

# In Sound Health

Your Source for How to LiveWell

The Trust offers many low to no-cost wellness programs  
See page 7 for more details

## Keeping Track of Your HRA Account

3 **Your Health Benefits: Common Questions from Plan Participants**

4 **Bringing Your A-Game: How Tobacco Impacts Your Workouts**

5 **There's an App For That! Using Your Smartphone to Get Healthy**

6 **Manage Your Diabetes and Your Waistline**

7 **Trust Sponsored LiveWell Wellness Programs**

8 **The LiveWell Fit Calendar**



On page 6, read how Billy Osborn beat his tobacco habit with Quit For Life® and his passion for cycling.

## THE FITNESS ISSUE

In this issue we focus on fitness. When you incorporate exercise into your daily routine it can improve your health and even help you avoid and manage chronic conditions. All throughout this issue you'll find tips on getting the most from the many wellness programs the Trust offers and from your healthcare team. You'll learn how one Trust participant used his fitness goals to help him quit tobacco, and how smartphone apps can help you make smart choices. So dive in! You'll see that when you make healthy changes with Trust wellness programs you can improve your wellbeing and potentially fund your 2013 Health Reimbursement Arrangement (HRA).

## KEEPING TRACK OF YOUR HRA ACCOUNT A NEW WAY TO FOLLOW YOUR 2013 FUNDING

Trust participants are learning the value of having a fully funded Health Reimbursement Arrangement (HRA). Your HRA helps you avoid a higher deductible and may help keep out-of-pocket expenses down. It's a good feeling to see a portion of your qualified health expenses, such as office visits, lab tests or other eligible, covered medical expenses, partially or fully paid for by the funds in your HRA. The maximum HRA funding you can earn each year is \$500 if you have employee-only coverage or \$1,000 if you have family coverage.

By participating in various health-related activities from having your annual well-adult physical and certain preventive exams, to participating in local fitness events or in Trust-sponsored wellness programs, participants and their eligible spouse or same sex domestic partner have many ways to add up to \$150 of funding to their 2013 HRA. The remaining \$350 can be earned later this fall by completing your annual Personal Health Assessment (PHA) or Health Profile (HP) and selecting or maintaining a primary care physician. You'll receive more information about that later this year.

Now there is a new way to track the health-related actions you complete that qualify for up to \$150 in 2013

HRA funding, and the funding you have earned. Log on to [www.soundhealthwellness.com](http://www.soundhealthwellness.com) and visit the MyHRA Actions page under MySoundHealth.

### On the My Actions for 2013 Funding page (see below) you can:

- ➔ Review your completed health-related actions that will contribute towards your 2013 HRA funding
- ➔ See when you have reached your maximum funding or how much you can still earn
- ➔ Download a chart of all available HRA funding health-related actions
- ➔ Find out more about what you and your eligible spouse or same sex domestic partner can do to receive the maximum 2013 funding of \$500 per eligible person
- ➔ See your current HRA account with a click of a button

Keeping your HRA fully funded will not only engage you in your own healthcare, but will also help you avoid a higher deductible and keep money in your pocket. And now with MyHRA Actions, keeping track of your medical dollars has never been easier. Log on today to view your HRA account activity.

The screenshot shows the MySoundHealth website interface. The user is logged in as SUSIE GRIBBONS. The main content area is titled "MySoundHealth | My Actions for 2013 HRA Funding". Below this, there is a table of completed HRA actions for 2013:

Event	Date	Amount
Physical	02/02/2012	\$50
Pneumonia Shot	02/02/2012	\$50
Mammogram / Pap Smear	02/02/2012	\$50
<b>Maximum HRA Funding Reached</b>		<b>\$150</b>

A callout box highlights the "Maximum HRA Funding Reached" row, stating: "Maximum HRA Funding Reached \$150". Below the table, there is a note: "You are welcome to complete as many actions as you wish. These actions are \$150 for 2013. You must complete these actions by January 1, 2013 in order to receive funding." There are also links for "Download a chart of all the HRA health related actions" and "Earn Your Full HRA Funding for 2013".

