

# In Sound Health

Your Source for How to LiveWell

Having trouble finding time to take care of yourself? Look inside for tips that will get you through this busy season.

## Taking Care of Yourself

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# TAKING CARE OF YOURSELF

December 2013

Winter is here. And the change in seasons brings with it the promise (and challenge) of a new year. Whether you're looking to make big health changes or stay on your current path, it's the time of year for reflection and renewal – and for celebration. When we're so busy thinking about family, friends and fun, it's sometimes hard to carve out a little time for ourselves.

That's where this edition of *In Sound Health* comes in. In this issue, we'll help you think of different ways you can take care of yourself this winter – from getting better sleep to getting through the holidays with health in mind. Because when we keep ourselves well, other parts of our lives seem to fall into place.

## TAKING CARE OF YOURSELF HOW TO FACE THE CHALLENGE AND STAY ENGAGED

Taking care of yourself can feel like something you do alone, and on a day-to-day basis, it often is. It's you shopping for healthy food, deciding to wake up 20 minutes early so you can fit in a walk before work, or keeping track of any medication you take. The challenges you face (and the rewards you experience) are your own. But you're not alone, because your primary care doctor is your partner in health. And one of the most important parts of your health is you, each moment, taking care of yourself.

Here are three tips to help you stay on top of your health and follow through with what your doctor has suggested.

### Know that you're the expert on yourself, but only if you stay aware.

- Think of the times you've taken really good care of yourself. What inspired you to keep it up? Did you understand your health situation better? What stressors were you experiencing and how did you cope? Did you have the support of family and friends? Did you understand your health issues and get the answers you needed from your doctor?
- Then think of the times you haven't followed through. What was happening? Maybe you forgot to follow your plan, so putting it in your calendar will help. Or maybe you didn't understand your doctor's suggestions, but you didn't follow up with your doctor about it.

- By focusing on yourself, you can start to see why you're not following through. Maybe you feel depressed or powerless. Or you may have a side effect from a prescription or need clarification. Whatever the case, talk to your doctor.

### Recognize that taking care of yourself is a common challenge.

- You may have the best intentions of taking care of yourself. But later you may have a sense of disappointment when you find yourself following old patterns. You're not alone.
- Get support from your health care team, and also reach out to family, friends and even patient networking groups and websites. You can connect with others and get ideas on how to face those challenges.

### Make taking care of yourself a habit.

- We hear a lot about bad habits, but you can also create good ones. Focus on the benefits of taking care of yourself, such as that good feeling after exercise or a mini-vacation you're planning with the money you saved by giving up smoking.
- Taking care of yourself might not make you feel better in the moment. Be realistic about what you can expect from healthy habits and remember why you're doing them: for your long-term health.

Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com), select LiveWell programs, then click Own Your Health for more ideas and resources.

## HAVE THE PPO PLAN AND NEED MORE HELP? GET A HEALTH COACH!

All eligible Sound Health & Wellness Trust employees and spouses, 18 years of age or older, are eligible to register for phone-based LiveWell Health Coaching. Your health coach will send you relevant information, offer personalized telephone support and encouragement as you work toward your goals with:

- Weight Control
- Exercise
- Nutrition
- Stress
- Cholesterol
- Blood Pressure
- Back Care

Based on your answers to the Personal Health Assessment, you may be contacted by phone or mail to participate in this no-cost to you program. If you were not contacted but would like help in a specific area, you can call (877) 362-9969.

## YOUR HEALTH BENEFITS

**Q I'm a PPO Plan participant. How do I know if my health care provider is in the Trust's new Aetna provider network?**

**A** Most of the health care providers plan participants use are in the Aetna network. You can find out if your medical care provider is in the Aetna Choice POS II network by visiting the Trust's website at [www.soundhealthwellness.com](http://www.soundhealthwellness.com), or by contacting your provider and asking them. If online, you can get to the Aetna DocFind website to look up or search for a physician, facility or other medical care provider by choosing the PPO plan, clicking on Benefits, then selecting Find a Provider. If you have any additional questions please call the Trust Office claims customer service representatives at **(800) 225-7620**, option 2 then option 1.

