

## Program Overview for Kaiser Permanente Plan Participants

These programs are open to all eligible Sound Health & Wellness Trust participants and their covered spouse, age 18 or older.

For more information please visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com)



LiveWell Programs	What is It?	How to contact?
<b>Health Profile</b>	<p>A questionnaire that gives a snapshot of your health and health risks and gives you a personal plan for healthy living.</p> <p>The Health Profile is available to newly eligible participants and is taken annually when specified. You will be notified by the Trust when the Health Profile is available to you.</p>	<p>Call Kaiser Permanente at (888) 901-4636 or go online for more information.</p> <p>To take the Health Profile you'll be directed to Online Member Services. You must register before completing the Health Profile. Instructions are on the site.</p>
<b>Consulting Nurse helpline</b>	<p>A free 24/7 nurse line with live registered nurses who can confidentially help you find reliable information to make informed healthcare decisions.</p>	<p>Call (800) 297-6877.</p>
<b>Healthwise® Knowledgebase</b>	<p>Free, online information that can help you answer common medical questions.</p>	<p><a href="http://www.kp.org/wa">www.kp.org/wa</a></p>
<b>Quit For Life®</b>	<p>A national-accredited tobacco cessation program with free patches or gum (if recommended by your coach). Program features one-on-one phone coaching, online tools and resources.</p>	<p>Call (866) 784-8454 to enroll or go online for more information.</p>
<b>LiveWell Fit</b>	<p>Get reimbursed for registration fees for local fitness events.</p> <p>The Trust will reimburse participants and covered family members for entry fees in up to four events per calendar year from a selected list.</p>	<p>Call the Wellness Coordinator at (800) 225-7620, option 2, then option 5 or go online for more information.</p>
<b>Chronic Condition Workshops</b>	<p>A series of proven, no-cost workshops to assist people living with chronic conditions.</p> <p>The program increases confidence in managing chronic conditions, improves health status, and reduces healthcare use and costs.</p>	<p>Call (800) 992-2279 or go online for more information.</p>

By law, your health information cannot be used to determine or deny health care coverage. 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. Please know that information on your health status and health conditions is used only by the independent service providers. You may be contacted by phone, email, or U.S. mail to let you know about and ask you to participate in a number of voluntary LiveWell programs that are relevant to your situation and health status. Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) and go to "About LiveWell" to find out more about these and other LiveWell wellness programs.