## TIPS FOR IMPROVING COMMUNICATION WITH YOUR PHYSICIAN

Clear communication with your primary care physician (PCP) is important to your health. But it doesn't always happen.

### Two-Way Communication

Many of us don't feel knowledgeable enough to speak in detail with our PCP about our health issues. When we think we don't understand a topic, even if that topic is our own health, we're less likely to be comfortable speaking up about it. And that means we're more likely to leave an appointment with unanswered questions and unexplored treatment options.

#### Your PCP should communicate clearly, by:

- ➔ Using language you understand
- ➔ Answering and asking questions
- ➔ Presenting and explaining options
- ➔ Giving you certain information in writing

But no matter how good a communicator a doctor is, he or she can't read your mind. You have a key role to play. Your doctor needs you to communicate as well.

### Receive Better Care

To help your PCP provide you with better care you should share information and ask questions. You know your own health, so you can best describe symptoms, and share your health history and goals.

By being informed, prepared and involved, you can improve the quality of communication with your PCP and make the most out of your visit. Make sure that you leave the appointment with a clear understanding of any health issues you face, what you should do, and what comes next.

### Learn the Terms

Medical terminology can be confusing or intimidating. Start with the basics by making sure you understand the words and phrases that relate to any conditions you have. Even if you think you understand a medical term, it often helps to make sure you do.

Any time a doctor says something you don't understand, ask for an explanation. You can ask for handouts written in language you understand or use a medical dictionary at your local library or online, to look up definitions of complicated words.

### Understand Treatment Options

Individual words and phrases are just one piece of the puzzle. Talking to your physicians about your treatment options, and researching them on your own, will help you better discuss your treatment with your doctor and make informed decisions.

### Eliminate Language Barriers As Soon As Possible

If you are not fluent in English, inform all of your health care providers before your appointments so you can get the information you need in a language you best understand. If your provider is not certified to work in your language of choice, you may request an interpreter. A bilingual family member or friend is not a substitute for a medical interpreter.

### The Benefit of Being More Informed and Involved

Knowledge is power and can help improve your health care in so many ways. Getting informed on your own time doesn't mean that you're on your own when it comes to understanding your health. Your PCP is still the best person to help you use what you've learned to benefit your health.

By educating yourself, you'll be better prepared to have more in-depth conversations with your physician and get right to the heart of the matter. You'll be able to express your needs more clearly, ask better questions, understand your options, and make well thought out decisions. You'll be able to own your health.

Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) to find out more information about the Own Your Health campaign, located under "LiveWell Programs".

## YOUR HEALTH BENEFITS COMMON QUESTIONS FROM PLAN PARTICIPANTS:

**Q** How does eligibility for my health benefits work?

**A** Once you have initially earned your health benefit eligibility, your eligibility for each month is dependent on how many hours you work. Working between 60 - 80 hours per month earns employee-only coverage. Working 80 hours or more per month earns full family coverage (provided you have enrolled dependents).

It is important to note that the hours you work in a month give you eligibility for the second month after the month worked. In other words, the hours you work in May give you benefit eligibility until July.

If you have any questions about your eligibility, please call the Trust Office at **(800) 225-7620** option 2 then option 2 again.

**Q** How do my benefits for physical therapy and massage therapy work?

**A** The Trust provides benefits for both of these services under the Outpatient Rehabilitation benefit but there are specific requirements that need to be met.

- All physical and massage therapy must be prescribed by a medical doctor (M.D.) or Doctor of Osteopathy (D.O.)
- A treatment plan must be submitted to the Trust Office
- Massage therapy is payable only when it is part of a formal physical therapy program
- Maximum benefits are 45 visits per condition per calendar year for all types of therapy combined

If you are prescribed any type of physical or massage therapy, you or your physician should call the Trust Office at **(800) 225-7620** option 2 then option 1, to find out what steps need to be taken.

## BRINGING YOUR A-GAME HOW QUITTING TOBACCO CAN HELP YOUR WORKOUTS

It is well known that tobacco use increases your risk for cancer, emphysema, and heart disease. But most people underestimate the more immediate impact tobacco has on day-to-day energy and fitness levels.

