

# In Sound Health

Your Source for How to LiveWell

Look inside for tips on how to make healthy choices every day.

**From big life changes to small daily actions, the little things add up to better health.**

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## LITTLE THINGS ADD UP

April 2017

It's easy to feel overwhelmed by all things on our health-related to-do lists. We all have to make decisions about what we eat, and figure out when to exercise and make other daily lifestyle choices that contribute to our overall health. Having so many things to do can sometimes leave a person feeling stuck.

The Sound Health & Wellness Trust is committed to giving you the resources and information you need to make healthy choices today, while making it easier for you to stick with your plan over the long term. After all, today's small choices can add up to a lifetime of health.

## ADD IT UP SMALL HEALTH DECISIONS MAKE A BIG IMPACT OVER TIME.

Wherever you are in your health care journey, you can make small choices that add up to better health for you and your family for the long term. The Trust is here to support you along the way.



### See Your Doctor

With your Trust benefits, you can see your doctor when you need to, with covered annual preventive care paid in full by the Trust. While there, be sure you're current on any immunizations or tests appropriate for you. Your, and your covered spouse's, annual preventive care visit can even earn you funding toward your 2018 Health Reimbursement Arrangement (HRA), if eligible. Visit the Trust's website for details.



### Follow Treatment Plans

If you're prescribed a medication, take it as directed. If you're given advice, follow it. If you experience any side effects or have questions, follow up with your doctor, but don't stop treatment on your own.



### Find Support if You Need It

Coaching programs are offered and paid in full by the Trust. They support you from wherever you're starting in your health care journey, and can help you earn funding toward your annual HRA just for participating.

LiveWell Health Coaching gives you the support you need to turn your lifestyle changes into new lifelong habits. And Condition Management offers people with certain diagnosed conditions – like asthma, heart disease or diabetes – additional support managing their health, outside their doctor's office.



### Get Fit Your Way

Slip on a fitness tracker, watch your steps add up, then submit your tracked steps to the Trust to earn 2018 HRA funding. Or take it a step farther and sign up for a local fitness event with LiveWell Fit. See the back page of this newsletter for a list of upcoming approved LiveWell Fit events.

To download participation forms and learn more about how you can earn HRA funds just by participating in the Trust's Health Related Actions, visit the HRA section of [www.soundhealthwellness.com](http://www.soundhealthwellness.com) under Benefits.



## EASY WAYS TO SNEAK IN MOVEMENT YOU PROBABLY DO SOME OF THESE ALREADY!



### AT HOME:

- ➔ Work in the garden or mow the grass. Rake leaves, prune, and dig.
- ➔ Go on a walk after dinner. Start with 5-10 minutes and work up to 30 minutes.
- ➔ Need a couple things from the corner store? Walk or bike instead of driving.
- ➔ Stand up while talking on the telephone.
- ➔ Walk your dog.



### AT WORK:

- ➔ Take the stairs instead of the elevator.
- ➔ Start a sports league or join an existing one.
- ➔ Join a fitness center or YMCA near your job. Work out before or after work, or drop by on break.
- ➔ Get off the bus a few blocks early and walk the rest of the way to work or home.



### AT PLAY:

- ➔ Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- ➔ See the sights in new cities by walking, jogging, cycling instead of driving.
- ➔ Park farther away from shopping destinations and walk the extra distance.

## I DON'T SMOKE, I VAPE! WHY VAPING STILL ISN'T SAFE



Vaping can seem like a reasonable substitute for smoking or chewing tobacco, but let's face it – it's still an addiction to nicotine, and still not good for your health. Not only do e-cigarettes contain nicotine, but they also contain other potentially harmful chemicals that haven't been extensively studied. Plus, researchers have seen a link between e-cigarette use and tobacco cigarette use in teens, so it's not necessarily a "healthier" option.

Are you ready to quit? Whether you smoke cigarettes, vape, or use smokeless tobacco products like chew, the coaches at LiveWell Quit For Life Program® can help. Your chances of quitting are five times better with a coach, than trying to quit on your own. You can even receive free nicotine patches or gum, if recommended by your coach, plus step-by-step tools and personalized treatment sessions. Also, if your physician prescribes Bupropion, the generic for Wellbutrin and Zyban, the Trust will cover it under your prescription drug benefit with just a \$6 co-pay. Call **1.866.QUIT.4.LIFE (866.784.8454)** or enroll online.

Source: MedlinePlus

## TRUST PROGRAMS TO HELP YOU LOSE WEIGHT A LITTLE SUPPORT CAN LEAD TO BIG CHANGES

Getting started can be the hardest part of losing weight. Weight loss can be slow, and can feel like a lot of work. That's why the Trust is committed to giving you the support you need by offering you programs that help keep you motivated and help you to write your weight loss success story.