**Q Did my benefits change when the Trust PPO plan changed from the First Choice network to the Aetna network?**

**A** Your medical benefits did not change with the new preferred provider network. Your benefits remain the same.

**Q Since the Trust moved to Aetna, did my PPO Plan insurance change to Aetna?**

**A** The Trust did not move to Aetna insurance, but is using Aetna's preferred providers through their Choice POS II network. The Trust Office at Zenith American Solutions will continue to handle all of your medical claims processing, including your HRA (if eligible), and will provide all telephone customer service to you just as they have for more than 40 years.

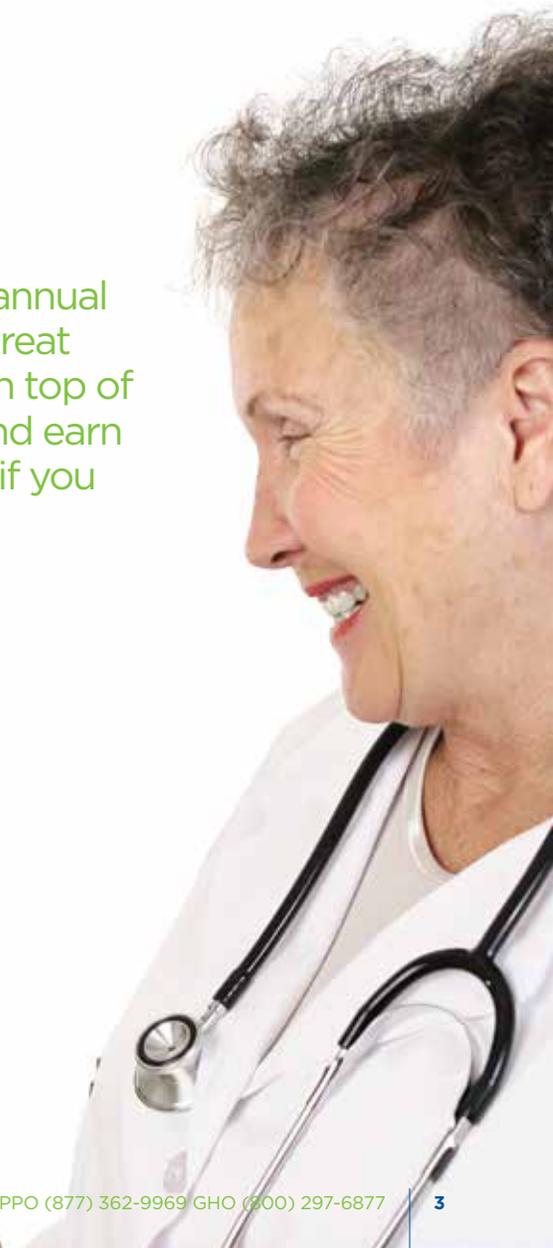
**Q How do I know how much I have left in my Health Reimbursement Arrangement (HRA) account?**

**A** To see your current balance, visit the Trust website at [www.soundhealthwellness.com](http://www.soundhealthwellness.com) and log in to your secure account. Click on My HRA Balance on the left side navigation bar. You can also see other HRA information such as your funding, claims and health related actions.

## HOW TO FIND THE RIGHT PCP FOR YOU

Just like buying a car or that big screen TV you've had your eye on, you'll need to do a bit of research to find the PCP you'll connect with. Find somebody you'll feel comfortable discussing personal details of your physical and mental health with while making you feel understood and cared for. It might take a couple of different visits with different physicians, but you deserve to take this time. That way, you have the right person on your side when you need them. Be sure that your PCP is part of your health plan network.

