

# In Sound Health

Your Source for How to LiveWell

Staying healthy takes commitment.

Read inside for tips to help you feel your best!

## Grow Healthy Habits.

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## STAYING HEALTHY

April 2016

Staying healthy doesn't just happen. It takes work and a commitment to do what's right for us and our families. Inside this issue of *In Sound Health*, read about what the Trust offers to help you maintain your health, and how you can put these benefits to work in your life.

## PLAN BENEFITS THAT HELP YOU MANAGE YOUR HEALTH

### Comprehensive Coverage for Preventive Care

To keep you and your loved ones healthy, covered in-network preventive care is paid for in full by the Trust—with no deductibles, co-insurance or co-pays. This includes covered well-adult and well-child physicals, immunizations, flu shots and appropriate preventive screening tests like mammograms, colonoscopies and prostate exams.

### Inexpensive Medications

To fight the rapidly rising costs of prescription drugs, the Trust's therapeutically based prescription plan includes a "Tier 0" for PPO plan participants. When using a Trust Custom Network Pharmacy, you will pay nothing for the following drugs:

- ➔ Cholesterol lowering medications (Simvastatin)
- ➔ Proton pump inhibitors (Omeprazole)
- ➔ Non-sedating antihistamines (generic Claritin, Loratadine and Loratadine D)
- ➔ Metformin
- ➔ Lancets

These medications have been proven to be safe and effective for many people, and can provide similar benefits to other more expensive brand name and generic drugs at a substantially lower price.

### Support for Chronic Conditions

With LiveWell Condition Management, eligible PPO participants and their covered spouses, 18 years of age and older, who have been diagnosed with diabetes, heart disease, asthma and other pulmonary diseases can work one-on-one in personalized telephone sessions with a registered nurse to get resources, better understand their condition, stay motivated and ultimately improve both their health and quality of life. Group Health participants can get support for certain chronic conditions by signing up for a Chronic Condition Workshop. See [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for details.

### Incentives for Activities

Each year, the Sound Health & Wellness Trust establishes a Health Reimbursement Arrangement (HRA) for eligible plan participants to provide funding up to \$500 for employee-only coverage and up to \$1,000 for family coverage for participants who complete a variety of health-related actions—such as having an annual check up, getting your flu shot and/or completing a Health Assessment. HRA funds are used to cover the first eligible medical expenses covered by the plan in each calendar year, including doctor office visits, lab tests, or other eligible, covered medical expenses.

Learn more about your benefits [www.soundhealthwellness.com](http://www.soundhealthwellness.com).

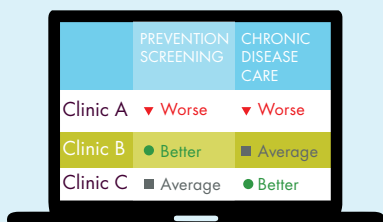


## THE SAVVY HEALTH CARE SHOPPER SHOPPING FOR QUALITY

The challenge: there is enormous variation when it comes to the quality of health care. Not all care is equally good.

Olivia just enrolled in her new health plan and is looking for a clinic that provides high quality care. She wants to find a primary care provider now to help her stay healthy and care for her if things change.

### 1 She compares care.



Olivia “shops” for a clinic on the Community Checkup website to find out how providers in her network rate on quality measures.

#### Become a savvy health care shopper.

Visit the Community Checkup at [www.wacommunitycheckup.org](http://www.wacommunitycheckup.org) and find out how you can get the quality care you deserve.

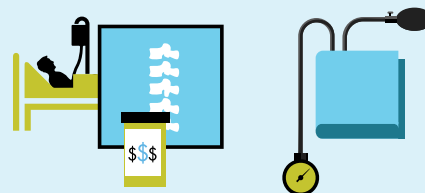
The project described was supported by Funding Opportunity Number CMS-1G1-14-001 from the U.S. Department of Health and Human Services, Centers for Medicare & Medicaid Services. The contents provided are solely the responsibility of the authors and do not necessarily represent the official views of HHS or any of its agencies.

### 2 She makes an informed choice.



By comparing scores, Olivia finds high scoring clinics in her neighborhood and contacts them to see if they’d be a good fit.

### 3 She makes sure she gets the right amount of care.



#### Not too much

Unnecessary care costs money and can be harmful.

It’s important to find the right provider and be engaged in your care.

#### Not too little

Patients with chronic conditions do not always get the recommended care.

Many people don’t get regular screenings, which can catch disease earlier.

