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In Sound Health

Your Source for How to LiveWell

Brought to you by Sound Health & Wellness Trust



Volume 4 | No. 3 September 2011

First Things First

The importance of having a primary care doctor.

When we aren't sick or injured, the last thing we want to think about is going to the doctor, but that is the best time to go. Finding and establishing you and your family with a primary care doctor means when you need medical care, you'll know right where to go. It means you have a partner in your care, and someone who can help you navigate through the health care system if you ever need specialized care or hospitalization. Research shows that people who have an ongoing relationship with a primary care doctor have better overall health outcomes and lower total costs of care.

What is a primary care doctor?

A primary care doctor can be a general or family practitioner (for all ages), a pediatrician (for infants, children and adolescents) or an internist (for adults). Your primary care doctor is your go-to person for regular checkups, for vaccinations, and for treatment anytime you are feeling ill.

A primary care doctor:

- provides preventive care,
- identifies and treats common medical conditions, and
- assesses serious conditions and situations and makes referrals to medical specialists when necessary.

Finding and choosing your primary care doctor

You can get the names of qualified primary care doctors by asking friends and relatives who their doctors are and how well they like them. Then contact your plan to see which of those doctors are covered by your plan.

Do a little research

Once you have a few names, call the doctor's office. You may want to ask them questions like:

- What are the office hours and how many doctors are in the practice?
- How far in advance do you need to make appointments?

- Who sees patients if the doctor is out of town or not available?
- What hospital does the doctor send patients to?
- How long is the usual office visit?
- Are lab work or x-rays done in the office or nearby?

You are embarking on a new, important, long-term relationship. It's up to you to decide if you feel comfortable with this person, with his or her communication style, with his or her approach to medicine and to your involvement in your health.

Taking the time to find a good match and to establish yourself with a primary care doctor is a great way to own your health.

Source: Puget Sound Health Alliance



**SOUND HEALTH
& WELLNESS TRUST**



Beyond Boring Water

Getting your eight glasses a day.

The rule of thumb is that we should all try to drink eight 8-ounce glasses of water every day. But if drinking water becomes dull, awaken your taste buds with these add-ins:

- A splash of unsweetened cranberry concentrate
- A slice of lemon, lime, orange, or cucumber
- A few mint leaves
- A splash of unsweetened iced tea
- A flavored electrolyte tab or powder

Eating Well



Cook It Up the Healthy Way

Six ways to cook vegetables.

1. **Bake** — From sweet potato fries to squash to potatoes, baking is an excellent way to lock in flavor, moisture and nutrition.
2. **Steam** — Steaming is one of the easiest and most nutritious ways to cook vegetables. Artichokes, broccoli, even greens are delicious when steamed, and so good for you!
3. **Boil** — While boiling veggies can sap them of some of their nutrition, it remains a healthy way to serve favorites like peas and butternut squash, and to make soups and root vegetable mashes.
4. **Stir-Fry** — When using a small amount of olive oil over a high heat, stir-frying can be one of the healthiest methods for cooking vegetables. Veggies cook quickly and retain their vitamins. Zucchini, carrots, mushrooms, onions, and peppers are all great options for a stir-fry.
5. **Sauté** — In sautéing, foods are cooked quickly over a high heat with a small amount of oil or butter. But unlike pan-frying, which is over a lower heat, the pan is shaken while sautéing so that the food “jumps” in the pan. Try snow peas, string beans or leafy greens.
6. **Grill** — Vegetables cooked over an open fire have an extra level of flavor. Like baking, the fire surrounds the veggies with heat, sealing in moisture and nutrition. Try corn on the cob or veggie skewers with portabella mushrooms, onion chunks, bites of squash and peppers.

Source: <http://www.fruitsandveggiesmorematters.org/>

Eating-Well Recipe:

Southwestern Corn Salad

Add color to your summer barbecue.

Ingredients

- | | |
|-------------------------------|------------------------------------|
| 8 ears fresh corn | 4 cloves garlic, peeled and minced |
| 1 red bell pepper, diced | Juice from 3 limes |
| 1 green bell pepper, diced | 1 tsp. sugar |
| 1 red onion, chopped | Salt and pepper to taste |
| 1 cup fresh cilantro, chopped | 1 Tbsp. hot sauce |
| 1/2 cup olive oil | |

Either grill or boil corn. Cool and cut kernels from the cob. Place in a medium bowl. Mix in red bell pepper, green bell pepper and red onion. In a blender or food processor, blend until smooth cilantro, olive oil, garlic, lime juice, sugar, salt, pepper and hot sauce. Stir into corn salad.

