

# In Sound Health

Your Source for How to LiveWell

Informed Decisions Lead to  
Sound Health Choices

**Feel Your Best,  
By Taking Charge  
of Your Health**

- 2 **Opioid Medication  
and Pain**
- 3 **Preventive  
Health Care**
- 4 **More Isn't  
Always Better**
- 5 **Healthy Foods Quiz**
- 6 **How to Manage  
Depression**
- 7 **Important  
Numbers to Know**
- 8 **LiveWell Fit  
Calendar**

# MANAGING YOUR HEALTH

May 2018

Good health is about actively and purposefully making choices that benefit your mind, body and relationships. Each of us may have a different definition of what healthy means for ourselves. But no matter what, good health doesn't happen by accident. Healthy people make healthy choices regularly, they take control of their conditions and wellbeing, and follow prescribed treatment plans.

In this issue of *In Sound Health*, we look at things like getting needed medical and preventive screenings and tests, managing stress and depression, and taking advantage of the resources that can help you make good health decisions.



## OPIOID MEDICATION & PAIN WHAT YOU NEED TO KNOW.

According to the National Institute on Drug Abuse, more than 115 Americans die from an opioid overdose every day. The misuse of and addiction to opioids is a serious national crisis that affects public health as well as social and economic welfare.

If you've had an injury, surgery or major dental work, you are likely to have pain – a normal part of life and healing. Talk with your doctor about how you can get the most effective pain relief with the least risk.

### Opioids are Strong Prescription Medications

Opioids can be the right choice for treating severe pain, such as from cancer or immediately after major surgery. However, these medications – which include Vicodin, Percocet and OxyContin – are very powerful and can be deadly. Even if you take them as directed, ALL opioids have serious side effects such as addiction and overdose.

### Opioids are Chemical Cousins of Heroin 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.

### Non-Opioid Pain Treatments Have Fewer Risks

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.

If your doctor prescribes an opioid, ask if it's really necessary and consider these other options, which may work just as well but have far fewer risks:

- ➔ Over-the-counter pain relievers
- ➔ Physical therapy
- ➔ Exercise
- ➔ Professional help coping with the emotional effects of pain
- ➔ Acupuncture

### COMMONLY PRESCRIBED OPIOIDS

<b>Codeine</b>	<b>Meperidine</b>
<b>Dilaudid</b>	<b>Morphine</b>
<b>Fentanyl</b>	<b>MS Contin</b>
<b>Hydrocodone (Vicodin)</b>	<b>Oxymorphone (Opana)</b>
<b>Hydromorphone</b>	<b>Oxycodone (OxyContin)</b>
<b>Methadone</b>	<b>Percocet</b>

These are only some of the prescription opioids. If you get a prescription for pain, ask your doctor if it is an opioid.



Source: Washington Health Alliance; National Institute on Drug Abuse

**IF YOU ARE PRESCRIBED AN OPIOID FOR SHORT-TERM PAIN:**



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.



Dispose of opioid medicines as soon as you stop using them.\*

\*King County has dozens of pharmacies that can dispose of your unused medication for free. Find the closest to you at: [www.takebackyourmeds.org](http://www.takebackyourmeds.org).

**BENEFITS Q&A**

**WHAT'S COVERED?**

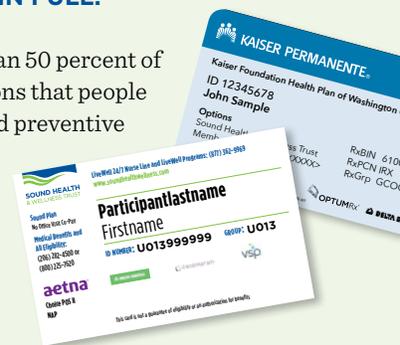
**MANY PREVENTIVE CARE SERVICES ARE PAID IN FULL.**

The U.S. Centers for Disease Control report that more than 50 percent of health care costs today are generated by medical conditions that people could avoid if they changed their behavior. Receiving good preventive care is one great way to catch small health problems and get a handle on them before they have a big impact on your overall health.

To keep you and your loved ones healthy, **your covered eligible in-network preventive care is paid in full by the Trust** —with no deductibles, co-insurance or co-pays. This includes:

- Well-adult and well-child physicals
- Immunization vaccines for adults, such as: Human Papillomavirus (HPV); Influenza (flu shot); Pertussis; Pneumonia; Tetanus; and others
- Immunization vaccines for children from birth to age 21 (doses, recommended ages, and population vary)
- Mammogram and prostate exam screenings
- High blood pressure screening for all adults aged 18 and older
- Colorectal cancer screening for adults over 50
- Depression screening for adults and adolescents age 12-21
- Hepatitis C screening for adults at increased risk, and one time for everyone born 1945 – 1965

For a complete list, please refer to your **Summary Plan Description**.

