

In Sound Health

Your Source for How to LiveWell

Funding your 2017 HRA
is good for your health
& your wallet.

Turn the page for details.

It's Time to Take Your Annual PHA or Health Profile!

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TAKE ACTION FOR YOUR HEALTH

August 2016

The Sound Health & Wellness Trust was built by and for participants just like you. That's why we offer comprehensive benefits to help you access care and support to help you feel your best. In order to improve your health, it's good to know where you are starting from. Taking your annual Personal Health Assessment or Health Profile not only could earn you HRA funding, but it allows you to check in on your health and develop a roadmap for healthy living, so you can stay on track with your health goals.

THE PHA AND HEALTH PROFILE START EARLY THIS YEAR TAKE YOURS NOW TO EARN PART OF YOUR 2017 HRA FUNDING AND AVOID A HIGHER DEDUCTIBLE

It's time to take your annual Personal Health Assessment (PHA) or Health Profile (if Group Health) to earn Health Reimbursement Arrangement (HRA) funding and avoid a higher deductible in 2017. Usually you are asked to complete the annual PHA or Health Profile in the fall, but this year it is available from July 1 to Sept. 30, 2016.

This will be your one chance this year to earn this portion of your HRA funding and avoid a higher deductible in 2017.

What Do I Need to Do?

You and your covered spouse will need to complete these three steps between **July 1 and Sept. 30, 2016:**

PPO Plan Participants



STEP 1

Visit www.soundhealthwellness.com, log in to your secure account, and click on the "Select PCP & Take PHA" button, then select or confirm your primary care provider.

STEP 2

Click "Save PCP & Go to PHA." Follow the prompts onscreen to update or confirm your contact information.

STEP 3

Complete your questionnaire. It's easy and quick to complete. Be sure to click "Submit" when you're done.

Group Health Options Plan Participants



STEP 1

Visit www.soundhealthwellness.com, log in to your secure account, and click on the "Get Started" button, then if you are the employee, you will need to confirm or update your contact information.

STEP 2

Click "Take Your Health Profile." You will be redirected to the Group Health website, where you'll be guided through the process of completing your Health Profile.

STEP 3

Select, change or confirm your primary care provider on the Group Health website.



COMMON PHA AND HEALTH PROFILE QUESTIONS

Why Should I Take the Annual PHA or Health Profile?

Your annual PHA or Health Profile gives you an immediate snapshot of your current health and possible health risks, and gives you a personal plan for healthy living. In addition, by completing these three steps between July 1 and Sept. 30, 2016, you can earn funding for your 2017 HRA. The funds in your HRA help you avoid a higher deductible and cover your first eligible medical expenses covered by the plan each calendar year.

How Much HRA Funding Can I Earn Annually?

If you and your spouse, if married, complete your annual PHA or Health Profile you could earn:



- Up to \$300* of the \$500 maximum HRA funding, for employee-only coverage
- Up to \$600* of the \$1,000 maximum HRA funding, for family coverage

**Amount depends on the other Health Related Actions you perform this year.*

Q What if I don't have a login for the Trust site?

A No problem! Quickly get one by clicking "Register" at www.soundhealthwellness.com.

Q What if I am on the Group Health plan, but don't have a login to the Group Health website?

A You can easily register for one. Visit the Group Health website www.ghc.org, click "Register for MyGroupHealth now!" and set up your account – you no longer need to wait for a mailed PIN.

Q What if I don't have internet access?

A PPO Participants – You may request a paper PHA and contact information/PCP form before Sept. 16, 2016, by calling (877) 362-9969 and choosing option 3.

Group Health Participants – You may request a paper Health Profile and contact information/PCP form before Sept. 16, 2016 by calling (866) 458-5277.

Q Does my spouse have to complete the PHA and other steps as well?

A Yes. To get the maximum HRA funding available for these steps, you and your covered spouse both need to complete these three steps between July 1 and Sept. 30, 2016.

Q Is my privacy protected?

A Yes, your PHA or Health Profile is completely confidential. Your health information is protected by federal law, and cannot be shared with the Trustees, your union or your employer.



GET THE MOST FROM YOUR HRA

Make sure you earn your maximum HRA funding by also completing Health Related Actions, such as getting a flu shot or joining a LiveWell program before Dec. 31, 2016. Visit the Trust website at www.soundhealthwellness.com for full details and a list of all eligible Health Related Actions.