Serves 8: Per serving: 223 calories, 14.7 g fat (2.1 g saturated fat), 356 mg sodium, 23.9 g carbohydrate, 4.1 g fiber, 3.7 g protein.

Know Your Kernels

Selecting summer's best corn.

When selecting fresh corn, look for husks with good green coloring and pale-colored silk. Be careful when buying corn from outdoor stands during hot weather. High temperatures can convert corn sugar to starch, causing corn to lose its sweet flavor.



Fitness



Download the Event Calendar online!

Walk, Run, Bike, or Stroll
with the Trust's Summer Movement Series

Get out and move with Team Sound Health.

The Trust will reimburse the first 25 participants, including covered family members, for registration fees on these events. For full event and reimbursement details visit www.soundhealthwellness.com. For information or to see how many spots remain in your chosen event, please call (800) 225-7620 option 2 then option 5.

City	Event Name and Description	Cost and Reimbursement
18 Long Beach	Beach to Chowder Run/Walk 10K, 5K	\$40
18 Rochester	Twice Day Run 5K run/walk	\$1
23 Kirkland	Party in the Park 5K 10K or 25K	\$1
25 Port Orchard	Hot Feet 5K, 1 Mile, 10K dash	\$1
28 Seattle	Northwest Trail Run 8K, 4K	\$25-\$28 June 25
2 Houston	Hot Red Rally Fun Run 10K Run, 5K run/walk, 2 Mile run/walk	\$10 July 2
2 Snohomish	Long Hill 5 Mile Run 5K Miles	\$25 June 20
9 Kent	Kent Commucon Days 5K run/walk	\$10 July 7
10 Port Gamble	Timber Town 10K	\$15 July 3
18 Olympia	Lakelar Run 8K, 5K	\$15 July 5
21 Sammamish	Sparkley Eagle Hissummemights Run 5 Miles, 10 Miles	\$25 July 15
24 Seattle	Summitum 5K run/walk	\$25 July 20
30 Anacortes	Anacortes Art Dash Half Marathon, 10K, 5K	\$40-\$55 June 15
30 Silverdale	Whale of a Run 4 Miles	\$10-\$18 July 29
31 Gig Harbor	Duzy Tote Trail Half Marathon/Relay Half Marathon, Relay, 50K Dash	\$25 July 23
6 Mt Vernon	Once Around Lake Cavanaugh Bike, walk, run 7.5 Miles	\$20 July 28
12 Auburn	Friday Night Steamside 5K run/walk/stroll/wheel	\$20 July 17
13 Hoodport	Beast of Big Creek 10K	\$20 August 11
13 Tacoma	Goldfish Gallop 5K	\$15 August 1
20 Bellingham	Miles for Memories 5K run/walk	\$25 August 1
20 Seattle	Coway Run 10K race, 5K run/walk	\$30 August 1
27 Mukilteo	Run Like A Dog 5K, 10K	\$25 August 15
27 Olympia	Run Like A Dog 5K Field then 5K fun run/walk with your dog	\$22.50 August 26
10 Port Angeles	Olympic Bike Adventure 100 Mile/100K, 25 or 50 Miles	\$40 July 15
10 Woodbridge	Carriage Lake Tri and Tri Again Triathlon: 400 Yard swim, 5 Mile bike, 1st Mile run	\$85-\$105 August 31
17 Arlington	Run for Hope 5K run/walk, 10K run	\$15 September 9
25 Bellingham	Bellingham Bay Marathon, Half Marathon, 5K	\$100, \$70, \$25 June 30

Reimbursement policy: Please visit www.soundhealthwellness.com for full details.

Jennifer Ashton, Wellness Coordinator for the Peninsula Region, joined Trust participants in the Beach to Chowder 5K on June 18, 2011.

Join the Movement

Walk, run, bike or stroll with the Trust's Summer Movement Series.

Summer is the time to get out and move — to walk, run, bike or stroll that event you've been thinking about. With the Trust's Summer Movement Series, you can choose among nearly 30 events across Puget Sound, and the Trust will reimburse your registration fee.