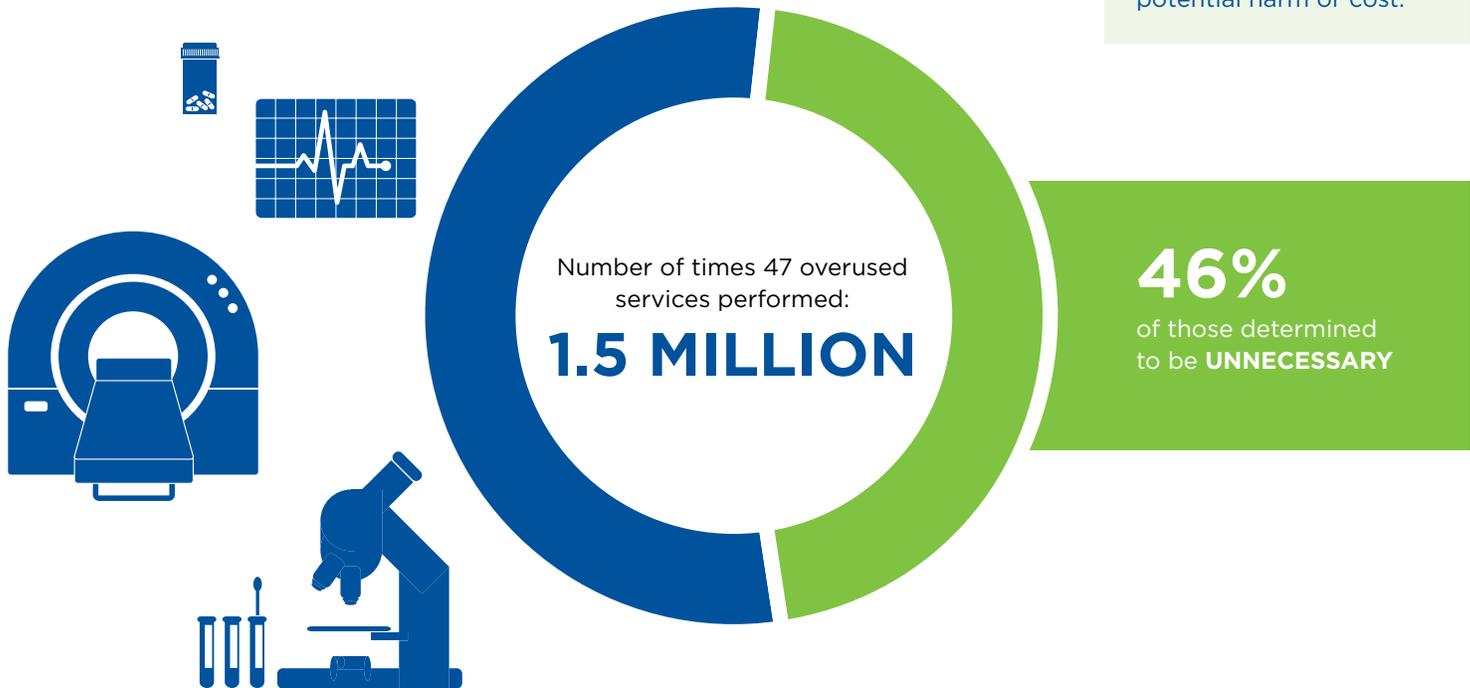


## MORE ISN'T ALWAYS BETTER

### WASHINGTON PATIENTS RECEIVE THOUSANDS OF TESTS AND PROCEDURES EACH YEAR THAT MAY NOT BE NECESSARY AND MAY CAUSE HARM

A study was performed using insurance claims of 2.4 million people in Washington over a one-year period, looking at 47 health services that doctors say are overused, or performed too often.

**Overuse** –The common use of a particular treatment, test or procedure even when the benefits don't justify the potential harm or cost.



### UNNECESSARY MEDICAL SERVICES CAN DO MORE HARM THAN GOOD

Some medications, screenings, diagnostic testing, and preoperative evaluations have been determined by doctors to be **overused** and **potentially harmful**.



#### PHYSICAL HARM

Such as infection, overexposure to radiation from X-ray, CT scans or MRI, or a test or procedure that leads to further interventions that may not be needed.



#### EMOTIONAL HARM

Such as false positives that lead to further tests and procedures, causing anxiety and stress.



