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In Sound Health

Your Source for How to LiveWell

Brought to you by Sound Health & Wellness Trust



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Building a Culture of Health Together

The Redondo Fred Meyer takes teamwork to a whole new level.

Sound Health & Wellness Trust plan participants at the Redondo Fred Meyer are in luck if they have questions about how to get help meeting a weight loss goal, getting their stress under control, quitting smoking, or managing a chronic condition. They have a whole team of people who can help them learn about their wellness benefits and get involved in the Trust's LiveWell programs.

It all started with a visit from the Sound Health & Wellness Trust Wellness Coordinator, Sarah Monley. She was invited to speak about the Wellness Champion Volunteer network at one of the store's cultural council meetings, and she was looking for a volunteer or two.

The message of helping their fellow Sound Health participants and building a healthy culture resonated with the group. But after hearing about all that LiveWell had to offer, the council decided that it was too much for one volunteer to take on. To make sure that their store's Sound Health plan participants stay informed about their plan benefits, and the

no-cost wellness programs offered by LiveWell, they decided to volunteer as a team.

Anita Tarlao heads up the Redondo Wellness Champion Volunteer (WCV) team. Each month she receives several copies of handouts and posters from the Trust and passes those out to her team at their monthly meeting.

"I think it is important to keep people informed about any type of program that can better their lives," Anita said. "We post the flyers on our union board and on our associate board in the lunchroom, and we leave some on the table as well. On our breaks and off time we also try to talk to as many people as we can who we feel will benefit from the great LiveWell programs."

"Typically there are just one, or sometimes a couple, Wellness Champion Volunteers (WCV) at each location," said Sarah



Michael Garrett, Coe Scott, Anita Tarlao, Caple Young, and Kate Fukuyama.
Not pictured: Debbie Aragon, John Sullivan.

Monley. "This group has a different approach, and it's working great. Since the Redondo WCVs work different shifts and have different approaches to presenting the information, the store's team is able to reach many more people."

Interested in becoming a volunteer for your workplace? Call Sarah at (800) 225-7620 option 5. To learn more about volunteering, go to www.soundhealthwellness.com and click on "Our Community" then "Wellness Champion Volunteers."

Eating Well



Make Your Veggies Work for You

Maximize the food value of fruits and vegetables.

To get the most vitamins and nutrients out of your fruits and vegetables, follow these simple tips:

- **Choose dark, bright colors.** Red leaf lettuce has more nutrients than iceberg lettuce. Darker orange carrots may contain more beta-carotene. Blueberries, strawberries, and raspberries are rich in health-promoting antioxidants.
- **Buy only enough fresh produce as you'll be able to eat in a few days.** Fruits and vegetables begin to lose nutrients as soon as they are picked.
- **Steam, stir fry, or oven-roast vegetables.** Water-soluble nutrients leach out when vegetables are cooked in water.
- **Take care not to overcook.** Vegetables should be slightly crunchy and bright in color.
- **To get a balance of nutrients, eat a variety.** Broccoli and citrus are high in Vitamin C, for example, while spinach and peaches are a top source of Vitamin A.
- **Eat the skins of apples, potatoes, and stone fruits like peaches.** A significant amount of fiber, vitamins, and minerals are lost when these foods are peeled.

Fresh Food Rules

- If it came from a plant, eat it; if it was made in a plant, don't.
- Shop the peripheries of the super-market and stay out of the middle.
- Eat your colors.
- Eat wild foods when you can.
- Eat only foods that will eventually rot. (There's some exceptions here ie: dried beans, whole wheat pasta)

Quote from Food Rules: An Eater's Manual, by Michael Pollan. Illustration by Trust participant Akiko Ikenoue.

Stepping Out of the Brown Rice Box

A quick guide to popular whole grains.