We're half way through the summer, but there is still time to participate. The Summer Movement Series has events into September. The Trust will reimburse the first 25 participants, including covered family members, who notify the Trust of their registration for each event listed — so call now! With walks and runs from Bellingham to Olympia and Seattle to Port Angeles, there is an event that is right for you.

Visit www.soundhealthwellness.com for full event and reimbursement details. If you have questions about an event or reimbursement, call (800) 225-7620, select option 2, then option 5.

Need Help Creating an Exercise Plan?

The Trust offers personalized Health Coaching at no cost.

LiveWell Health Coaching (for PPO participants) or Lifestyle Coaching (for GHO participants) is a no cost, confidential program that offers phone-based personalized health coaching to all Trust participants and their eligible spouse or same sex domestic partner. LiveWell coaches will help you set and meet your health goals, and you'll even receive \$50 for completing your first three calls with a health coach. To find out more go to www.soundhealthwellness.com or call:

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

Splish, Splash, and Strengthen

Tone muscles and cool down this summer by swimming.

The pool can be a perfect place for fitness. Swimming is a great cardio workout, can be done by anyone at any age and doesn't have any impact, so it's easy on the joints.

Here are a couple of ways to add a little extra exercise to your next dip.

Tummy Tuck:

- With your back against the side of the pool, extend your arms on either side, holding onto the wall.
- Pull your knees to your chest, and then straighten your legs in front of you with your toes pointed.
- Move your legs to the left, to the right, then straight in front of you.
- Pull your knees back to your chest and put your feet back on the pool floor.
- Repeat 10 times.

Ball Curls:

- Stand with your feet touching the bottom of the pool.
- Hold a beach ball and stretch your arms in front of you.
- Pull the ball under the water, and use it to draw a circle on your left side. Try to pull your abs tight.
- Repeat five times.
- Switch sides and draw five circles on your right side.

Get in Shape with Gardening

Finding a workout in your yard.

Is going to the gym not your thing? And a walking routine doesn't do it for you either? Gardening is a satisfying and active hobby with great rewards.

Not only will gardening give you a workout, you'll have the satisfaction of digging in the dirt and having bountiful bouquets of flowers or fresh food when you're done.

Gardening exercises a variety of muscle groups. After 30 minutes of non-stop raking, weeding, moving soil, planting and picking, you've had quite a workout.

Be Sun Smart®

Protecting yourself from melanoma/skin cancer.

Sun exposure is the most preventable risk factor for all skin cancers. You can have fun in the sun and decrease your risk of skin cancer by following these tips.

- **Generously apply sunscreen** with a Sun Protection Factor (SPF) of 30 to all exposed skin. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing** such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
- **Seek shade** when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 4 p.m. If your shadow appears to be shorter than you are, seek shade.
- **Use extra caution near water, snow and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan consider using a self-tanning product, but continue to use sunscreen when outdoors.
- **Check your birthday suit on your birthday.** If you notice anything changing, growing or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

Visit www.melanomamonday.org to take the American Academy of Dermatology's "Suntelligence" survey, as well as to find out how to perform a skin self-exam, download a body mole map or find free skin cancer screenings in your area.

Source: American Academy of Dermatology

Did You Know?

That you can see your HRA activity, funding and balance online? Visit www.soundhealthwellness.com, login to your account, and up-to-date HRA information is available on your MySoundHealth page.

Health News You Can Use

Figuring Out Chronic Fatigue

Are you just tired or is it something more?

Chronic fatigue syndrome (CFS) is a disorder that causes extreme fatigue — not the kind of tired feeling that goes away after you catch up on rest and sleep. Instead, it lasts a long time — weeks, months and into years — and limits your ability to do normal daily activities.

Symptoms of CFS include fatigue for six months or more along with problems such as muscle pain, memory problems, headaches, pain in multiple joints, sleep problems, sore throat and tender lymph nodes.

Other illnesses can cause similar symptoms, so CFS is hard to diagnose. No one knows what causes CFS.

The Centers for Disease Control and Prevention (CDC) estimates that this debilitating disease affects 100,000 to 250,000 Americans, but many researchers believe that CFS is far more common than this. Chronic fatigue syndrome is three times more prevalent in women than in men and is most common in younger adults, with 90% of cases in the 25–50 year age range.

There is no cure for CFS, so the goal of treatment is to improve symptoms. Medicines may treat pain, sleep disorders and other problems. If you think you may have CFS, talk to your primary care physician about your symptoms.