#### FINANCIAL HARM

Some services cost a little out of pocket and some cost a lot. But it all adds up, and eventually the cost is passed on to all consumers in the form of higher insurance premiums, co-pays and deductibles.



## LOW FAT ZUCCHINI BREAD

A healthy snack you'll reach for all week.

### INGREDIENTS

- 1½ cups whole wheat flour**
- ¾ cup sugar**
- ¼ teaspoon baking soda**
- ½ teaspoon baking powder**
- ¼ teaspoon salt**
- 1½ teaspoons cinnamon**
- 2 eggs**
- 2¼ cups zucchini (about 2 medium)**
- ¼ cup oil**
- 1½ teaspoons vanilla**
- ¼ cup walnuts (optional)**

### INSTRUCTIONS

Preheat oven to 350°F; grease a 9" x 5" loaf pan.

- 1.** In a large mixing bowl, combine the whole wheat flour, sugar, baking soda, baking powder, salt and cinnamon.
- 2.** In another bowl, mix together the eggs, zucchini, oil and vanilla.
- 3.** Add the wet ingredients to the dry, then stir until just combined; gently fold in the nuts, if using.
- 4.** Pour the batter into the loaf pan and bake for 40 to 45 minutes or until a toothpick inserted into the center comes out clean.

MAKES 10 SERVINGS:  
(SERVING SIZE: 1 SLICE)

- |                          |                      |
|--------------------------|----------------------|
| <b>208 calories</b>      | <b>2.6 g fiber</b>   |
| <b>8 g fat</b>           | <b>4.4 g protein</b> |
| <b>1 g saturated fat</b> | <b>15.9 g sugars</b> |
| <b>30 g carbs</b>        |                      |

Source: Genius Kitchen

## DO YOU KNOW HOW TO CHOOSE HEALTHY FOODS? TAKE THIS QUIZ TO FIND OUT.

### 1 Which is better for your family's hearts?

- Chicken breast
- Extra-lean ground beef

### 4 Which is a better choice for your lunchbox?

- Salami
- Deli ham

### 2 Which has less sugar?

- Apple juice
- Orange Juice

### 5 Which is a better breakfast choice?

- Whole wheat English muffin
- Whole wheat bagel

### 3 Which has less calories?

- Baked potato
- Brown rice

## WHAT'S YOUR 2019 HRA FUNDING PLAN?



The old adage is true: when you fail to plan, you plan to fail. Make your plan today!

There are many ways to fund your 2019 Health Reimbursement Arrangement (HRA), earn annual funding and feel your best! Download the HRA Action Chart in the Health Reimbursement Arrangement section under Benefits at <https://soundhealthwellness.com> to get started.

### QUIZ ANSWER KEY:

- 1.** Extra-lean ground beef is lower in cholesterol and higher in certain nutrients.
- 2.** Even unsweetened apple juice has more sugar than OJ, and sweetened apple juice can have the same amount of sugar and calories as cola!
- 3.** A baked potato has about half the calories of a serving of brown rice.
- 4.** Deli ham is leaner than salami with about 10 times less saturated fat, and fewer calories and salt.
- 5.** A whole wheat English muffin has about half the calories and salt of a whole wheat bagel.

Source: WebMD.com

## HOW TO MANAGE DEPRESSION YOU DON'T HAVE TO GO IT ALONE.

Depression is one of the most common health problems, affecting an estimated 16 million adults in the U.S. People with depression have feelings of sadness, loss, anger or frustration that interfere with their ability to enjoy life. Depression can also make it harder to manage other chronic conditions, like diabetes, asthma or heart disease. Getting a diagnosis and the right treatment can help most people who suffer from major depression.

### DIAGNOSED WITH DEPRESSION? HERE'S WHAT TO DO:

- ➔ Learn about depression and become an active participant in the management of your depression, including through counseling and medication.
- ➔ Keep follow-up doctor appointments. Take any prescribed antidepressant medications for at least 12 weeks to allow the medication to take effect. Stay on the prescribed antidepressant for as long as your doctor recommends, usually at least six to twelve months, to lower the chances that depression will become a chronic problem for you.
- ➔ Ask your provider if a generic medication is available to reduce your costs.
- ➔ Tell your doctor if you are having any problems with the medication.
- ➔ Be sure to tell your doctor if you are taking any supplements.
- ➔ Talk with your family and friends about your treatment plan so they can provide support.
- ➔ Plan and engage in pleasant activities, including physical and social activities.
- ➔ Develop a healthy sleep pattern and limit alcohol consumption.
- ➔ Use the Community Checkup website ([www.wacommunitycheckup.org](http://www.wacommunitycheckup.org)) to see which providers score well in behavioral health services.

