

# In Sound Health

Your Source for How to LiveWell

Spring and summer in the Northwest offer all sorts of ways to get active. Look inside for some ideas to get you started.

## Take Action For Your Health

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## GET ACTIVE

### April 2015

Living an active life doesn't mean you need to climb mountains or stop watching your favorite TV shows. It just means making choices every day that get you to move your body – whether that's playing Frisbee with your kids, walking a few blocks or running the trails. Every little bit counts. In this issue of *In Sound Health*, you'll get some tips to help you become more active, while you use your benefits from the Trust to take care of your health.

# HEALTH RELATED ACTIONS FOR YOUR HRA EARN FUNDING FOR 2016

Every year, if you are eligible for a Health Reimbursement Arrangement (HRA), you and your covered spouse have the opportunity to fund your HRA by completing a variety of health related actions. Your HRA helps you avoid a higher deductible and reduces your out-of-pocket expense by paying for your first eligible medical expenses each year, such as doctor visits and lab tests. You won't have to pay your medical deductible until you have used all of your annual HRA funds. And better yet, unused HRA funds from prior years roll over to the next year.

### How it Works:

- ➔ Choose and complete approved health related actions between Jan. 1, 2015, and Dec. 31, 2015, to earn Jan. 1, 2016 HRA funding.
- ➔ Then, when notified in the fall of 2015, complete your annual Personal Health Assessment (PHA) or Health Profile when it's offered, update your contact information with the Trust and select or confirm your primary care physician to earn your remaining amount up to \$300.

The maximum annual HRA funding you can earn is \$500 for employee-only coverage or \$1,000 for family coverage.

Download the full list of HRA actions at [www.soundhealthwellness.com](http://www.soundhealthwellness.com).



## YOU CAN EARN:

### STAYING HEALTHY

- \$100 by getting a covered flu shot.

### MANAGING YOUR MEDICAL CONDITIONS

- **NEW THIS YEAR** - \$300 by participating in Condition Management (PPO only)
- \$200 for participating in Living Well With Chronic Conditions Workshops (GHO only)
- \$200 by being active in the invitation-only Personal Care Team (PPO only)

### MAKING HEALTHY CHANGES

- \$150 by participating in Health Coaching (PPO only)
- \$150 or \$200 by actively participating in Weight Watchers®
- \$150 by participating in Quit For Life®

### STAYING ACTIVE

- \$50, \$100 or \$150 by participating in LiveWell Fit
- \$150 or \$200 by maintaining Active Gym Attendance
- **NEW THIS YEAR** - \$150 or \$200 by Tracking Your Activity

### GETTING INVOLVED

- \$100 by becoming a part of the Wellness Volunteer Network

### PREVENTING ILLNESS

Earn \$100 for only one of the following preventing illness options:

- Annual Physical
- Mammogram, Pap smear, or Prostate exam
- Adult Immunizations
- Biometric Screening
- Preventive Colonoscopy

## THERE ARE LOTS OF WAYS TO PARTICIPATE IN LIVEWELL FIT GET OUT AND GET MOVING TODAY



If you've wanted to sign up for a LiveWell Fit event but didn't know where to start, why not check the list for a small run or walk in your own backyard? Many races on the list donate their proceeds to community organizations, animal rescues, health care organizations and the like – so you can feel good about what you're doing while you're getting your exercise.

If running a 5 or 10K isn't your thing, join all the walkers along the course as many people do a combination of running and walking. You may start

at a different time or place, but you'll still get the t-shirt! Plus, now you can track your activity with your favorite fitness tracker and earn up to \$200 toward your Jan. 1, 2016 HRA, if eligible. Check out the list of LiveWell Fit events on the back page or on the Trust website and sign up today.

When it comes to being active, you don't need to start out perfect – you just need to start.

### YOUR HEALTH BENEFITS

#### **Q** How do I get reimbursed for a LiveWell Fit event?

**A** The Trust will reimburse participants, including covered family members, for up to four events per calendar year. To be eligible for event fee reimbursement, choose an event from the LiveWell Fit event list on the Trust website, then register for your chosen event. Be sure to keep a copy of your registration receipt!