Source: Centers for Disease Control and Prevention

Your Medical Plan Deductible Explained

The low down on your 2011 deductible changes.

You may have noticed a change in your annual medical deductible this year. With the 2011 plan changes the amount of your deductible is now dependent upon two things: the base amount of your standard deductible and the funding in your Health Reimbursement Arrangement (HRA).

- **The base deductible amount** increased on January 1, 2011. There was a small increase for employee only and family coverage for both in-network and out-of-network deductibles.
- **Your HRA funding** from completing your Personal Health Assessment (PHA) (as well as your spouse or same sex domestic partner if applicable) when the PHA is offered goes toward covering any amount over your base deductible amount.

Other than the base deductible amount, if you and your eligible spouse or same sex domestic partner (SSDP), if applicable, did not complete the PHA during the time period it was offered to you, you did not receive your full HRA funding and, therefore, your medical deductible is higher — by \$350 (for employee-only coverage) or \$700 (for family coverage).

More information will be provided to you in the fall to let you know what you will need to do for 2012 to keep your medical deductible down.

Get Your Medical Questions Answered

Could you use some advice about what to ask at an upcoming doctor visit? How about tips for how to take care of yourself at home or how to handle an injury or illness? Call your nurse line at any time for professional advice:

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

Avoid the Back to School Bug

Make sure your child is ready with annual immunizations.

Making sure that children of all ages receive all their vaccinations on time is one of the most important things parents can do to ensure their children's long-term health — as well as the health of friends, classmates and others in the community.

To get your family ready for school be sure to schedule a trip to your primary care physician to update all vaccinations and to receive a flu shot.

Source: Center for Disease Control & Prevention

Covered In-Network Preventive Care

The Trust covers the cost of physicals, immunizations and flu shots.

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. Flu shots and many other immunizations can be obtained at participating in-store pharmacies. 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 Health Options plan participants:** (888) 901-4636

Be an Inspiration

Start your path to quitting and share your success!

LiveWell Quit For Life® is a no-cost tobacco cessation program offered to all Trust participants, spouses and same sex domestic partners 18 years of age or older. Quit For Life® increases your chances of success eight times over trying to quit on your own.

If you've quit tobacco with Quit For Life and would like to share your experience, we would love to hear from you! Sometimes just knowing that someone like us has been through what we've gone through and overcome what we only hope to overcome can be all the inspiration we need to make real change!

Share your success and be an inspiration to others, call Sarah Monley, Wellness Coordinator at (800) 225-7620, option 2 then option 5.

Or start your journey to success by calling Quit For Life. You will work with Quit Coaches® over the phone to stay motivated and informed. You could even qualify for no-cost nicotine patches or gum. And after five calls with your Quit Coach, the Trust will send you a check for \$100!

To enroll call 1.866.QUIT.4.LIFE (866.784.8454), or visit <https://www.quitnow.net/soundhealthwellness> to enroll.

Does the Trust Have Up to Date Contact Information For You?

Is your contact information — address, telephone numbers, e-mail address — up-to-date with the Trust? If not, you are missing out on important plan information such as benefit changes, new benefits and programs and special offers. Call the Trust Office today to update your contact information. Call (800) 225-7620, option 2 then option 2 again.

Building a Culture of Health

Meet your Wellness Coordinators.

Maybe you've seen Sarah Monley in your work place — educating you about all the Trust has to offer, cheering you on in your healthy lifestyle choices and answering any questions you may have about the Trust's LiveWell programs. Sarah has helped build a volunteer network of more than one hundred participants to get the word out about the Trust's LiveWell programs, and celebrate your success stories. And now she has help.

Please welcome Wellness Coordinators Jennifer, Michelle and Jackie to the Trust!



Jennifer Ashton —

Jennifer brings a background in nutrition and a passion for rock climbing and skiing to the Sound Health & Wellness Trust participants on the

Peninsula and in Tacoma. Her experience in health and wellness, plus her family ties to the Pacific Northwest, make her a great asset to the wellness staff.



Michelle Hellem —

Michelle's compassionate personality and retail experience, coupled with her degree in Health Promotion and work in health

education, will keep the Sound Health & Wellness Trust participants in the Northern Region (including Northern Seattle) informed and inspired.