### WHAT SHOULD YOUR DOCTOR DO?

- ➔ Screen you for major depression, especially if you are at high risk or have other chronic illnesses, using a standardized screening tool that asks questions about how you feel.
- ➔ Talk with you about treatment options, including counseling and medication.
- ➔ If you are diagnosed with depression, your doctor should contact you with first follow-up at one to two weeks, then every four to eight weeks.
- ➔ If you are prescribed an antidepressant, carefully monitor your use of the medication and make necessary adjustments if you are not improving.

Source: Own Your Health: <http://www.ownyourhealthwa.org>

#### RESOURCES FOR TRUST PARTICIPANTS

##### Talk to your Doctor

Your doctor should be the first person you reach out to for care. They can help you determine next steps, prescribe medication if needed, or help you find a therapist.

##### Mental Health Services

Your plan offers benefits to help you connect to a provider. Refer to your Summary Plan Description or contact the Trust Office (PPO participants) or Kaiser Permanente (Kaiser participants) to learn more.

##### LiveWell Health Coaching (for PPO)

Personalized Health Coaches can help PPO Plan participants find ways to manage stress through confidential telephone sessions. Call **(877) 362-9969, option 3** to find out more and sign up.

## 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
Optum 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
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

### KAISER PLAN PARTICIPANTS

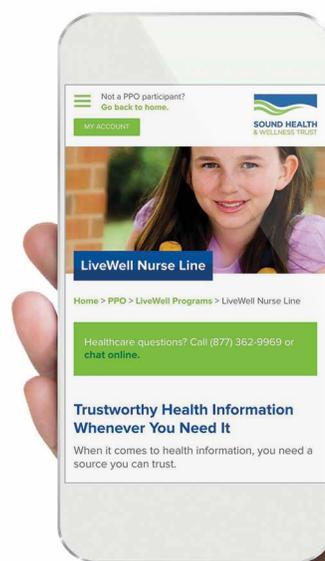
Trust Office - Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente - Benefits and Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit For Life®	(877) 362-9969 Option 4
LiveWell Fit	(800) 225-7620 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
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**

201 Queen Anne Ave. N. #100  
Seattle, WA 98109

**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.

## SPRING FORWARD WITH LIVEWELL FIT

LiveWell Fit offers plenty of options for all fitness levels, and with warmer weather on its way, now is a great time to get moving and set some summer goals. Registering for a race, ride or fun run is a great way to motivate you to stick with it and feel inspired!

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 Participant Gloria Gibbs decked out in green at the 2018 St. Patrick's Day Dash.

DATE	EVENT NAME & DESCRIPTION	
<b>MAY</b>		
25	Puyallup	<b>Black Light Run</b> - 3.1 mile run/walk
26	Port Orchard	<b>Fathoms O'Fun SeaGull Splat Run</b> - 3.1 mile run/walk and Kid's dash
26	Sammamish	<b>Soaring Eagle Trail Run</b> - 31, 26.2, 13.1, 6.2 or 3.1 run
27	Seattle	<b>Magnuson Series Memorial Day Weekend</b> - 9.3, 6.2 or 3.1 mile run/walk and kid's dash
27	Bellingham	<b>Ski to Sea</b> - 92 mile relay: XC ski, downhill ski, run, road bike, canoe, mountain bike or kayak
27	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>		
2	Tri-Cities	<b>Insane Inflatable 5k</b> - 3.1 mile obstacle course
2	Cashmere	<b>Red Devil Challenge Trail Runs</b> - 31, 15 or 6.2 mile trail run
2	Redmond	<b>Flying Wheels</b> - 100, 67 or 47 mile bike ride
2	Maple Valley	<b>Lake Wilderness Triathlon</b> - Olympic, sprint and kid tri relay, 13.1, 6.2 or 3.1 mile run/walk
2-3	Sequim	<b>North Olympic Discovery Marathon</b> - 26.2, 13.1, 6.2 or 3.1 mile run/walk and kid's run
3	Monroe	<b>Terrain Racing</b> - 3.1 mile obstacle course
3	Cle Elum	<b>Teaway Trail Run</b> - 26.2, 13.1, 6.2 or 3.1 mile run/walk
3	Redmond	<b>Big Backyard 5k</b> - 3.1 or 1 mile run/walk and kid's run
9	Tacoma	<b>Sound To Narrows</b> - 7.5 or 3.1 mile run/walk and kid's run