Then, notify the Trust at least one week before the event to reserve your spot by completing an online reimbursement request form located on the Trust's website or by calling the Trust at (800) 225-7620 option 2, then option 5.

## CONDITION MANAGEMENT FOR PPO PARTICIPANTS NOW EARNS YOU MORE

LiveWell Condition Management is offered to PPO plan participants and their covered spouses, 18 years of age and older, who have been diagnosed with diabetes, heart disease, asthma and other pulmonary diseases. Participants receive helpful information by mail and may also be invited to work one-on-one with a personal nurse advocate to improve both their health and their quality of life.

This confidential program is paid for in full by the Trust. If you are Health Reimbursement Arrangement (HRA) eligible and you work with a nurse advocate, you can

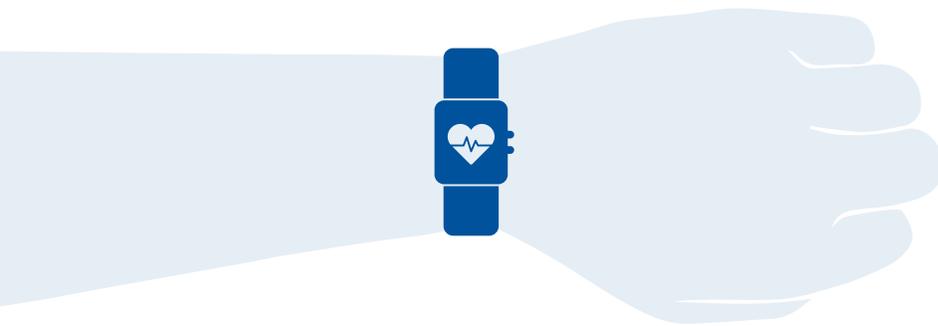
**Qualified participants may earn up to \$300 in annual HRA funding along with \$30 per month for your HRA (up to \$270 per calendar year).**

receive \$30 a month into your HRA account, up to a total of \$270 per calendar year for participating. Also in 2015, eligible participants who are enrolled and actively engaged in the program with a nurse advocate may earn \$300 towards their Jan. 1, 2016 HRA funding on top of the monthly program incentive.

If you qualify you will receive a call inviting you to join the program. Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for more details.

## FINDING THE RIGHT ACTIVITY TRACKER FOR YOU WHICH OF THE MANY OPTIONS FITS YOUR LIFE?

The number of fitness tracking devices available today can be overwhelming. Here are some things to consider when you're selecting one to help you earn funds for your Jan. 1, 2016, HRA.



### ➔ Consider cost

Just a few years ago, the first trackers came with a hefty price tag, but today you can get a basic tracker for \$100 or less that gets the job done. Keep in mind that not all trackers capture every activity. Some track sleep, some don't, and only a select few can be worn swimming. *The bargain tracker that doesn't track what you need can turn out to be a waste of money.* Be certain that you're purchasing a tracker that does what you want it to do.

### ➔ What it tracks

If your primary activity is walking, hiking or running, virtually any brand will do. Not so if you

get most of your activity either cycling, working an elliptical, walking on a treadmill, swimming or mountain climbing. Be sure to select a tracker that can capture data for the specific activity or sport you do most, so you can get the most out of your tracking.

### ➔ Where you'll wear it

Trackers come in different shapes, styles and sizes: Some are small enough to clip onto your belt or shoe, while others are worn on wristbands or armbands. Whichever tracker you choose, be sure that you are absolutely comfortable with it so that you will leave it on all day (and in some cases, all night).

### ➔ Set-up time

Regardless of your level of tech know-how, there's a tracker out there for you. There are three "tech" issues to consider when selecting a tracker: the set-up, how you keep it charged and how it stores your data. In most cases, these are easy to set up, but if you find it intimidating, don't give up. With a little practice, you'll be tracking like a pro.