### Personalized Health Coaching for PPO Participants



Through LiveWell Health Coaching and with the support of a LiveWell Health Coach, PPO Plan participants will be provided with the tools they need to help them lose weight. The LiveWell Health Coaching program is designed to help you set and meet your goals to improve your health and well-being. These sessions are fully paid for by the Trust.

Your LiveWell Health Coach will send you relevant information, offer personalized telephone support and encouragement as you work toward your weight loss goals.

Signing up is your first step to a healthier you! Call **(877) 362-9969** to get started.

### Weight Loss Programs



Perhaps you have a specific program you'd like to try. If you enroll in one of the following programs, you have the opportunity to earn HRA funding by actively participating:

- Weight Watchers®
- 3010 Weight Loss for Life®
- Jenny Craig®
- NutriSystem®
- 2020 Lifestyles®

Please note that membership or program fees are not paid for by the Trust other than for the Trust-sponsored Weight Watchers® program. Please visit the Trust's website for full details.

### Weight Loss Surgery

Weight loss (or bariatric) surgery is a major life decision, and should only be considered as a last resort and only if you have the full support of your doctor, and after you have exhausted all other options. If you are an eligible Trust Plan participant, your medical benefits may offer coverage for certain procedures, if you meet the Plan's specific criteria for coverage.

- PPO Plan participants call the Trust Office at **(800) 225-7620** to find out what the requirements are to qualify. The Trust's PPO Weight Loss Surgery policy is also available online at <https://soundhealthwellness.com/ppo/forms-documents/>, under Policies.
- Kaiser Permanente participants should talk with their primary care physician to discuss whether you may be a candidate for weight loss surgery. You can learn more about the process by calling Kaiser at **(888) 901-4636** or on the Kaiser website at [www.ghc.org/html/public/specialties/bariatric/surgery](http://www.ghc.org/html/public/specialties/bariatric/surgery).

While surgery can seem like a tempting fix, it is not the right choice for everyone. Along with the benefits, bariatric surgery can carry many risks that you should discuss with your doctor and consider before deciding on surgery as a last resort.

Reaching and maintaining a healthy weight can be challenging. This is why the Trust offers so many levels to support you in your weight loss journey. The Trust is here with the support you need to take charge and make long lasting changes.



## GARDEN PASTA SALAD

A make-ahead for mid-week meals.

### INGREDIENTS

- 2 cups whole-wheat rotini, (6 ounces)
- 1/3 cup reduced-fat mayonnaise
- 1/3 cup low-fat plain yogurt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar, or lemon juice
- 1/8 teaspoon salt
- 1 cup cherry or grape tomatoes, halved
- Freshly ground pepper, to taste
- 1 cup diced yellow or red bell pepper, (1 small)
- 1 cup grated carrots, (2-4 carrots)
- 1/2 cup chopped pitted Kalamata olives
- 1/2 cup chopped scallions, (4 scallions)
- 1/2 cup slivered fresh basil

### PREPARATION

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.
2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

MAKES 6 SERVINGS.  
PER SERVING:

**217 calories**      **9 g fat**  
**6 g protein**      **4 g fiber**  
**30 g carbohydrate**      **267 mg sodium**

Source: Eating Well

## MEAL PLANNING CAN MAKE FOR AN EASIER WEEK A LITTLE TIME NOW CAN SAVE YOU A LOT LATER

Planning your weekly meals in advance can mean taking a few hours over the weekend to plan, shop and prep. But it can save you hours during the week. Meal planning ultimately allows you to take control of your own personal nutrition needs, avoid temptation, and save money from not eating out so often. Whether you have to stick to a lower sodium diet or want only to eat whole grains and veggies, you can plan for it!

### → Make healthier choices

If you have to come up with something to eat last minute, you might find yourself going out for lunch or dinner instead, which might mean you eat more than you planned.

### → Eat high quality foods

Homemade meals are almost always more nutrient-dense and filled with fewer calories and less salt and fat than takeout or ready-made options. Choosing your own recipes and ingredients for the week allows you to stick to your dietary choices.

### → Save money

Having a meal plan prevents you from throwing out ingredients you forgot you had in the fridge because you can organize your time to use up whatever you have in your cupboards.

### → Save time

Take some time on your days off to prepare most of your meals. Cook one or two larger dinners when you can so you'll have something for when you arrive home exhausted and don't feel like cooking. Pre-portion and split appropriate servings between the fridge and freezer for easy dinners. Soups, chili, meatballs and marinated chicken breasts are all great for freezing. Re-heat while you prepare a quick salad or veggie slices, and you'll have a delicious homemade meal!