Jackie Koopman —

Jackie's communications experience and public speaking skills will captivate Sound Health & Wellness Trust participants in the

Southern Region (including Southern Seattle). Her commitment to volunteerism and passion for networking will prove invaluable as participants join the Wellness Champion Volunteer network.

Watch for them to visit your workplace soon!

Stress Less



Putting Your EQ to Work

Use your emotional intelligence to help erase stress.

We've all heard of "IQ," the measure of our intelligence. But what about EQ? Emotional Intelligence (EQ) is about feelings, perception, relationships and our ability to process them. EQ helps us build relationships, achieve life goals and handle stress.

Here's an important checklist for EQ:

1. Self-awareness:

Can you recognize your own emotions as you experience them? Many of us are not aware when we are angry, sad, depressed or afraid. We've forgotten what it feels like to be calm, relaxed and alert.

2. Self-management:

How do you respond to a stressful situation? Do you freeze? Blow up? Shut down? Knowing this will help you choose your response rather than be a victim to an unconscious habit.

3. Social awareness:

Can you read and understand the emotions of others? If you accept that others have the right to their own thoughts and feelings you may not be threatened or irritated by them.

4. Relationship management:

How about conflict? EQ helps everyone involved feel safe and able to express emotions without the situation becoming destructive.

Source: www.helpguide.org

Not A Lot of Time on Your Hands?

Online resources for stress, depression and more are available whenever you are.

Find behavioral health information, tools and resources online:

- **PPO plan participants** — Visit www.soundhealthwellness.com and go to Behavioral Health Online by logging in to MyLiveWell or going to the "About LiveWell" section of the site.
- **Group Health Options plan participants** — Go to www.ghc.org for a wealth of information on behavioral health topics.

Be Happier and More Productive

Five ways you can stress less and get more done.

1. **Look forward, not backward.** If you've had a setback or hit an unexpected bump in the road, stay positive and ask yourself what you can do to move ahead. Optimism will also rub off on your family, friends and colleagues.
2. **Set realistic goals.** Acknowledge that you are better at some things than others and focus on your strengths. When you've completed an important project, give yourself credit and enjoy the satisfaction of crossing it off your list.
3. **Seek help when you need it.** Balancing a career with taking care of the household, children and aging parents is too much responsibility for just one person.
4. **Find practical ways to simplify your life.** Buy clothes that don't need to be ironed or dry-cleaned. Do all your errands and shopping on one day. Instead of trying to remember everything, write down reminders.
5. **Start a new project,** take up a new hobby or give yourself permission to do something you've always wanted to try.

There is Help if You Need It

Depressed or just need help balancing life's stress? Help is just a call away.

Services are available to you through the Trust. If you need help managing your stress or help selecting a provider, call anytime day or night to be connected to a mental health professional. All calls are confidential.

- **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 Northern Idaho

Fitting It All In

Work-life balance tips for single parents.

Being a single parent is a demanding full-time job. Add in working outside of the home and it becomes even more challenging. It's all about balance.

- **Create rituals/routines.** A schedule lets everyone know when to be where, doing what. The routine should include family time, even if it's simply eating breakfast or dinner together.
- **Share the burden.** Everyone needs to pitch in — parents and kids. Even younger children can help by setting or clearing the table.
- **Use the commute.** If you drop off kids at school or daycare, use the time to talk. If you don't drop your kids off anywhere, ask about their day when you get home.
- **Take care of yourself.** Give yourself some me-time to exercise or enjoy a hobby.
- **Let things go.** Some days the dishes and the laundry will pile up. Don't let it get to you.

Source: *The Massachusetts Children's Trust Fund, www.onetoughjob.org*

Take Care



Take a Deep Breath

Take a moment to learn about asthma.

Asthma is a chronic, or life long, disease that can be serious — even life threatening. There is no cure for asthma, but the good news is that asthma is manageable and treatable.

The more you can learn about asthma the better you and your loved ones can manage living with this condition, making the most of every day, and maintaining the quality of life that is important to you.

Asthma symptoms can differ for each person. But here are some of the most common:

- **Wheezing.** You may notice a wheezing sound when you breathe. Sometimes this happens only when you exercise or have a cold.
- **Frequent Cough.** This may be more common at night. You may or may not cough up mucus.
- **Shortness of Breath.** This is the feeling you can't get enough air into your lungs. It may occur only once in a while, or often.
- **Chest Tightness.** Your chest may feel tight, especially during cold weather or exercise. This can also be the first sign of a flare-up.