Shortness of breath and reduced physical endurance are typical effects tobacco users will experience because of decreased oxygen levels in the blood. The more than 3,000 potentially harmful chemicals found in most tobacco and in the carbon monoxide from cigarette smoke lessens your body's ability to transport oxygen.

Tobacco use not only reduces your performance, strength and flexibility, but also places you at greater risk for exercise-related injuries, such as bursitis, tendonitis, sprains and fractures.



### Get The Most Out Of Your Workout

If you are exercising regularly, you're already having a tremendous positive impact on your fitness and well-being. Quitting tobacco will help you get the most out of your workouts – and reduce the potential for future illness and injury. Quitting can be tough, but just like with exercise, the benefits to your daily energy and physical health far exceed the difficulty and effort.

As with exercise, many people find having a plan, support and guidance necessary to achieving their goals. As a Trust participant you have access to the tobacco cessation program Quit For Life®. Personalized coaching will help you stay on track and meet your goals.

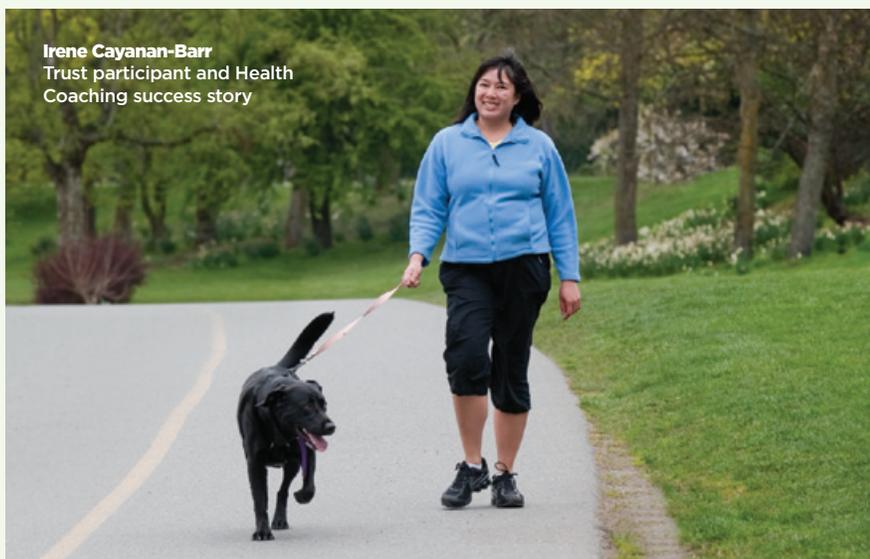
Source: Cleveland Clinic, Campaign for Tobacco-Free Kids, Alere Wellbeing



Turn to **page 7** to find out more about Quit For Life®, a no-cost and confidential program.

## NEED HELP MAKING EXERCISE PART OF YOUR ROUTINE?

The Trust offers confidential and no-cost Health and Lifestyle Coaching to help you reach your health goals. **See page 7** to learn more.



**Irene Cayanan-Barr**  
Trust participant and Health  
Coaching success story



Look for the This Counts icon throughout the year to see what counts towards up to \$150 in 2013 HRA funding.



## FRUIT KEBOBS WITH HONEY LIME YOGURT DRESSING A FUN APPROACH TO FRUIT SALAD

- 3/4 cups (6 oz.) plain nonfat yogurt**
- 3 Tbsp. honey**
- 1/2 Tbsp. freshly grated lime zest**
- 1/2 tsp. vanilla extract**
- 1 cup diced fresh pineapple**
- 1 cup diced fresh cantaloupe**
- 1 cup diced fresh honeydew melon**
- 20 strawberries, stemmed**
- 20 grapes**

In a small bowl, mix first 4 ingredients. Evenly skewer fruit onto wood skewers, alternating types of fruit. Serve with about 4 Tbsp. of dipping sauce per serving.