Whole grains are complex carbohydrates that retain all of their natural vitamins, minerals, fiber, and protein, unlike white rice and other refined grains. But brown rice isn't your only option. Try some of these tasty grains:

- **Barley** is delicious in soups, stews, and even cold salads.
- **Buckwheat** is actually a fruit seed, not wheat, and is a satisfying and gluten-free substitute for rice.
- **Bulgur** is a quick-cooking grain delicious served hot or cold.
- **Millet** is a nutty round grain that is easily digestible, gluten-free, and good with vegetables or stews.
- **Quinoa** (Pronounced KEEN-WA) is light, high in protein, and gluten-free.
- **Spelt** is high in protein and well tolerated by those with wheat sensitivities.
- **Whole Wheat Berries** is full in flavor, and makes a hearty and filling side dish.
- **Wild Rice** is not a true rice but rather the seed of a marshy grass. It is low in fat, high in fiber, packed with protein, and gluten-free.

Source: PCC Natural Markets

Eating-Well Recipe:

Lentil Barley Stew

A warming one-pot dish

Ingredients

8 cups water or low sodium broth	1 clove garlic, diced
1 cup dry lentils	2 bay leaves
1/2 cup pearl barley	2 1/2 tsp. ground cumin
2 carrots, cleaned and cut into large chunks	1 1/2 tsp. dried thyme
2 stalks celery, cleaned and chopped	1 1/2 tsp. salt
1 large yellow onion, chopped	1/2 tsp. cinnamon
	1/4 tsp. black pepper

Combine all ingredients in a large stew pot. Cover and simmer for 1 1/2 hours over low heat, stirring occasionally. Adjust seasonings to taste.

Serves 4. Per Serving: 270 calories; 16g protein; 0g fat; 50g carbohydrate; 20g fiber.

Source: Diabetes Action, www.diabetesaction.org

Fitness



“Think of every step in a workout as a step in the right direction.”

—Valarie Bertinelli

A Friendly Reminder

A gentle nudge may be all that you need to stay fit.

An encouraging phone call may be enough to get you — or someone you love — off the couch and into the habit of regular exercise.

In a study of would-be couch potatoes, people who received regular live phone calls with gentle reminders to exercise increased their average weekly activity from one hour and 40 minutes to two hours and 58 minutes by the end of a year. Participants in the same study who received computerized phone calls increased their average activity from one hour and 18 minutes to just over 2 1/2 hours.

“When there is a lack of activity, people trying to change unhealthy habits generally need something more than will power,” notes Dr. Abby King, the Stanford University researcher who conducted the study. Participants in the study were called roughly every three weeks and were always praised for their accomplishments. “Social support doesn’t need to be constant,” adds Dr. King. “A light touch can have a lasting effect.”

The LiveWell Health (or Lifestyle) Coaching program is offered to all Trust participants and their eligible spouse or same sex domestic partner. Health Coaching is a phone-based health education program designed to help you set and meet goals to improve your health and get you off the couch! Health coaches are available at no cost to help you create a routine and find what works for you. You’ll even receive \$50 for completing your first three calls with your Health Coach!

Source: Health Psychology, Vol. 26, pg. 718

Get the support you need with LiveWell Health or Lifestyle Coaching.

To find out more log onto www.soundhealthwellness.com or call:

- **PPO plan participants:** (877) 362-9969 option 3
- **Group Health Options plan participants:** (800) 816-3306

Pause Before You Hit Play

Five questions to ask before buying your next exercise DVD.

1. Does the class meet your specific needs and goals? Check the label to see if it’s for beginners or for people with more experience.
2. Do you have enough room to do the workout safely and comfortably?
3. Do you need special equipment such as steps, barbells, or balls?
4. Is the instructor certified by an accredited fitness organization?
5. Before buying, can you rent it? Borrowing from a friend or the library is a great way to test-drive a work out.

Source: American Council on Exercise

Who Knew Exercise Could Be This Exciting?

Zumba® classes combine fun and fitness.

Inspired by Latin dance moves, a Zumba class will get your heart pumping while it works almost every muscle in your body. “It may be the best party around,” says a veteran Zumba instructor.