Talk to your healthcare provider if you are experiencing any of these symptoms. The sooner you begin treating your asthma and maintaining control the less damage you will cause to your lungs in the long run. The Trust offers resources through the **LiveWell Condition Management** program for people living with asthma and their loved ones.

Source: American Lung Association

The Scoop on COPD

Reduce your risks for Chronic Obstructive Pulmonary Disorder.

A cough that won't quit, a continual tight chest, whistling or wheezing when you breathe and/or frequent shortness of breath together can be signs of Chronic Obstructive Pulmonary Disease or COPD.

COPD is a disease that makes it hard to breathe and gets worse over time. More than 12 million people in the U.S. have been diagnosed, and an additional 12 million people likely have the disease and don't realize it.

Know the risk factors:

- Older than 40, currently smoke or used to smoke
- Exposure to second-hand smoke
- Worked or lived around chemicals or fumes
- Have certain genetic conditions

Talk with your primary care physician about any COPD symptoms you have. Some COPD symptoms are similar to signs of other diseases and conditions. Your doctor can find out for sure.

There are things you can do to reduce your risks and/or manage COPD. For more information, visit www.LearnAboutCOPD.org.

Sources: National Institutes of Health; American Lung Association

Live Your Best Life

A chronic condition is one you must learn to live with.

Chronic conditions are just that, chronic. They have good times and bad times, but they do not go away. People who have chronic conditions can and do live full, happy and active lives, but they must learn to live with their condition.

With the Trust's **LiveWell Condition Management** program, custom-tailored and confidential services are available for participants who have been diagnosed with chronic conditions such as asthma, diabetes, congestive heart failure and coronary artery disease. Program participants work one-on-one with a personal nurse advocate to improve both their health and their quality of life.

Call to see if you are eligible for Condition Management. You will receive telephone counseling with a Registered Nurse, educational materials, and tips on how to live your best life with your condition. Also, if you qualify you can receive \$30 per month, \$270 per year, in your Health Reimbursement Arrangement for participating. Eligible Retiree Trust participants can receive a check for \$20 a month, up to a total of \$180 per year for participating.

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



Your Health Matters

The Determination to Quit

Sandra Borchgrevink found that with determination and ample support, she could finally quit tobacco.

Sandra Borchgrevink didn't really want to quit smoking, but when her husband's health demanded that he quit, she knew she had to quit as well. Having smoked for 41 years, the 54-year-old Deli Clerk knew that both her husband and her pocketbook were counting on her.

"My husband was suffering from shortness of breath, and the cost of cigarettes went up last spring. I knew it was time for us both to quit," Sandra said. "It's too hard for one person to quit if there's another smoker living in the house so I decided to quit as well."

Sandra and her husband Robert joined the LiveWell Quit for Life™ smoking cessation program. "We both signed up in mid-March," Sandra said. "We finished our cigarettes and started using the patches the next day."

Through the LiveWell Quit for Life® program, the Sound Health & Wellness Trust provides free patches, gum or medication to participants if recommended by their personal Quit Coach®.

"It was nice when my Quit Coach called to check in," Sandra said. "I appreciated the calls. Although I knew what I needed to do, the calls helped a lot."

Sandra worked with several coaches for two

months. The coaches provided support and helped her recognize her trigger points.

"The coaches were all really good," Sandra said. "The biggest trigger point for me is still when I first get off work and get into my car. That's when I want a cigarette the most."

Instead of reaching for a cigarette, Sandra kept her hands busy with woodturning and sewing.

"I made my produce manager a wooden salad bowl," Sandra said. "I knew I had to keep busy and not dwell on how much I wanted a cigarette."

In addition to personalized coaching, the Trust offers participants a \$100 incentive for completing five calls with a Quit Coach. "The check was nice, but it didn't factor into my decision to quit," Sandra said. "It all boils down to determination. You've got to want to do it."

Due to Sandra and Robert's determination, they have been smoke-free for six months. "If I can do it anyone can. I have no desire to go back," Sandra said. "I still crave cigarettes now and then, but I know if I have one I'll have to start all over again so I don't."

"I've told people at work they should call Quit for Life, because it works," Sandra said. "You've got the coaching and you've got the patches, so what do you have to lose?"

8



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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