### → Decrease stress

The daily "what's for dinner" thought is a constant stress to have, but it's easily prevented by having a plan. You can always reuse meal plans and grocery lists to help cut down on planning and prep time. A two-week seasonal meal plan may be enough variety for you and your family.

## STAYING SAFE WHEN MANAGING PAIN OPIOIDS SHOULD BE YOUR LAST CHOICE

Opioids can be the right choice for treating severe pain. However, these medications – which include Vicodin, Percocet and OxyContin – are very addictive, powerful and if abused, can be deadly. Even if you take them as directed, all opioids have serious side effects and the risk of addiction and overdose.

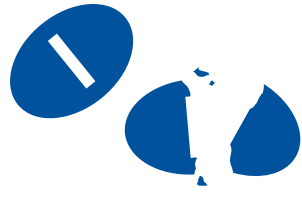
If you've had an injury, surgery or major dental work, you are likely to have pain. For pain that will likely be gone in a week or two, it is generally best to start with non-opioid pain treatments. Opioids may help control pain, but they are usually not necessary and are highly addictive.

You can build up a tolerance to opioids over time, so you need to take more and more to get the same relief. The higher the dose, the more dangerous opioids are. You can even become addicted after a short time. If you are concerned you may have a problem with opioids, or any other substance, talk to your doctor right away and call the Trust Office to inquire about your benefits plan.

### IF YOU ARE PRESCRIBED AN OPIOID FOR SHORT TERM USE:



**The prescription should only be for a three- to seven-day supply (often this is as few as 10 pills).**



**Take the lowest dose possible for the shortest period of time.**



**Always talk with your doctor about managing your pain better without taking prescription opioids.**

## KEEPING KIDS & TEENS SAFE

Sometimes kids and teens are prescribed opioids when they shouldn't be. Or they may be given a prescription for more pills than they need. Teens may also experiment with drugs they find in your medicine cabinet.

Follow these 3 simple guidelines whenever possible:

1

**DON'T FILL** a prescription for more than a 3-day supply (maximum 10 pills) for anyone 20 years old or younger.

2

**SECURELY STORE** opioids away from kids and teens.

3

**SAFELY DISPOSE** of extra opioids when you are done. Don't keep them around.

Visit [www.takebackyourmeds.org](http://www.takebackyourmeds.org) to learn more or talk with your pharmacist about disposal options.

Source: Washington Health Alliance, [oyh.wacomcommunitycheckup.org](http://oyh.wacomcommunitycheckup.org)

## 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

### KAISER PLAN PARTICIPANTS

Trust Office - Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente - 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.

## WALK, BIKE, CLIMB, RUN - THERE'S SOMETHING FOR EVERYONE!

However you like to move, you can find a LiveWell Fit event that fits your fitness goals. Check out the list of events available for reimbursement through the Trust's LiveWell Fit program.

You can download this season's full list of LiveWell Fit events at [www.soundhealthwellness.com](http://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 Participants at the St. Paddy's Day Dash.

DATE	EVENT NAME & DESCRIPTION	
<b>MAY</b>		
20	Bothell	<b>UW Bothell Husky 5k</b> - 3.1 run/walk
20	Poulsbo	<b>Viking Fest Road Race</b> - 3.1 or 1 mile run/walk
20	Spokane	<b>Color Me Rad</b> - 3.1 mile run/walk
21	Olympia	<b>Capital City Marathon</b> - 26.2, 13.1 or 5 mile run/walk and kid's run
21	Seattle	<b>Beat the Bridge</b> - 4.97, 3 or 1 mile run/walk and kid's dash
21	Poulsbo	<b>The Viking Tour</b> - 58, 31 or 15 mile bike ride
21	Port Townsend	<b>Rhody Run</b> - 7.46 or 3.7 mile run/walk
21	Seattle	<b>West Seattle 5k</b> - 3.1 mile run/walk
27	Seattle	<b>Magnuson Series Memorial Day Weekend</b> - 9.3, 6.2 or 3.1 mile run/walk
27	Bonney Lake	<b>Insane Inflatable 5k</b> - 3.1 mile obstacle course
27	Bellingham	<b>Ski to Sea</b> - 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
28	Spokane	<b>Priest Lake Spring Festival Run</b> - 13.1, 6.2 or 3.1 mile run/walk and kid's dash
<b>JUNE</b>		
3	Seattle	<b>Survivor Mud Run</b> - 3.32 mile obstacle course
4	Woodinville	<b>Wine Ride</b> - 30 mile bike ride
4	Sequim	<b>North Olympic Discovery Marathon</b> - 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's marathon
4	Seattle	<b>Race for the Cure</b> - 3.1 or 1 mile run/walk and kid's run