**SERVES 4.  
PER SERVING  
(1 SERVING = 1 SKEWER):**

- 147 calories**
- 4 g protein**
- 35 g carbohydrate**
- 3 g fat (3 g saturated fat)**
- 4 g fiber**
- 45 mg sodium**

Source: 2007 Swedish Heart Diet, A Guide & Recipes for Healthier Living

## THERE'S AN APP FOR THAT! USING YOUR SMARTPHONE TO GET HEALTHY

With the innovation of smartphones comes a wealth of health information, available 24/7 in the palm of your hand. These four popular apps will help you eat healthy, stay fit and maintain the discipline you'll need to make your healthy choices stick.

### Diet & Nutrition

#### **Livestrong's MyPlate Calorie Tracker** (for Blackberry & iPhone)

Track your daily caloric intake and log your fitness activities. MyPlate is an easy-to-use calorie counter with the largest online food library. Set your weight goals and use the detailed breakdowns of your daily diet to help you make the best choices for long-term success. MyPlate Lite is **free**, with the full food library app available for just \$2.99.

#### **Food on the Table** (for iPhone & Android)

Save money and time while making healthy choices. Select where you shop and the app will combine your grocery store's weekly sale items with your family's food preferences - such as

low fat, low carb, low sodium, or gluten free - to create organized grocery lists and suggest family and budget friendly meals. **Free.**

### Fitness

#### **Endomondo** (for iPhone & Android)

Keep track of your running, cycling, walking and other distance-based workouts. You can set distance goals and, using the app's workout history, track your progress. Synch the app with your profile at [www.endomondo.com](http://www.endomondo.com), to analyze your training, compete against your friends, and communicate with other users. **Free.**

### Health Management

#### **Diabetes Hands Foundation's HealthSeeker** (for iPhone, Android & on Facebook)

Use social gaming to improve your health and diabetes management. Players complete actions to achieve healthy lifestyle goals. Need a little more support? You also earn points and can get kudos from other players and Facebook friends. **Free.**



## WEIGHT WATCHERS® RISE & SHINE CHALLENGE START YOUR DAY IN A POSITIVE, POWERFUL WAY



With a few small tweaks you can achieve your weight loss goals before other people even start the day!

Getting started with the Weight Watchers® Rise & Shine Challenge is easy. Challenge yourself for a month to schedule in a healthy breakfast everyday and pick a mix of cardio, strength/toning and stretching/relaxation workouts, for at least three mornings a week. That's all there is to it! Choose when to start the challenge and self-monitor your diet and exercise through Weight Watchers online.

### The Beauty Of Breakfast

Studies have shown that people who eat breakfast tend to weigh less, and are less likely to impulse snack. The most satisfying breakfasts deliver a quick shot of energy by raising blood sugar levels rapidly and then provide a longer-term energy boost from high-fiber, complex-carbohydrate, protein-containing foods that slow digestion.

#### Some quick breakfast ideas include:

- ➔ Low-fat cheese and tomato slices on a whole-wheat English muffin
- ➔ High-fiber cereal with fat-free or low-fat milk and dried or fresh fruit
- ➔ Peanut butter and jelly on multi-grain bread
- ➔ Low-fat yogurt and a grain-rich cereal bar
- ➔ A banana and a small handful of peanuts or almonds

If you usually skip breakfast, try a few grapes or a wheat cracker and half a glass of juice. After a few days, your body might naturally look forward to this a.m. fuel-up and you can try more substantial meals.

### Get Exercise-Wise

Exercising in the morning sets you up to make healthy habits throughout your day. A morning workout helps you avoid curveballs that derail your evening exercise plans.

Weight Watchers recommends at least 30 minutes of activity per day to keep you healthy and fit while you lose weight, and help you keep the weight off once you've lost it. If you're currently active, consider switching your workout to the morning or, better yet, add a 30-minute early-morning walk to your regular routine. Beginners should always check with a doctor before beginning any exercise program. If you are more advanced and planning a prolonged, intense morning workout, remember to eat 30-45 minutes beforehand.