Source: Washington Health Alliance, Washington State Health Care Authority

## GET HELP COORDINATING YOUR TREATMENT PLAN

The Trust has contracted with Aetna to provide Case Management services in certain health care treatment situations, such as before a scheduled hospitalization, after discharge from the hospital or if you are considering weight-loss surgery. An Aetna case manager will work cooperatively with you and your physician to consider effective alternatives to hospitalizations and other high-cost care to assist you in making the most efficient use of your benefits with the Trust.

Aetna case managers can help you understand your medical condition and support you in following your treatment plan. Aetna Case Management is included in the benefits provided to you by the Trust and is strictly confidential and voluntary. If you qualify, an Aetna case manager will call you to get started. For more information, call the Trust Office at **(206) 282-4500** or **(800) 225-7620**.



BE WELL

## WARM SNOW PEA AND CHICKEN SALAD

Spring veggies made delicious.

### Ingredients

- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 3 teaspoons toasted sesame oil, divided
- 2 tablespoons tahini, or cashew butter
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 2 tablespoons chopped cashews

### Preparation

1. Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)
2. Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.
3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing.
4. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

MAKES ABOUT 6 SERVINGS.  
PER SERVING:

284 calories      13 g fat  
 30 g protein      3 g fiber  
 13 g carbohydrates      509 mg sodium

Source: EatingWell



“If it were easy, everyone would do it,” says Margaret Kiser, 56, a cook in the Safeway deli in Aberdeen, of her more than 100-pound weight loss.

“It has been a complete lifestyle change,” she says.

Margaret had seen success with losing weight in the past, but what she hadn’t seen were sustained results. Today, she’s just a few pounds away from her goal weight of 155 – which will put her at half her weight when she started Weight Watchers® in September 2014. In that time, she’s gone from a size 28 to a size 12. Another bonus: her costs were minimal because of the Trust’s reduced rate for Weight Watchers and the reimbursement program, which reimburses participants for up to 12 months if they meet participation requirements.

The timing was right; Margaret had seen family members cope with challenges presented by heart disease and diabetes, and was ready to take charge of her health to reduce her risk. While she’d always had so-called “good numbers” at the doctor’s office, she felt the family history was reason enough to start.

“It’s a lot easier to do when it’s your decision rather than someone else’s,”

Throughout the past year, her daughter and grandkids have been a great source of support, but it has been Margaret’s consistent commitment to Weight Watchers Meetings, with their camaraderie and enthusiasm, that has been a key to her success.

After more than a year, she’s still attending meetings and is sure to get in between 15,000 and 17,000 steps on her pedometer each day. She’s even convinced a few coworkers to start Weight Watchers themselves.

“I can’t believe I’m an inspiration,” says Margaret. “It has been a life-changing experience.”

The Sound Health & Wellness Trust helps pay the cost of Weight Watchers for participants and their covered spouses 18 years of age or older.