### ➔ Data storage/access

Consider how easily your tracker communicates with your computer or tablet. For some trackers, a USB connection is required to upload your data. In others, a wireless antenna connects to your computer automatically.

### ➔ Compatibility with other devices

Some trackers will let you send your data to the apps and websites that you may already be using. This enables you to sync your tracking information with your diet and workout, and access it all in one place. This handy feature can help you better manage and coordinate your wellness plan.

Source: Wellocracy.com

## LOOKING TO MAKE A LIFESTYLE CHANGE?

Get support with LiveWell Health Coaching from the Trust (for PPO participants). Your health coach will send you relevant information and offer personalized telephone support and encouragement as you work toward your health goals. Go online or call **(877) 362-9969** option 3 to find out more and sign up.



## GRILLED CHICKEN TACO SALAD

Try this lower-sodium version of a popular dish.

### Ingredients

- 1 (15 ounce) can black beans, rinsed and drained**
- 3/4 cup medium-hot salsa**
- 1 cup chopped fresh cilantro**
- 1 tablespoon lime juice**
- 2 tablespoons chili powder**
- 1 teaspoon ground cumin**
- 1 teaspoon ground coriander**
- 1 teaspoon brown sugar**
- 1/4 teaspoon cayenne pepper**
- 1 tablespoon olive oil**
- 1 pound skinless, boneless chicken breast halves**
- 4 (7 inch) corn tortillas**
- 4 cups shredded lettuce**

### Preparation

1. Preheat a pan or grill to medium-high heat and lightly oil.
2. Mix black beans, salsa, 1/2 cup cilantro, and lime juice in a bowl; set aside.
3. Stir chili powder, cumin, coriander, brown sugar, cayenne pepper, and olive oil in a bowl until smooth; rub mixture over chicken breasts.
4. Cook chicken breasts on preheated pan or grill until no longer pink in the center and the juices run clear, 10 to 12 minutes per side. An instant-read thermometer inserted into the center should read at least 165°F (74°C).
5. Place tortillas on grill and grill until lightly brown on both sides, 3 to 5 minutes.
6. Transfer chicken to a cutting board and slice into long thin strips. Divide chicken strips over tortillas and top with bean mixture, lettuce, and remaining 1/2 cup cilantro. Serve with avocado, lime wedges and sour cream, if you'd like.

**MAKES ABOUT 6 SERVINGS. PER SERVING:**

**470 calories**      **18.7 g fat**  
**35.2 g protein**      **15.9 g fiber**  
**44.4 g carbohydrates**      **832 mg sodium**

Source: AllRecipes.com



BE WELL

## MAKING EXERCISE A FAMILY AFFAIR EVERY LITTLE BIT COUNTS

Planning activities as a family can be a fun way to get everyone moving. Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! And remember, sleep is just as important and is an essential part of living an active life.

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- ➔ Give children toys that encourage physical activity like balls, kites and jump ropes.
- ➔ Encourage children to join a sports team or try a new physical activity.
- ➔ Limit TV time and keep the TV out of a child's bedroom.
- ➔ Facilitate a safe walk to and from school a few times a week.
- ➔ Take the stairs instead of the elevator.
- ➔ Make a new house rule: no sitting still during television commercials.
- ➔ Walk around the block after a meal.
- ➔ Find time to spend together doing a fun activity: family park day, swim day or bike day.
- ➔ Volunteer to help with afterschool physical activity programs or sports teams.
- ➔ Be sure that children get the sleep they need.

Source: Letsmove.gov

## WHAT CAN YOU DO IN 15 MINUTES?

Even 15 minutes of activity each day can set you on the path toward health. Here are a few ideas.

- Walk to the store**
- Take a walk at the beginning of your lunch break**
- Get off the bus a few blocks before your stop**



- Have a family dance party in your living room**
- Use the stairs whenever you can**
- Complete evening chores like sweeping and taking out the trash**

## MAKE SURE YOUR WALK IS BRISK GET THE MOST FROM YOUR WORKOUT WITH THESE TIPS

Studies have shown that taking a 15-minute moderate-paced (3 mph) walk about 30 minutes after a meal helped control blood sugar in people who are at risk for developing type 2 diabetes. Other research found that exercise might be as effective as medication in preventing early death in people who have had heart attacks or strokes.