In a typical class, Latin rhythms such as salsa, cumbia, reggaeton, and merengue set the tempo while you follow easy dance steps. One popular misconception about Zumba is that you need to be an experienced dancer to participate. In fact, the moves can be modified to fit your own ability. There are also classes tailored for active older adults and children (ages 4–12).

Visit www.zumba.com to find a class near you. If you sign up for a class, remember to wear supportive athletic shoes to cushion your joints and protect your knees and ankles.

Source: American Council on Exercise

Drink Your Water

It’s important to drink your 8 glasses a day. Being dehydrated can bring your metabolism to a standstill!



Quote from The Biggest Loser booklet. Illustration by Trust participant Akiko Ikenoue.

Health News You Can Use

Finally Some Good News

Prevention helps decrease cancer deaths.

Early detection, a decline in smoking, and better treatment have contributed to a steady decrease in cancer deaths over the last 20 years.

Screenings such as colonoscopies for colon cancer and mammograms for breast cancer (both are covered in full by the Trust's LiveWell program Prevention @ 100%) are an important part of the defense against cancer. Talk to your doctor about which screening tests are appropriate for your age, sex, and family history.

According to the U.S. Centers for Disease Control and Prevention, more than 10,000 premature deaths could be prevented each year through screenings for breast and colon cancer alone.

Source: American Cancer Society

Prevention is the Key to Staying Well

Vital no-cost screenings and checkups are available to Trust participants.

Receiving good preventive care is one great way to catch small health problems before they become big health problems. With LiveWell Prevention @ 100%, you and your family's covered, in-network preventive services are paid in full by the Trust. Refer to your plan booklet for specifics on the benefits under your Sound Health & Wellness Trust plan. You can also find out more or locate an in-network doctor at www.soundhealthwellness.com.

Call for more information about your LiveWell Prevention @ 100% benefits:

- **PPO plan participants:** (800) 225-7620 option 2 then option 1
- **Group plan Health Options participants:** (888) 901-4636

Nose Know-How

What to do to stop a nosebleed.

While annoying, nosebleeds are rarely a serious problem. They occur most often for kids, but adults occasionally have them as well.

There are many reasons for nosebleeds including dry air, colds and allergies, and trauma to the nose. If you get a nosebleed:

- Sit upright.
- Lean forward slightly and pinch both nostrils together firmly for 10 minutes without letting go. Repeat as need for up to 30 minutes.
- Don't lean back or lie down, as you will swallow blood, which may upset your stomach.
- Putting ice on the bridge of your nose can help constrict the blood vessels and slow the bleeding.
- If the bleeding heavily persists after 30 minutes a trip to urgent care is in order.

Source: Margaret Spencer, MD

Is it Time to See the Doctor?

To speak to a registered nurse for health care advice when you have any kind of health concern (including a nosebleed!), or for help deciding whether it's time to see a doctor, call your nurse line anytime, 24/7:

- **Group Health Options plan participants—** call the Group Health Consulting Nurse helpline at (800) 297-6877
- **PPO plan participants—** call the LiveWell Nurse Line Plus at (877) 362-9969



Quote from Health Enhancement Systems' NutriSum site.
Illustration by Trust participant Akiko Ikenoue.

in five hours or more of screen time a day. By replacing tube time with working on a hobby, or even doing light housework, you could burn between 100 and 200 additional calories a day.

3. **Get at least 60 minutes of physical activity every day.** Sixty minutes may sound like a lot, but that's the equivalent of just one TV drama.
4. **Weigh yourself at least once a week.** Stepping on the scale will give you a reality check and strengthen your commitment to healthy eating.

Source: National Weight Control Registry

Secrets of Lasting Weight Loss

Four traits of people who successfully lose weight and keep it off.

1. **Eat Breakfast.** A good breakfast will set you up to make healthier food choices throughout the day and will keep you from getting too hungry and overeating at lunch.
2. **Watch less than 10 hours of television per week.** Between watching television and using a computer, the average adult logs



Is My Hospital Better Than or Below the Regional Average?