### READY TO MEET YOUR WEIGHT LOSS GOALS?

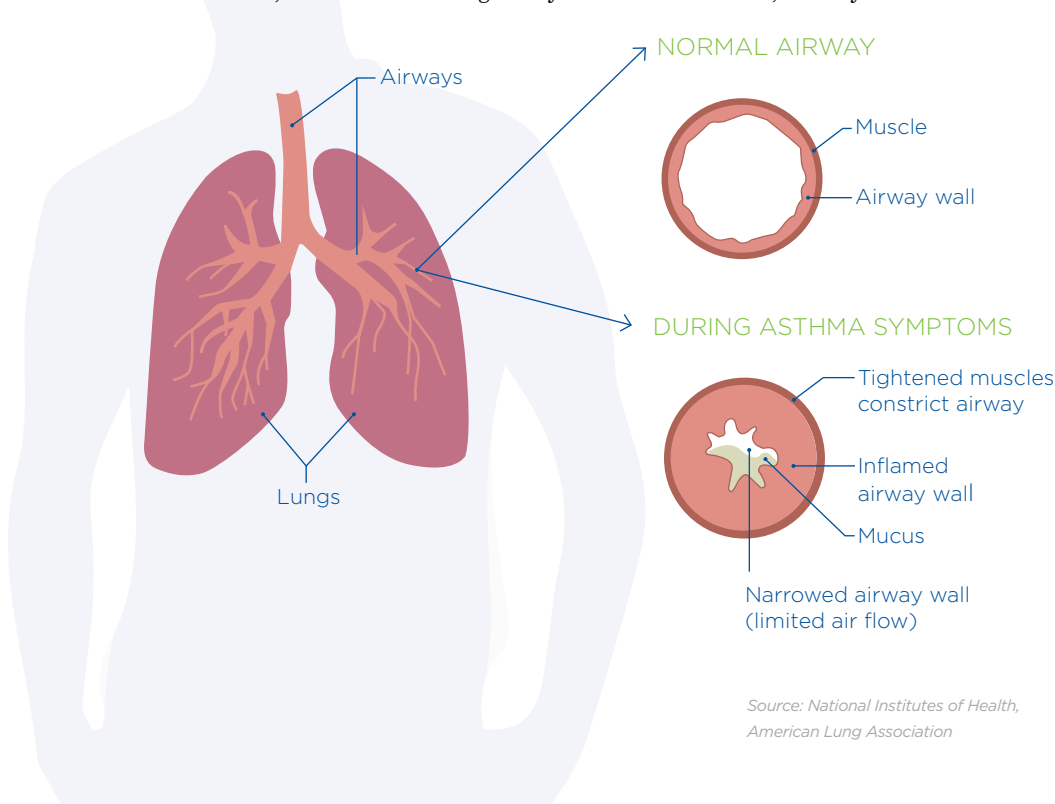
Join Weight Watchers by calling (800) 767-5154. Let them know you are a Trust participant, and then select in person Meetings or online with Essentials. The Trust will cover half of your cost of membership for up to 12 months—and will reimburse the other half if you meet active participation requirements.



## MEDICAL CONDITION SPOTLIGHT: ASTHMA

Asthma is a chronic lung disease that inflames and narrows the airways and causes recurring periods of wheezing, chest tightness, shortness of breath and coughing. In the United States, more than 25 million people are known to have asthma. About 7 million of these people are children.

With asthma, you are at greater risk for serious complications from influenza and pneumonia. To protect yourself against the flu you should be immunized every year, and you should also ask your healthcare provider if it is time for your pneumonia shot. There is no cure for asthma, but it can be managed so you can live a normal, healthy life.



Source: National Institutes of Health,  
American Lung Association



### LIVEWELL WITH ASTHMA

Get extra support outside the doctor's office managing your asthma by signing up for **LiveWell Condition Management**, if you are a PPO or Retiree participant and invited to participate. If you are a Group Health participant, join one of Group Health's many Chronic Conditions Workshops.

Visit the Trust website, click LiveWell Programs, then select Condition Management (for PPO and Retiree participants) or Chronic Conditions Workshops (for GHO participants) to learn more.

### ALERE IS NOW OPTUM

The Trust's Condition Management program for PPO and Retiree Plan participants is provided by Alere, an independent health management service provider. Alere has become Optum and will begin using the Optum name and logo in April 2016. There will be no change in the program or the services that you receive as part of the Condition Management program.

## UNDERSTANDING YOUR PPO PLAN ID CARD

- |                                     |  |
|-------------------------------------|--|
| 1 Your Trust health plan\           | 6 Prescription plan network            |
| 2 The name of your plan             | 7 Vision plan network                  |
| 3 Your office co-pay, if applicable | 8 Your group number                    |
| 4 Medical plan network              | 9 Your plan ID number                  |
| 5 Dental plan network               | 10 Numbers to know (also on the back!) |



## WHAT RISKS CAN YOU CONTROL?

### What you CAN'T control:



#### Your age

- ➔ Unfortunately, as we get older, our risk of certain diseases, such as heart disease and stroke, increases.



#### Your gender

- ➔ Men over the age of 45 and women over the age of 55 or postmenopausal women are at greater risk of heart disease, for example.



#### Your family history

- ➔ Your risk of certain diseases is increased if close family members—parents, siblings or children—had the condition.



#### Your ethnicity

- ➔ People of certain backgrounds are more likely to be at risk for certain conditions.

### What you CAN control:



#### Your activity level

- ➔ Being active through moderate exercise at least 30 minutes a day, five days a week, can help reduce your risk for certain conditions.



#### Your diet

- ➔ For most people, a healthy diet is high in vegetables, fruit, whole grains, and lean protein.



#### Your weight

- ➔ For most people, a healthy Body Mass Index (BMI) is 18.5 to 24.9, but this may vary based on your sex and ethnicity. Ask your doctor what BMI range is healthy for you.