SHRIMP AND AVOCADO TACOS

An easy and healthy weeknight meal.

INGREDIENTS

- 3** limes
- 1** cup chopped seeded tomato
- 1** cup diced peeled avocado (about 1 avocado)
- 1/2** cup chopped fresh cilantro
- 3/4** teaspoon salt
- 1/4** teaspoon black pepper
- 3** garlic cloves, minced
- 1** pound cooked peeled medium shrimp (if frozen, thaw first)
- 12** (6-inch) corn tortillas

PREPARATION

- 1.** Finely grate rind from limes to measure 1 tablespoon; juice limes to measure 1/4 cup. Place rind and juice in a large bowl. Add tomato and remaining ingredients except tortillas; toss well to combine. Cover and chill for 15 minutes, stirring occasionally.
- 2.** Heat tortillas according to package directions. Spoon about 1/2 cup shrimp mixture down center of each tortilla; fold in half. Serve immediately.

Make it even healthier: Swap out the tortillas for lettuce leaves. Butter lettuce and romaine leaves work great!

Cooking Tip: Marinate shrimp in a nonreactive bowl, such as one that is glass or ceramic; an aluminum or copper bowl will react with the citrus juice to give the shrimp a metallic taste.

MAKES 6 SERVINGS
(SERVING SIZE 2 TACOS).
PER SERVING:

261 calories **8 g fat**
20 g protein **5 g fiber**
30 g carbohydrate **498 mg sodium**

Source: *Cooking Light*

NATURE: IT'S DOCTOR RECOMMENDED SPENDING TIME IN NATURE IS GOOD FOR YOU

Several recent studies show that getting outdoors, taking a walk in the woods or going on a camping trip might be just what the doctor ordered.

It can ease depression

According to a study from the University of Michigan, group nature walks are linked to enhanced mental health and positivity, as well as significantly lower levels of depression and feelings of stress.

It may improve your outlook

A study from Glasgow University showed that people who walked, biked, or ran in nature had a lower risk of poor mental health than people who worked out indoors.

It could improve your focus

According to a study published in *Psychological Science*, interacting with nature gives your brain a break from everyday overstimulation, which can have a restorative effect on your attention levels.

It can strengthen your immunity

Researchers at Tokyo's Nippon Medical School found that women who spent six hours in the woods over the course of two days had an increase in virus- and tumor-fighting white blood cells, and the boost lasted at least seven days afterwards.

Sources: *Sierra Magazine, Health Magazine*

DID YOU KNOW...

As a Sound Health & Wellness Trust participant you don't actually have "health insurance," per se. You do, of course, have health benefits and innovative wellness programs.

Here's what that means for you:

- ➔ Because of the way the Trust is set up, you receive health benefits your union and employer have agreed to provide as part of your collective bargaining agreement.
- ➔ Trusts like Sound Health & Wellness Trust are governed by federal laws—the Employee Retirement Income Security Act of 1974 (ERISA) and the Internal Revenue Code—and not by state insurance law.
- ➔ A joint Board of Trustees made up of equal numbers of union and employer representatives controls the operations of the Trust and crafts benefits and wellness programs specifically for participants.
- ➔ The Trust is not a for-profit insurance company. Unlike insurance companies, the Trust's funds are only used to pay member benefits and cover operational costs.

For more information on your benefits, visit www.soundhealthwellness.com

MAKE THOSE STEPS COUNT EARN HRA FUNDING SIMPLY BY USING YOUR FITNESS DEVICE

1



WEAR YOUR TRACKER

It may seem like an obvious step, but one that can be missed in your morning rush to get out the door. Place your tracker somewhere you won't forget it – on your dresser or by your keys. You'll get credit for your whole day, reach your goals faster, and might even find that you push yourself a little harder.

2



GET MOVING TO EARN HRA FUNDING

To earn \$150 in Health Reimbursement Arrangement (HRA) funding, you must complete 10,000 steps per day, or 5 miles of running/walking, for 30 or more days within a 3-month period. Then, if you complete another 10,000 steps per day, or 5 miles of running/walking for 30 or more days within another, separate 3-month period, you can earn another \$50 – for a total of \$200 toward your Jan. 1, 2017 HRA.