Use the Community Checkup to find the best care available to you.

Ever wondered how area hospitals and clinics compare to one another? To learn which medical groups and hospitals rate the highest in providing safe care that is proven to work, visit the Community Checkup at www.wacommunitycheckup.org.

The Community Checkup is a free online resource that allows you to compare health care provided at Puget Sound area clinics, hospitals, doctor's offices, and medical groups. The site shows whether the organizations are performing better than, at, or below the regional average based on accepted medical standards for different types of care. Search by type of care or by location to get tailored results. And use these results as a guide for talking to your doctor about getting the right care for you.

Source: Puget Sound Health Alliance

Cutting Health Care Costs

Getting the most out of your benefits.

- **Focus on Prevention.**
Good health habits can reduce the risk of costly medical problems. With LiveWell Prevention @ 100%, your covered, in-network preventive services — such as annual physical exams, routine immunizations, and screenings — are paid in full by the Trust. That means no deductibles, co-insurance, or co-pays.
- **Use Your Health Care Dollars Wisely.**
Each eligible Group Health Options and PPO plan participant with employee-only or family coverage has had a LiveWell Health Reimbursement Account (HRA) fund established for them by the Trust. The funds in your HRA are used to cover the first eligible medical expenses covered by the plan in each calendar year. This includes your doctor office visits, lab tests, or other eligible, covered medical expenses.
- **Get with the Program.**
The Trust offers many no-cost LiveWell Wellness programs to you and your eligible spouse or same sex domestic partner. Get help losing weight, creating an exercise routine, managing your stress, controlling your chronic health condition, quitting tobacco, and more. With LiveWell Health or Lifestyle Coaching, Condition Management, and Quit For Life™, you will receive the personalized support you need to set and meet your health goals.
- **Know your Resources.**
The Trust is your one-stop resource for all of your common health concerns. Call the Nurse Line to speak to a registered nurse 24/7 regarding your basic health care questions. Or go online to LiveWell Online and LiveWell Behavioral Health Online or the Group Health site to find useful tools and information.

For more information on these programs, and many other LiveWell resources, visit www.soundhealthwellness.com.

With a Little Help

Hundreds of Trust participants have quit tobacco with Quit For Life™

Quitting smoking isn't easy. While it can be a challenge, it is possible. Just ask Steve Brennan, or any of the hundreds of Trust participants who have quit tobacco for good.

LiveWell Quit For Life is a no-cost tobacco cessation program offered to all Trust participants and their covered dependents 18 years of age or older. Quit For Life increases your chances of success eight times over trying to quit on your own. You will work with Quit Coaches over the phone to stay on track, motivated, and informed. And you could even qualify for free nicotine patches or gum.

Read Steve's full story on page eight to be inspired by his success! Then call (866) QUIT-4-LIFE, (866) 784-8454, or visit <https://www.quitnow.net/soundhealthwellness> to enroll.

What Great Drawings!

Throughout this issue we have included the artwork of Sound Health & Wellness Trust participant Akiko Ikenoue. Visit the success stories in the Our Community section of www.soundhealthwellness.com to read about Akiko's weight loss and how keeping a food and exercise journal helps her succeed.





Stress Less



Late, Late for a Very Important Date

Try this simple tool for better time management.

Are you always running late?

“If you’re consistently late by a different amount of time, sometimes 5 minutes, sometimes 15 minutes, and sometimes even 40, you’re not good at estimating how long things actually take,” says Julie Morgenstern, author of *Time Management from the Inside Out*.

Take a couple of weeks to honestly keep track of how long it takes to do routine things. Include everything from drive times to mundane necessities like blow drying your hair or taking a shower. Write down how long you think it will take to do something, along with how long it actually takes. This will help you find a pattern so you can adjust your time estimates.

Treat Yourself

Relax with these easy self-massage techniques.