Getting your annual physical is a great way to stay on top of your health and earn HRA funding if you are eligible.



## START THE NEW YEAR AS A NEW YOU

# WEIGHT WATCHERS® HAS A LOW MONTHLY RATE AND A BIG LIFETIME REWARD

With an emphasis on group support, flexibility and learning how to eat the foods you want in healthier portions, Weight Watchers consistently ranks among the best weight loss programs available today. The program is simple: Depending on your current weight, you are assigned a daily points allowance. Every food is assigned a points value, and what you eat is counted towards your daily allowance. Once you use up your points for the day, that's it. Choices that fill you up the longest "cost" the least. Empty calories cost more than nutritionally dense foods.

Weight Watchers has a huge database of foods and point values to help make counting easy. They even have an app for your smart phone. Many people who join Weight Watchers stick with it even after they've shed their unwanted pounds, finding the ongoing support helpful for maintaining their weight loss. With the emphasis on nutritious foods, Weight Watchers promotes heart health and most studies suggest it's an effective program for weight loss.

The Sound Health & Wellness Trust is invested in your health, and has partnered with Weight Watchers to negotiate a low monthly rate for Trust participants and their eligible spouses, 18 years of age and older. One time only, the Trust will cover half of the cost of your monthly membership for nine months and even reimburse you for those nine months for actively participating.

## IT'S EASY TO JOIN AND GET STARTED



Call Weight Watchers at **(800) 767-5154** to enroll. You'll have the choice of attending Weight Watchers community meetings with a Monthly Pass, or managing your weight loss online with the Online Subscription. With either option, you'll be enrolled at the Trust's special price.

Turn to **page 7** to learn more about joining Weight Watchers.



## ROAST CHICKEN WITH POTATOES AND BUTTERNUT SQUASH

- 2** tablespoons minced garlic, divided
- 1** tsp salt, divided
- 3/4** tsp freshly ground black pepper, divided
- 1/2** tsp dried rubbed sage
- 1** (3 1/2-pound) roasting chicken
- cooking spray
- 12** ounces red potatoes cut into wedges
- 1 1/2** cups cubed peeled butternut squash (about 8 ounces)
- 2** Tbsp butter, melted

Preheat oven to 400°.

Combine 1 1/2 tablespoons garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper and sage in a small bowl. Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin. Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Place rack in broiler pan.

Combine potatoes, squash, butter, 1 1/2 teaspoons garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.

### SERVES 4. PER SERVING:

- 399** calories
- 43.8 g** protein
- 25.9 g** carbohydrate
- 12.1 g** fat
- 3.4 g** fiber
- 791 mg** sodium

Source: *Cooking Light*

## YOUR PERSONAL HEALTH PLAN STRATEGIES TO HELP YOU GET AND STAY HEALTHY

If you are like most people, you've been advised to make lifestyle changes that make your health a long-term priority. Whether it's weight loss, decreasing stress, initiating an exercise regimen or quitting smoking, we've all heard that we should do it. The question becomes, how do you make the changes?

For optimal overall wellness, a health care plan should place an emphasis on your whole person; the health of your body, mind and spirit. Many health care practitioners, including general physicians, internal physicians and alternative medicine practitioners can guide you through this process. After a consultation, they will help you create a detailed and personalized health plan, which lists a series of recommendations a person can use to optimize overall health. Here are some guidelines to help you create your own health plan.

**Start off by identifying what good health means to you.** This is different for everybody, and depends on your current state of health. You may see this as simply improving your current health, or as a total overhaul of how you currently feel. Identifying what good health means to you gives you a yardstick you can use to measure your progress.

**Choose a method of tracking your progress.** This can be as simple as a

journal, or more detailed, such as an Excel spreadsheet. Examples of information to track include lab test results or medical examinations (CT scans, MRIs), medications and vital signs.