3



SUBMIT YOUR DAILY STEP REPORT TO THE TRUST

You've worked hard, now make sure you get the credit! Using your fitness tracker's online tool or app, generate a report that includes daily totals. Generally, you can create a weekly or monthly report – whatever you need to show daily total steps. Print this report and submit it along with the Fitness Activity Tracker form – which you can download from the Trust website.

SPOTLIGHT ON COPD

BETTER TALK MEANS BETTER TREATMENT

Chronic Obstructive Pulmonary Disease (COPD), is a slowly progressive disease involving the airways in the lungs, or the lung tissue, or both. COPD reduces your ability to breathe and get enough oxygen. The two diseases that make up COPD are called emphysema and chronic bronchitis. Many people with COPD have a combination of these two conditions.

Twelve million Americans are receiving treatment for COPD to help them to live longer and breathe better, but another 12 million have undiagnosed COPD. A recent survey found this disparity is partly caused by communications gaps between health care providers and patients.

TOP DIAGNOSIS BARRIERS HEALTH CARE PROVIDERS ENCOUNTER



TOP REASONS PATIENTS WITH COPD SYMPTOMS AREN'T TELLING THEIR DOCTOR

"I didn't think of it."

"I have had these problems for years."

"These problems will go away in time."

"I don't want another 'quit smoking' message."

"COPD IS TREATABLE"



Source: National Heart, Lung and Blood Institute

LIVWELL WITH COPD

If you have been diagnosed with COPD, the Trust has a program designed just for you. With LiveWell Condition Management for COPD, you'll work one-on-one with a registered nurse who will help you better understand, manage and control the symptoms of your COPD, so you can feel your best.

If you are HRA eligible and working with a nurse for diagnosed COPD, you can earn 2017 HRA funding. Find out more at www.soundhealthwellness.com under LiveWell Programs.



LiveWell Condition Management is covered in full by the Trust, completely voluntary and confidential, and provided by an independent health management service provider.

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



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.

A NEW SEASON OF LIVEWELL FIT AWAITS

Whether it's a walk, bike ride, short or long run – find the events that are right for you and your family! Check out the latest list of events available for reimbursement through LiveWell Fit.

You can download this season's full list of LiveWell Fit events at www.soundhealthwellness.com.

Eligible Trust participants and covered family members can get reimbursed for registration fees for up to four approved events per calendar year.



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



Trust participant Jeremy Rucshner and his son Eric at the Capital City Marathon

DATE	EVENT NAME & DESCRIPTION
AUGUST	
6	Anacortes Anacortes Art Dash – 13.1, 6.2 or 3.1 run/walk
6	Sequim Tour de Lavender – 63 or 31 mile bike ride
6	Monroe Lake Tye Triathlon – Sprint triathlon or relay
6	Spokane 8 Lakes Leg Aches – 75, 45, 30 or 15 mile bike ride
6-8	Snoqualmie Courage Classic – 175 mile bike ride
7	Tacoma Unleashed at Stadium Bowl – Stair climb
7	Bainbridge Island Bike for Pie – 32 or 8 mile bike ride
12	Steilacoom Luma Glow Run – 3.1 mile run/walk
12-14	Seattle RSVP – 175 mile bike ride
13	Steilacoom Rally Round 4 Ultrasound – 13.1, 6.2 or 3.1 run/walk and kid's dash
13	Coupeville Race the Reserve – 6.2 or 3.1 mile run/walk
13	Puyallup Night Nation Run – 3.1 mile run/walk
14	Seattle Lake Union 10k – 6.2 mile run/walk
14	Tacoma The Color Run – 3.1 mile run/walk
17	Tacoma Thirsty Summer Nights – 3.1 mile run/walk
20	Sequim Valley of the Trolls – 13.1, 6.2 or 3.1 mile run/walk
21	Bellingham The Color Run – 3.1 mile run/walk
27	Everett/Seattle Bubble Run – 3.1 mile run/walk
27	Seattle Seattle Marathon 10k – 6.2 mile run/walk
27	Mukilteo Run A Muk – 6.2 or 3.1 mile run/walk
27	Bellingham Muds to Suds – 3.1 mile obstacle course