- **Place your thumbs behind your ears** while spreading your fingers on top of your head. Move your scalp back and forth by making small circles with your fingertips for 15–20 seconds.
- **Reach one arm across the front of your body** to the opposite shoulder. Press firmly on the muscle above your shoulder blade, using a circular motion. Repeat on the other side.
- **Sit in a comfortable place and rest one foot on the opposite leg.** Place one hand on top of the other, and stroke your foot from your toes to your ankles, then glide your hands back to your toes. Hold your foot with both hands, one on either side. Using both thumbs, firmly press down the center of the sole of the foot while making slight, gentle circles on the arch and ball of the foot.

Sources: *Northwestern Health Sciences University*

Seeing the Bright Side

A positive mindset is easier than you think; it just takes a little practice.

The Dalai Lama said this about worry, “If a problem has a solution, then there is no point in worry. If a problem does not have a solution then there is no point in worry. There is absolutely no point in worry.”

While there may not be a point to worry, it is human nature to sometimes think negatively. But staying upbeat and seeing things positively is possible, it just takes a little practice.

Try these six tricks to keep an optimistic outlook.

1. **Write your future success story.** Put your goals and dreams down on paper. Describe what a great future you wish to have, without worrying about how you’ll get there. Writing may help you to better absorb the ideas and think through them. This in turn leads to more active steps to support your dreams.
2. **Make lemonade from life’s lemons.** Take every negative situation that comes your way and try to find the good. Ask yourself: How have I grown from this situation? Have I developed new skills or strengthened relationships? What can I be proud of about how I handled this situation?
3. **Take the time to be grateful.** Set aside some time every day, or once a week even, to think about what you are grateful for: good news, a touching moment, your relationships, something you read, anything that made you laugh or smile. Try keeping a gratitude journal, updating your Facebook status once a week with what you are grateful for that week, or sharing with your family at dinner.
4. **Savor the moment.** Remember to take those stop-and-smell-the-roses moments in life, to key into your senses and to really feel the moment you are living.
5. **Have a support group.** We all have times of crisis, make sure you know who you can turn to and rely on when you need advice, a listening ear, or help seeing the big picture. Sometimes simply having someone to listen can help lift us out of our negative thoughts.
6. **Share good news.** Sharing happy events with others can help you enjoy it even more.

Source: *Mental Health America, www.liveyourlifewell.org*

Need Someone to Listen?

Just having someone to listen to us can ease our minds and help us find solutions that weren’t obvious before. Call anytime for a mental health or substance abuse assessment, crisis counseling, referrals and help selecting a provider:

- **PPO plan participants—** call OptumHealth at (866) 763-0466
- **Group Health Options plan participants—** call Group Health at (888) 287-2680 in Western Washington or (800) 851-3177 in Central or Eastern Washington and North Idaho

Take Care



Reducing Your Risk

Simple steps to avoid heart disease and stroke.

Heart disease and stroke are the world's leading cause of death, claiming 17.1 million lives each year. At least 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled. Here are six simple steps to reduce your risk and live a healthier life.

- 1. Healthy food intake** — Eat at least 5 servings of fruit and vegetables a day and avoid saturated fat. Beware of processed foods, which often contain high levels of salt.
- 2. Get active & take heart** — Even 30 minutes of activity can help to prevent heart attacks and strokes, and your work will benefit too.
- 3. Say no to tobacco** — Your risk of coronary heart disease could be cut in half within a year and even return to a normal level over time.
- 4. Maintain a healthy weight** — Weight loss, especially together with lowered salt intake, leads to lower blood pressure. High blood pressure is the number one risk factor for stroke and a major factor for approximately half of all heart disease and stroke.
- 5. Know your numbers** — Visit a healthcare professional who can measure your blood pressure, cholesterol, and glucose levels, together with waist-to-hip ratio and body mass index (BMI). Once you know your overall risk, you can develop a specific plan of action to improve your heart health.
- 6. Limit your alcohol intake** — Restrict the amount of alcoholic drinks that you consume. Excessive alcohol intake can cause your blood pressure to rise and your weight to increase.

