

In Sound Health

Your Source for How to LiveWell

Achieve your goals with
a personal action plan.

Explore Your Own Path to Better Health



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SMALL CHANGES ADD UP

June 2019

They say a journey of a thousand miles begins with a single step – but what if you're not sure what direction you want to go? Setting goals and creating a plan to achieve them can seem overwhelming, but with a little education and support from the Trust, you can take the first step towards better health.

In this issue of *In Sound Health*, we're exploring the tools and resources you can use to take the leap from thinking about your goals to taking the necessary actions to achieve them.

SUCCESS STORY: TRUST PARTICIPANT FINDS A NEW PATH WITH LIVEWELL HEALTH COACHING



Sometimes, life can put a lot of things on our shoulders at once. It's a good thing LiveWell Health Coaching through the Trust is available to help support you as you navigate the challenges.

For one participant, Health Coaching has been a way to check in and stay grounded while her personal life stretched her to the limit. Five years ago, Kim lost her husband. In the time since, a family member has struggled with substance abuse. The stress compounded, and she had a minor stroke. Through it all, she kept up her calls with her LiveWell Health Coach.

"I was working with a Health Coach before all the stress," said Kim, "and it was great to have a coach there to check in and stay motivated as I created new ways to cope."

Kim's 15-minute calls took place every other month and she credits her coach for

motivating her to continue on her stress reduction exercise plan of walking. She has a two-mile loop and another 4.3-mile loop she walks in her neighborhood – she knows the miles exactly because she always wears her fitness tracker, which she also earns HRA funding for.

Walking became an outlet, and Kim has had the added benefit of improving her health. She was able to get off the cholesterol medication she had been taking and lost 50 pounds.

As a way to celebrate how far she's come, last April, Kim and a friend hiked much of the 518-mile Camino de Santiago in northwestern Spain.

"We supplemented with other transportation, but backpacked 330 miles of the journey," recounted Kim.

She even wore her FitBit in Spain, so she will earn maximum HRA credit for her steps.

BENEFITS Q & A

LIVEWELL HEALTH COACHING FOR PPO PLAN PARTICIPANTS

Personalized Support for a Healthier You

Let's face it: we can all probably use a little extra support when it comes to our health. None of us is immune to the daily impacts of stress and most of us could probably benefit from a refresher about nutrition so we can make better choices. Even finding a way to make small changes is a good reason to talk to a health coach.

The LiveWell Health Coaching program is a phone-based health education program designed to help you set and meet goals to improve your health and well-being. The program is open to all eligible PPO Plan participants and spouses, 18 years of age or older. Your health coach will offer personalized telephone support, send you relevant information, and encourage you to work toward your goals with the following conditions:



Back care



Nutrition



Blood pressure



Stress



Cholesterol



Weight control



Exercise

Call (877) 362-9969 or visit www.soundhealthwellness.com to find out more and sign up.

“

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”

Kim used her experience with Health Coaching to create a holistic, personal plan to move forward from traumatic events. She wants to remind her fellow participants to work on one thing at a time, so you get the full benefit, stressing that it's important to follow through on the goals you set with your coach.

“Each small decision to make a change adds up, and these changes are compounded over time,” she said.

Each year, she takes her husband's birthday and day of death off from work to go do something that reminds her to live life and live it well. Now, she's getting ready for another big trip – this time she's going skydiving.



Complete three calls with your health coach by December 31, 2019 and earn up to \$150 towards your 2020 HRA funding.

MAKE YOUR GOALS A REALITY: CREATE YOUR PERSONAL ACTION PLAN

With a personal action plan, you can take a step-by-step approach to achieving your goals.

Use the planning tool below to set a single, specific goal. When you reach your first goal, celebrate your success, then create an action plan for your next goal.

Here are some examples of specific goals:

- ➔ I will walk for 30 minutes 2 times next week.
- ➔ I will work out at a gym 3 times next week.
- ➔ I will increase my daily activity as part of my usual work and home routine.

TAKE SMALL STEPS TOWARD YOUR GOAL

Think of the first steps toward reaching your goal. Use simple doable ideas, such as:

- ➔ I'll set my alarm 30 minutes earlier on Wednesday and Friday this week, so I have time for a walk.
- ➔ On Monday, I'll get information about gyms near my home or office.
- ➔ On Tuesday and Thursday, I'll park further away from work and stores, so I'll walk more.
- ➔ I'll get a pedometer and write down how many steps I take this week. Next week I'll increase it by 10 percent.

Each day, ask yourself if you reached your goal and write it down. What worked? What didn't? Did you encounter anything new that sidetracked your plans? If you didn't meet your goal try not to beat yourself up, just recommit to meeting your goal tomorrow.

Check in on yourself regularly. Ask yourself how you're doing and if you feel your plan is easy to stick to. Keep your goals realistic, and get support from family, friends and your doctor if you feel stuck or need help.