Less tangible information, such as meditation or counseling sessions, visits to spiritual centers (such as churches), the number of healthy meals you eat in a week or the number of 45+ minute exercise sessions in a week can also be tracked and will provide you with good information about how your goals are impacting your health.

**Create your plan.** Separate your health plan into sections.

- Nutrition and Diet
- Movement and Exercise
- Sleep
- Lifestyle (habits, recreation)
- Vitamins and Supplements
- Mind-Body
- Spirituality
- Other Healing Modalities (could acupuncture or massage benefit you?)

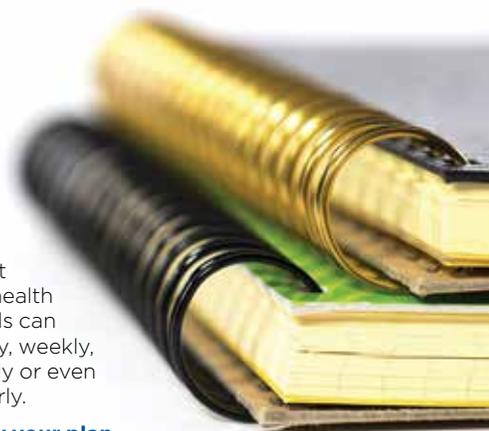
Choose a few items in your plan, and focus only on those for a period of time before moving on to others. Don't overwhelm yourself. The idea is to make smaller changes that last a lifetime. Set goals in a way that reflects your health needs, and that align

with your view of what good health is. Goals can be daily, weekly, monthly or even quarterly.

**Review your plan regularly.** When you check back periodically to review your plan, you'll notice where you are meeting your goals, which can give you a much-needed motivational boost. It's important to take the time to give yourself credit for a job well done. It's also good to discover areas where you can improve.

**Get the help you need, wherever you need it.** Your doctor, dentist, pharmacist, spiritual advisor, counselor, friends and family are all part of your health team. Let them know of the changes you are making in your life, and ask them for their support.

As the Rolling Stones' song goes, "You just might find you get what you need."



## SLEEP WELL AND STAY WELL HOW TO GET QUALITY, RESTFUL SLEEP

Proper sleep habits are necessary to achieve good sleep each night. While many people know that they are not getting the quality sleep that promotes health, they don't always know how to get it regularly. These tips will help you make the sleep of your dreams a nightly reality.

- 1 Avoid caffeine, alcohol, nicotine and other chemicals that interfere with sleep.** Sure, a delicious cup of coffee in the morning can help you wake up and face the day. For good sleep, avoid caffeine four to six hours before bedtime, and avoid drinking alcohol within three hours of bedtime. In fact, it's a good idea to limit alcohol to one to two drinks per day or less to promote good sleep.
- 2 Exercise is great for everything.** Some vigorous exercise in the morning or late

afternoon, or a more relaxing exercise such as yoga before bed can help you get a much more restful sleep.

- 3 Get some sunlight.** Here in the Pacific Northwest we know how detrimental the lack of sunlight during the long gray winter months can be to our mental well-being. But did you know light exposure also helps maintain a healthy sleep-wake cycle? Try to find a sunbreak during the day and get out of the office to soak it up. Or, pick up a light therapy lamp to combat the winter blues and promote restful sleep.
- 4 Be consistent.** Try to go to bed and wake up at the same time each day, seven days a week. This sets your internal clock, which helps your body expect sleep at the same time each day.

- 5 Your bed is for sleeping.** It's not good for sleep hygiene to watch TV, read, use an electronic device or listen to the radio. If you limit these activities to outside the bed, you begin to tell your body when you do crawl into bed that it's time for sleep. And your body will listen.
- 6 Go easy on dinner.** Finish dinner several hours before bedtime, and avoid foods that cause indigestion. Stay away from large meals close to bedtime. Remember that dietary changes can disrupt sleep patterns.