Source: *The World Heart Federation*. www.world-heart-federation.com

Small Efforts, Big Rewards

A healthy diet makes for a healthy heart.

Losing just a modest amount of weight through sensible eating may help reduce the narrowing and thickening of the arteries that can increase the risk for heart attack and stroke.

Adults in one two-year study who followed either a Mediterranean-style diet, a low carb diet, or a low fat diet lowered their blood pressure — which led to a reduced blockage of their carotid arteries.

All three diets included lots of fruits and vegetables and only limited amounts of trans fats like those used to make packaged foods. The Mediterranean-style diet also emphasizes healthy fats like those found in fish and olive oil.

Source: *Circulation*, Vol. 121, pg. 1200

Making Sense of Your Numbers

Know what your cholesterol numbers should be.

- It's best if your total cholesterol is **below 200**.
- Your HDL (good cholesterol) should be at least **40 for men and 50 for women**.
- Optimum HDL is **60 and above**.
- Your LDL (bad cholesterol) should be **below 130**. **Less than 100** is best, especially if you have other risk factors for heart disease such as being overweight or smoking.
- Triglycerides are another kind of fat in the blood. They should be measured after 9–12 hours with nothing to eat or drink except water. Work towards a number **below 150**.

Limiting TV Time

How too much TV increases health risks for kids.

Setting limits on “screen time” may do more than decrease kids’ risk for childhood obesity.

Researchers learned that children and young adults who spend more than two hours total per day watching television or playing video games had more than double the risk for attention problems.

The American Academy of Pediatrics recommends limiting screen time to a total of no more than two hours per day for children age two or older.

Source: *Pediatrics*, Vol. 126, pg. 214



Your Health Matters

When it is Time to Quit

After a friend's stroke, Steve Brennan wondered what he was doing to his own health by smoking. That's when he knew that it was time to call LiveWell Quit For Life™.



Steve Brennan, age 52, decided to free himself from cigarettes for his health and for his wallet. He joined the LiveWell Quit for Life™ program for help.

A smoker for 34 years, Steve realized his addiction needed to end. "I have known all these years how bad it is for you," he said. "I decided I didn't want to be a slave to cigarettes anymore."

A friend at work had recently survived a stroke. Steve began to wonder what would happen to him if he didn't quit smoking. After having a bad cold, he decided that it was time to quit for good.

"When you're sick you're so depleted of vitamins and nutrients," he said. "I started coughing and reached for a cigarette. It was ridiculous, so I put it down and thought, 'don't even bother.'"

By the end of that day, Steve realized he hadn't had a cigarette all day. "I thought, 'I won't have one now because it will make me want another one later.'"

The rising cost of cigarettes also influenced his decision to quit. "I called the Quit for Life™ program after the sales tax on cigarettes

increased again." By quitting smoking, he realized he'd save a lot of money, and he could even receive a monetary incentive for participating in the program. "One hundred dollars is a lot for making an attempt," Steve said. "It's a generous offer with the economy and medical costs the way they are today. I thought, 'what do I have to lose?'"

Steve worked with several Quit Coaches through the program. "I'm glad it worked out that way because some of the coaches I worked with had been smokers before," he said. "One of the guys I talked to told me that he quit so he knew exactly what I was going through."

The program booklet was a useful resource for Steve. "The booklet was very helpful," Steve said. "It helped me realize how nicotine affects your brain. Once I understood the addictive cycle I was ready to play the mind game, and win."

Steve recommends the programs to others, noting that several people in his store have also quit tobacco with Quit for Life™. "Call and get the booklet and do the program to free yourself from being a slave to cigarettes," Steve recommends. "Like me and the others at my store who have quit, you can too."

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 health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor. Articles written by outside contributors have not been reviewed by the Hope Health Medical Advisory Board.

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