During the challenge, try mixing up your activity routine. Choose at least one workout that focuses on cardio, one on strength/toning, and one on relaxation and stretching. Keep it simple this first week, and go with what you know. Some ideas:

- ➔ A wake-up stroll around the neighborhood
- ➔ 20 minutes doing intervals of jumping jacks, crunches, lunges and squats
- ➔ 30 minutes of gentle yoga
- ➔ A 30-minute circuit of the toning machines at the gym

Source: [www.weightwatchers.com](http://www.weightwatchers.com): based on an article by Elly Trickett McNerney

Trust participants can join Weight Watchers and pay just half of the Trust's special price! You could even get up to 9 months at no cost. **See page 7** to find out more.

# MANAGE YOUR FITNESS AND YOUR DIABETES

## EXERCISE CAN PREVENT OR ELIMINATE MANY SYMPTOMS OF DIABETES



Cardio exercise, coupled with strength training and stretching can help you control your diabetes by nonmedical means, reduce the severity of the disease, and significantly reduce the risk of long-term complications.

There are two types of diabetes. Type 1 diabetes is an autoimmune disease where the body produces no, or little, insulin. Type 2 diabetics are insulin resistant. Increased fat and decreased muscle mass can cause insulin resistance so type 2 is often seen in people who are obese or inactive.

Muscle cells use insulin much more efficiently than fat cells do, so building more muscle and reducing fat can help the body use the insulin that is produced. The danger of type 2 can be delayed or possibly even prevented with increased physical activity. Type 1 diabetics can learn how to manage the amount of carbs they take in and how much insulin to use in order to get the most out of their workouts.

### A Few of the Best Exercises for Type 1 and 2 Diabetics:

**Walking** is one of the best exercises for diabetics, and it's convenient too. It is common for people with diabetes to see their blood sugar levels improve with a walking program of about 40 minutes per day.

**Weight Training** or other kinds of strength training, is a critical part of an effective weight loss program since muscle burns more calories than fat. Building extra muscle also improves the body's ability to use glucose, a vital factor in preventing and managing type 2 diabetes.

**Aerobic Exercise** is especially good for people with type 1 diabetes. It increases sensitivity to insulin, lowers blood pressure, improves cholesterol levels, and decreases body fat.

### Practicing Safely

It's important to consult your doctor before starting any exercise program. Blood sugar levels are critical no matter what type of diabetes you have and exercise can affect your blood sugar; so pay attention to possible warning flags during your workout such as change in heartbeat, excessive sweating, or feeling dizzy.

Source: <http://www.healthexerciseworld.com>

### Get Help Staying on Track

If you need help managing your diabetes, you may be eligible for the Trust's Condition Management program. **See page 7** for more details.

## IN YOUR WORDS

### BILLY: A LIVEWELL QUIT FOR LIFE® SUCCESS STORY



Billy Osborn, a Deli Associate and Trust participant for almost two years, enrolled in the Trust's LiveWell Quit for Life® program after realizing the physical and financial impacts tobacco was having on his life.

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

A Trust Wellness Coordinator told me about Quit For Life® and gave me a number to call to get enrolled. Then later my Night Crew Manager, who had just quit with Quit For Life®, encouraged me to call.

#### What motivated you to enroll?

There were a lot of things in my life that made me want to quit tobacco, but I realized one night how hard it was to breathe going up and down stairs and how much my lungs hurt. I love to ride my bike and I started to think how much longer and faster I could ride if I quit smoking. Everyone has one thing that sparks their motivation and for me it was that I just wanted to be able to ride.

#### What helped keep you motivated?

I talked to a few Quit Coaches® during the program. It was great because I was able to talk with them at a time that fit my schedule. The coaches were really compassionate and reminded me of a friend I could just sit down and talk to. They made me feel good about the accomplishments I made.

#### What are your keys to success?

Right away my Quit Coach® and I set a quit date. When my quit guide and patches came in the mail, I read through everything and got rid of my tobacco, lighters and ashtrays and actually stopped smoking before my quit date. When you finally get the willpower to quit, don't hold back and start right away.