### So how fast is a brisk walk?

It depends on the person. For some people, a 3 mph pace would be brisk, but for others, that would be a moderate pace. Brisk means that you get warm while walking, and you can sense that your heart rate is slightly elevated. You should be able to converse but not sing. You should feel like if you moved any faster, you'd be breathless. Here are some other walking tips.

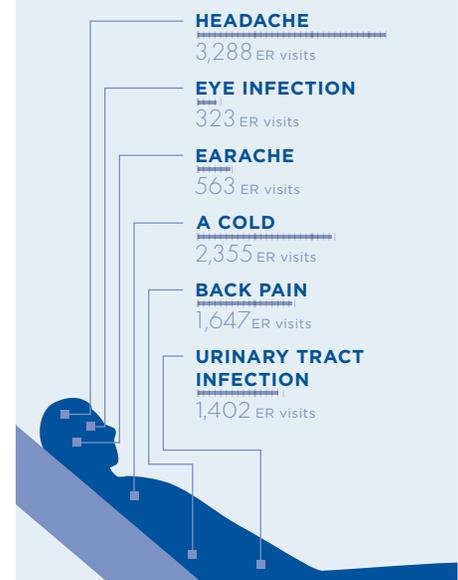
- ➔ Start with good posture. Stand tall, with your shoulders back.
- ➔ Focus should be ahead of you.
- ➔ Concentrate on quicker steps and let a longer stride come naturally.
- ➔ Schedule your walk just as you would an appointment, so you don't skip it. A quick 20 minutes is better than doing nothing at all.
- ➔ Plan your walk for the time of day that you're most likely to make it a permanent habit. Try making it a morning habit, so it doesn't get pushed out of the schedule later in the day.
- ➔ Choose comfortable footwear. Shoes shouldn't scrunch your toes or let your heel slip in and out when you take a step.
- ➔ If you're just getting started, don't try to do too much too soon, or you may get sore and become frustrated. Start with as little as 10 minutes, but try to move continuously for that whole time. Don't worry about speed at first. Just focus on making your walk a daily habit.
- ➔ Stretch at the end of your walk or after warming up.
- ➔ Don't ignore or exercise through pain. Always see a doctor if pain is not relieved by several days of rest, ice, massage and elevation. Back off from activities such as walking hills or knee-bending exercises if they cause pain.

Source: USA Today

## GOING TO THE ER? THINK TWICE.

**9,578** ER visits in one year were for these 6 reasons, which usually aren't urgent.

When you're sick or in pain, you might think a visit to the ER is your best bet. But many emergency room visits are completely avoidable—and could be better handled somewhere else at much less cost to you.



### DID YOU KNOW...?



More people go to the ER for a cold than for a broken leg.

Avoiding unnecessary visits to the ER could result in a savings of at least **\$13 million** per year in the Puget Sound region.

### WHAT SHOULD YOU DO INSTEAD?

- **CALL YOUR NURSE LINE**  
GHO Participants - (800) 297-6877  
PPO Participants - (800) 362-9969
- **CALL YOUR DOCTOR**
- **GO TO URGENT CARE**



To view the whole infographic, visit [www.wahealthalliance.org](http://www.wahealthalliance.org)

## HAVE A SUCCESS STORY TO SHARE?

If you've completed LiveWell Health Coaching, Quit for Life® or Condition Management and would like to share your story, send them to [successtories@soundhealthwellness.com](mailto:successtories@soundhealthwellness.com) and we may publish them in this newsletter.

## TRUST SPONSORED WELLNESS PROGRAMS



Leslie Shepherd celebrates at the Goldfish Gallop 5K 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.