Sources: National Sleep Foundation, Harvard Medical School



## HIP, HIP, HOORAY MINIMIZE STRESS AND MAXIMIZE HAPPINESS DURING THE HOLIDAYS



Holidays can be an exciting time, full of family, fun and food. But you may also deal with plenty of stress during this time, juggling extra activities and high expectations. With the holidays right around the corner, it's a good time to plan ahead to ward off the stress that could put a damper on your holiday cheer. Here are a few tips to help.

- ➔ **Minimize your to-do list.** Take a good, honest look at your to-do list, and cut anything you won't feel disappointed about not doing. Holidays are about spending time with those you love. In the spirit of the season, make sure you have plenty of time for yourself and are not overcomplicating the season with unnecessary tasks.
- ➔ **Do something that makes you laugh.** Laughter boosts your immune system, which keeps you well. Watch a funny movie, read a book or play a silly board game with family or friends.
- ➔ **Exercise.** Getting your body moving releases endorphins that make you happy and reduce stress, anxiety and depression. Even if you only commit to parking your car at the far end of the mall parking lot, make a little extra time for physical activity. Your body - and your mood - will thank you for it.
- ➔ **Spread some cheer.** Giving to others with no strings attached is the best

kind of giving, and creates a truly joyous holiday season for so many. Participating in a toy or food drive can help foster warm and fuzzy feelings that help bust holiday stress. Or, if crowds and consumerism frazzle you, find a charity or two to make contributions to instead of traditional gifts. Spending one afternoon online making these contributions will save you from the mall, while giving badly needed help to people, animals and the environment. People will be delighted and honored to know you've made a contribution to a favorite charity in their name, so pick your favorites and get started!

CharityWatch offers ratings of charitable organizations in its Charity Rating Guide ([www.charitywatch.org](http://www.charitywatch.org)). Ensure any charities that you work with are efficient, ethical and effective, spending 75 percent or more of their budgets on programs.



Wellness Volunteers gather for annual appreciation events in September 2013.

## CELEBRATING 2013 WELLNESS VOLUNTEERS MAKING A WORLD OF DIFFERENCE IN OUR COMMUNITY

Trust participants demonstrate not only how they care about their own health, but how they care about the health of others through the LiveWell Wellness Volunteer Network (WVN). Our network has grown to nearly 200 volunteers who help to make positive impacts in their workplaces and with their co-workers everyday. They are dedicated to sharing news and information about Sound Health & Wellness Trust benefits, programs and getting the word out about health-focused community events. Through their examples, Trust Wellness Volunteers inspire others to participate in life-changing programs, run that first race, and make positive changes in their health habits.

This year we held several luncheons and dinners to bring our volunteers from across the area together and to honor them for their great efforts throughout 2013.

If you are interested in becoming a Wellness Volunteer, or would like to learn more please visit the Community section at [www.soundhealthwellness.com](http://www.soundhealthwellness.com).

**Thank you to all of our volunteers,  
we appreciate all that you do!**

## TRUST SPONSORED WELLNESS PROGRAMS



Trust participants after participating in this year's Color Run in Tacoma

The confidential LiveWell wellness programs are available to all eligible Sound Health & Wellness Trust participants and your eligible spouse, 18 years of age and older. The LiveWell programs are a revolutionary benefit that gives you and your family direct access to the medical expertise, information and personalized support you need to make better health decisions and enjoy a healthier, happier life.

### Nurse Line

PPO & Retiree

(877) 362-9969 Option 1

### Consulting Nurse helpline

GHO

(800) 297-6877

Call the nurse line 24 hours a day, 7 days a week. A knowledgeable registered nurse will help you find the information you need to make informed health decisions, navigate the healthcare system, get guidance about medical procedures, and find a healthcare provider.

### Health Coaching

PPO & Retiree

(877) 362-9969 Option 3

### 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

(877) 362-9969 Option 4

Quit For Life is a tobacco cessation program, where participants work one-on-one over the phone with Quit Coaches®. You will receive personalized guidance, support, encouragement and useful resources to help you stay on track. You could even qualify for no-cost nicotine patches or gum.