#### Any advice for others considering Quit For Life®?

You have to be ready to quit smoking and it's something you have to put a lot of thought into. All of the pieces started falling into place for me when I thought about the cost and the physical benefit. When I get going fast on my 27-speed bike, I can really feel a difference in my lungs and muscles. Getting your mind in the game is the key to success. Every morning wake up and tell yourself, I am not going to smoke. For me, I went on a bike ride instead.

# TRUST SPONSORED WELLNESS PROGRAMS



**Leslie Shepard** and her fellow Trust participants helped keep each other motivated during workouts.

The confidential LiveWell wellness programs are available to all eligible Sound Health & Wellness Trust participants and your eligible spouse or same sex domestic partner, 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.

## **Nurseline Plus**

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)

## **Lifestyle Coaching**

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®**

PPO, GHO & Retiree

(866) 784-8454

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 family members in one event per season. Go online for a complete listing of eligible events.

## **Condition Management**

PPO, & Retiree:

By Invitation Only

Custom-tailored condition management services are available for participants who have been diagnosed with conditions such as asthma, COPD, congestive heart issues and diabetes. If eligible and invited to participate you'll 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 condition. The program increases confidence in managing chronic conditions, improves health status, and reduces healthcare use and costs.

## **Behavioral Health**

PPO & Retiree

(877) 362-9969 (Option 6)

If you need help managing stress, help with depression or substance abuse, or help selecting a provider, call anytime day or night to be connected to a behavioral health professional.

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.**



## LiveWell Fit Calendar



LiveWell Fit participants at the Running O' The Green event in Bellingham, WA.

### STAY ACTIVE WITH LIVEWELL FIT

Stay active this spring and summer with LiveWell Fit. The Trust will reimburse plan participants and covered family members' registration fees in one event per season.

Choose from selected walks, runs, bike rides and stair climbs. If you don't see your favorite event listed, talk to your workplace's Wellness Volunteer or to your regional Wellness Coordinator. They can organize teams for additional events, including yours!

Once you have registered for an event, call Sarah at the Trust office, at least one week before the event at **(800) 225-7620** option 2 then option 5, to make sure you get a reimbursement form at your event. For more information, or to print a list of this season's events, visit the LiveWell Fit page at [www.soundhealthwellness.com](http://www.soundhealthwellness.com).

DATE	CITY	EVENT NAME & DESCRIPTION	REIMBURSEMENT
<b>JUNE</b>			
6/9	Tacoma	<b>Sound to Narrows</b> 7.44 or 3.1 mile walk or run	\$35
6/16	Woodinville	<b>Cottage Lake Tri &amp; Tri again</b> Triathlon: 400 yard swim, 9 mile bike, 1.6 mile run	\$95
6/23	Long Beach	<b>Beach to Chowder Run/Walk</b> 13.1, 6.2 or 3.1 mile walk or run	\$20-30
6/23	Seattle	<b>Seattle Rock 'n' Roll Marathon</b> 26.2 or 13.1 mile run	\$164
6/24	Puyallup	<b>Tour de Pierce</b> 12, 30, 50 mile bike ride	\$12
<b>JULY</b>			
7/14	Kent	<b>Kent Cornucopia Days</b> 3.1 mile walk/run	\$10
7/14	Seattle	<b>Seattle to Portland Bicycle Classic</b> 200 mile bike ride	\$120
7/21	Olympia	<b>Lakefair Run</b> 13.1, 4.96 or 1.86 mile walk/run	\$15-30
7/21	Vashon Island	<b>Bill Burby Inspirational</b> 6.2 or 3.1 mile run, 3.1 mile walk	\$18-23
7/22	Seattle	<b>SummeRun</b> 3.1 mile walk/run	\$35
7/28	Anacortes	<b>Anacortes Art Dash</b> 13.1, 6.2 or 3.1 mile walk/run	\$19-45
7/28	Seattle	<b>Seafair Torchlight Run</b> 4.96 mile run, 3.1 mile walk/run	\$28
7/28	Silverdale	<b>Whale of a Run</b> 4 or 1 mile walk/run	\$23



**SOUND HEALTH & WELLNESS TRUST**

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