### LiveWell

A PROGRAM OF THE SOUND  
HEALTH & WELLNESS TRUST

#### 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

Health Coaching is a phone-based health education program 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 12 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 four events per year. 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 0 Prescriptions
- Health Reimbursement Arrangement (HRA)

## YOUR PRIVACY IS IMPORTANT

Your health information is completely confidential, protected by federal law, and cannot be shared with your union or your employer without your permission.

All LiveWell wellness programs are provided and managed by independent service providers contracted by the Trust. The information on your health status and conditions, your medical

and prescription drug claims, and the information you may provide when participating is only used to offer you programs that could help you meet your health and wellness goals.

***By law, your health information cannot be used to deny health care coverage.***



**SOUND HEALTH  
& WELLNESS TRUST**

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**

## NOW IS A GREAT TIME TO GET OUTSIDE

This time of year offers the greatest variety of LiveWell Fit events, so sign up for a fun run, bike race or walk today. Get outside, get into nature and discover something new about yourself along the way.

If you are eligible and your family members are covered, you can get reimbursed for registration fees for up to four approved events each year. Visit the LiveWell Fit page at [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for a full list of upcoming events.



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



Trust participants Kim and Diane enjoy the Anacortes Art Dash.

## LiveWell Fit Calendar

DATE	CITY	EVENT NAME & DESCRIPTION
<b>MAY</b>		
5/2	Bellingham	<b>Haggen to Haggen</b> - 3.1 mile run/walk
5/2	Seattle	<b>Fiesta 5k Ole</b> - 3.1 mile run/walk
5/3	Mount Vernon	<b>Have a Heart Run</b> - 6.2 or 3.1 mile run/walk & kid's run
5/3	Tacoma	<b>Tacoma City Marathon</b> - 26.2, 13.1, or 3.1 mile run/walk or 26.2 mile relay
5/3	Seattle	<b>Bike-n-Brews</b> - 40, 30, or 15 mile bike ride
5/9	Burlington	<b>Skagit Spring Classic</b> - 100, 62, 45, or 25 mile bike ride
5/10	Seattle	<b>Color Run</b> - 3.1 mile run/walk
5/17	Poulsbo	<b>The Viking Tour</b> - 65, 35, or 3 mile bike ride
5/17	Port Townsend	<b>Rhody Run</b> - 7.46 mile run/walk
5/17	Olympia	<b>Capital City Marathon</b> - 26.2, 13.1, or 5 mile run/walk & kid's run
5/17	Seattle	<b>West Seattle 5k</b> - 3.1 mile run/walk
5/23	Seattle	<b>Emerald City Run</b> - 9.3 or 6.2 mile run/walk
5/23	Puyallup	<b>Electric Run</b> - 3.1 mile run/walk
5/24	Bellingham	<b>Ski to Sea</b> - XC ski, downhill ski, 8 mile run, road bike, canoe, mountain bike, or kayak
5/30	Sammamish/Redmond	<b>Flying Wheels</b> - 100, 67, 46, or 23 mile bike ride
5/31	Cle Elem	<b>Teaway Trail Run</b> - 26.2, 13.1, 6.2, or 3.1 mile run/walk
5/31	Redmond	<b>Big Backyard 5k</b> - 3.1 mile run/walk & kid's dash
<b>JUNE</b>		
6/6	Issaquah	<b>Issaquah Triathlon</b> - triathlon, duathlon, 6.1 or 3.1 mile run/walk & kid's triathlon
6/6	Tacoma	<b>Rainier to Ruston</b> - 50 mile run or relay
6/6	Carnation	<b>Survivor Mud Run</b> - 3.1 mile obstacle course run/walk
6/7	Sequim	<b>North Olympic Discovery Marathon</b> - 26.2, 13.1, 6.2, or 3.1 run/walk, or 26.2 mile relay, & kid's marathon
6/7	Seattle	<b>Race for the Cure</b> - 3.1 mile run/walk or 1 mile walk
6/7	Seattle	<b>Shore RunWalk</b> - 6.2 or 3.1 mile run/walk & kid's run