### Weight Watchers®

PPO, GHO & Retiree

(800) 767-5154

With Weight Watchers you'll learn how to eat right and live healthy. You have the choice of attending in-person meetings or managing your weight loss online. With either option, you'll pay just half of the Trust's special price, and you could get up to nine months at no cost.

### LiveWell Fit

PPO, GHO & Retiree

(800) 225-7620 Option 2, then 5

Walk, run, bike, or stroll with LiveWell Fit. The Trust wants to support you as you participate in selected local exercise events by reimbursing participants and their eligible family members in one event per season. Go online for a complete listing of this season's events.

### Condition Management

PPO & Retiree

(877) 362-9969 Option 2

Custom-tailored condition management services are available for participants who have been diagnosed with conditions such as asthma, COPD, heart disease and diabetes. You'll receive information in the mail or work one-on-one with a personal nurse advocate to improve both your health and your quality of life.

### Chronic Conditions Workshops

GHO

(800) 992-2279

The *Living Well with Chronic Conditions* program is a series of workshops that provide proven benefits for people living with one or more chronic conditions. The program increases confidence in managing chronic conditions, improves health status, and reduces healthcare use and costs.

Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) to find out more about these programs and the many other LiveWell wellness programs and benefits, such as:

- Personal Health Assessment (PHA) and Health Profile
- Prevention @ 100%
- Tier 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.**



**SOUND HEALTH**  
& WELLNESS TRUST

201 Queen Anne Ave. N. #100  
Seattle, WA 98109

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.

**GET INVOLVED**

## STAYING ACTIVE WHEN THE WEATHER GETS ROUGH

When the weather outside is frightful, motivation to get up and get going can be hard to come by. But getting outside can be rewarding even when it's chilly - especially if you set a springtime goal, such as a bike race or a 5K. Plus, when the days are short and the nights are long, the extra energy boost you get from exercise can help the darkness pass.

The Trust will reimburse participants and covered family members' registration fees in up to four events per calendar year. After you register for an event, call the Trust office at **(800) 225-7620**, option 2, then option 5 at least one week in advance of the event to let us know, or notify us online. Please have your health plan ID card handy when you call. For more information or to view a full list of this season's events, visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com).



Trust participants **Dawn and Scott Rauch** with a friend at a LiveWell Fit event, the RSVP bike ride - a two-day ride from Seattle to Vancouver, BC.

## LiveWell Fit Calendar

DATE	CITY	EVENT NAME & DESCRIPTION	REIMBURSEMENT
<b>DECEMBER</b>			
12/7	Bellingham	Fairhaven Frosty 5k & 10k - 3.1 or 6.2 mile walk/run	\$8
12/7	Arlington	Toys for Tots Airport Run (5k walk/run, 10k run) - 3.1 mile walk or 6.2 mile run	\$15
12/7	Port Orchard	Port Orchard Jingle Bell Run - 3.1 mile walk/run	\$10-\$25
12/8	Seattle	Seattle Jingle Bell Run - 3.1 mile walk/run	\$10-\$40
12/14	Tacoma	Santa Runs Tacoma - 6.2 mile run, 3.1 mile walk/run & 1k kid's run	\$8.50-\$40
12/14	Bellingham	Bellingham Jingle Bell Run - 3.1 mile run/walk, 3.1 mile dog trot, kids fun run	\$10-\$40
12/15	Kirkland	12ks of Christmas Holiday Run - 3.1 or 7.44 mile walk/run	\$30-\$50
12/29	Port Orchard	Yukon Do It Marathon - 26.2, 13.1 mile run or 3.1 mile run/walk	\$15-\$100



Look for the This Counts icon throughout the year to see what counts toward up to \$150 in 2014 HRA funding.

