> - 3.1 mile run/walk
14	Seattle <b>Love Em Or Leave Em Valentines Day Run</b> - 3.1 mile run/walk
14	Blaine <b>Birch Bay International Marathon</b> - 26.2 or 13.1 mile run/walk
14	Seattle <b>My Better Half Marathon</b> - 13.1 mile run/relay
21	Olympia <b>ROAD-odend-RUN</b> - 3.1 mile run/walk & kid's race
28	Bainbridge <b>Chilly Hilly</b> - 33 mile bike ride
<b>MARCH</b>	
5	Spokane <b>Snake River Canyon Half</b> - 13.1 mile run/walk
5	Redmond <b>Lake Sammamish Half Marathon</b> - 13.1 mile run/walk
6	Seattle <b>Hot Chocolate Run</b> - 9.3 or 3.1 mile run/walk
12	Burlington <b>Shamrock Shuffle</b> - 3.1 mile run/walk & kid's run
12	Bellingham <b>Runnin 'O' the Green</b> - 4.9 or 3.1 mile run/walk
12	Tacoma <b>St. Paddy's Day Run</b> - 13.1, 6.2 or 3.1 mile run/walk & kid's run