#### If you smoke (don't!)

- ➔ Quitting smoking is the single best thing you can do for your health. Need help? Call **1 (866) QUIT4LIFE** or visit the Trust website to enroll in LiveWell Quit For Life®.



#### Your alcohol intake

- ➔ Most women should have no more than one (5oz) drink per day. Most men should have no more than two drinks per day.

*Source: Heart and Stroke Foundation, American College of Physicians*

## ACCOUNTABILITY IS KEY

For most of us, we are more likely to keep good habits when we are accountable to some one or something else other than ourselves—whether that means meeting a friend at the gym, or eating our vegetables when we know the kids are watching. That's why having a Health Coach can make all the difference when it comes to developing healthy habits. Your coach is there to help you stay motivated, strategize with you when you give into temptation, and cheer you on when you succeed.

LiveWell Health Coaching is available at no cost to Trust PPO and Retiree Plan participants and eligible spouse 18 years of age and older. Learn more at [www.soundhealthwellness.com](http://www.soundhealthwellness.com) or call (877) 362-9969, option 3.

## IMPORTANT NUMBERS TO KNOW

### PPO PLAN PARTICIPANTS

Trust Office - Benefits, Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
VSP (Vision Service Plan)	(800) 877-7195
Catamaran Rx—for Prescription Coverage	(877) 629-3126
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

### GHO PLAN PARTICIPANTS

Trust Office - Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Group Health - Benefits and Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Chronic Conditions Workshops	(800) 992-2279

### RETIREE PLAN PARTICIPANTS

Trust Office - Benefits, Eligibility	(206) 282-4500 or (800) 225-7620
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

### SOUND HEALTH & WELLNESS TRUST

For more information, visit the Trust website at [www.soundhealthwellness.com](http://www.soundhealthwellness.com)



### LiveWell PRIVACY POLICY

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**

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**GET  
INVOLVED**

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.

## CELEBRATE THOSE SUNBREAKS WITH LIVEWELL FIT

As the sun comes from behind the clouds, the Trust offers a number of options to help you stay active with LiveWell Fit. Download the full list of LiveWell Fit events on the Trust website and sign up today.

If you are eligible and you and your covered 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 at the Friday Night Stampede event in Auburn.

DATE	EVENT NAME & DESCRIPTION	
<b>APRIL</b>		
<b>23</b>	Snohomish	<b>Spartan Race</b> - 8-10 mile obstacle course
<b>23</b>	Tukwila	<b>Healthy Earth Healthy You</b> - 3.1 mile run/walk
<b>24</b>	Bellevue	<b>All in for Autism</b> - 6.2 or 3.1 mile run/walk & kid's dash
<b>24</b>	Seattle	<b>Top Pot Doughnut Dash</b> - 3.1 mile run/walk
<b>MAY</b>		
<b>1</b>	Tacoma	<b>Tacoma City Marathon</b> - 26.2, 13.1, or 3.1 mile run/walk, 13.1 mile relay & kid's run
<b>1</b>	Seattle	<b>Bike-n-Brews</b> - 40, 30 or 15 mile bike ride
<b>1</b>	Spokane	<b>Bloomsday</b> - 7.46 mile run/walk & kid's run
<b>7</b>	Bellingham	<b>Haggen to Haggen</b> - 3.1 mile run/walk
<b>7</b>	Mount Vernon	<b>Have a Heart Run</b> - 6.2, 3.1, or 1.2 mile run/walk
<b>7</b>	Burlington	<b>Skagit Spring Classic</b> - 45 mile bike ride
<b>7</b>	Bothell	<b>UW Bothell Husky 5K</b> - 3.1 mile run/walk
<b>7</b>	Mulkiteo	<b>Inspiring Hope Run</b> - 6.2 or 3.1 mile run
<b>8</b>	Seattle	<b>Color Run</b> - 3.1 mile run/walk
<b>14</b>	Redmond	<b>Color Run for Heart</b> - 3.1 mile run/walk
<b>15</b>	Olympia	<b>Capital City Marathon</b> - 26.2, 13.2 or 3.1 mile run/walk
<b>15</b>	Seattle	<b>Beat The Bridge</b> - 4.9, 3 or 1 mile run/walk
<b>22</b>	Poulsbo	<b>The Viking Tour</b> - 63, 40, 14 or 3 mile bike ride
<b>22</b>	Port Townsend	<b>Rhody Run</b> - 7.46 mile run/walk & kid's run
<b>22</b>	Seattle	<b>West Seattle 5K</b> - 3.1 mile run/walk