My Weely Action Plan For: _____

What am I going to do? _____

How much am I going to do, or how often will I do it? _____

When am I going to do it? _____

What might get in my way? _____

What can I do to make it easier to reach my goal? _____

Week of: _____

	I did it!	What worked, what didn't
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

Notes: _____

Source: Kaiser Permanente



SPRING CHICKPEA SALAD WITH HONEY GARLIC LIME VINAIGRETTE

Perfect for work-day lunches, or as a side dish

INGREDIENTS

- 1 15oz can chickpeas, drained and rinsed
- 1 head romaine lettuce, chopped
- 4-5 large asparagus sprigs, about 1 cup chopped
- 2 tablespoons finely chopped shallots or red onion
- 2 tablespoons crumbled feta, omit for vegan
- 2 tablespoons red wine vinegar
- 1 large lime, juiced
- 1 small garlic clove, finely minced
- 1 teaspoon honey
- 3 tablespoons olive oil
- salt and pepper – to taste

INSTRUCTIONS

1. Place chickpeas, romaine, asparagus, shallots, and feta in a medium bowl. Gently mix to combine.
2. Combine vinegar, lime juice, garlic, honey, olive oil, 1/8 teaspoon salt and pepper in a small bowl. To make easy, place bowl on a kitchen towel to prevent from moving. Very slowly drizzle olive oil in a steady drizzle while whisking, using a whisk, to emulsify. Add to salad immediately. Mix to combine.
3. Taste for seasoning, add salt and pepper if needed. Serve immediately or store in an airtight container for up to 3 days.

MAKES 4 SERVINGS
(SERVING SIZE: 1 CUP)

278 calories **34.1 g carbs**
13 g fat **6 g fiber**
2.6 g saturated fat **7.6 g protein**

Source: <https://www.notjustbaked.com>

VIRTUAL CARE CORNER HOW A VIRTUAL DOCTOR VISIT WORKS

Meeting virtually with a doctor for the first time might feel a bit odd. But the process is similar to how it works in an exam room. Your virtual care doctor will gather information about your family history, personal health and current symptoms, and then use this information to determine how to help you feel better.

For example, here's how it works if you have flu or cold symptoms:



Observation

When you talk to a virtual care doctor about your symptoms, it will be through a video exam. Using your phone or computer camera, this video exam will allow your doctor to see the back of your throat, your nose and your eyes and determine what treatment you may need.



Interaction

Your doctor may also instruct you to bend your head forward to check for increased facial or sinus pressure. They may also have you press over the sides or front of your neck to check for tenderness or lymph node swelling, and to check your skin for rash.



Treatment

Just like an in-person visit, your virtual care doctor will use the information gathered from your video exam to complete your assessment and advise or prescribe you treatment.

Get yourself set up with the service before you need it and virtual care can become your go-to way to get care for some of the most common health conditions, wherever you are.

Source: *Doctor On Demand*

HOW TO GET VIRTUAL CARE

dr. on demand

 KAISER PERMANENTE®

For PPO Plan participants and eligible family members:

Visit www.soundhealthandwellness.com/ppo/benefits/ and click on "A Few Easy Steps Gets You Started" for more information.

For Kaiser Permanente Plan participants and eligible family members:

Visit Kaiser at www.kp.org/wa, sign in and then select "Get Care From Home" in the lower right corner.

Please remember: If the issue is life threatening, call 911 or visit your local emergency room.

HEALTHY HABITS IN THE DIGITAL AGE

IS YOUR MOBILE DEVICE HURTING YOU?

Just ask your neck, shoulders and back. If you're like most people, your device may not be hurting you, but your body posture while using it sure is. With a few conscious adjustments, you won't have to give up texting or binge-watching your favorite shows.

THE HUNCH

There's a universal posture when using our devices, and it isn't a good one. You know the one: Your head is bent downward and not moving, phone at chest level or lower, and chin tucked in. Doctors call this repetitive stress injury or overuse syndrome in the neck, "text neck."

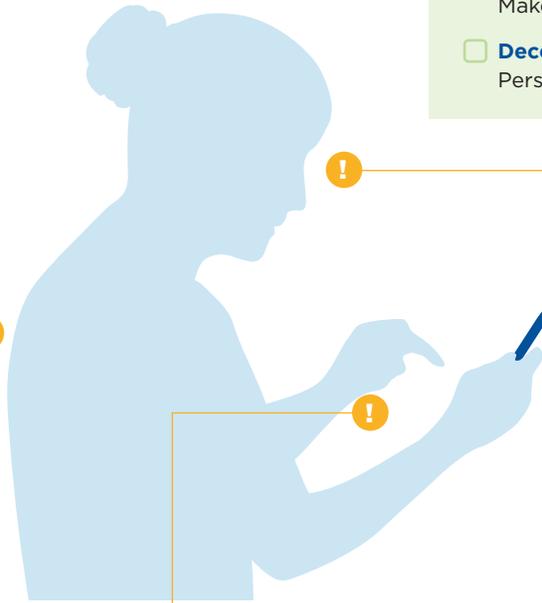
How it's hurting you:

The average human head weighs 10 pounds in a neutral position – when your ears are over your shoulders. For every inch you tilt your head forward, the pressure on your spine doubles. A recent study published in *Surgical Technology International* found that lowering your head to use your device puts the force of about 60 pounds (or four bowling balls!) on your upper spine – which can speed up spinal degeneration, according to experts.

"Over time, you get tenderness in your neck, and your muscles may start to spasm—eventually, your bones can even start to change," says Kenneth K. Hansraj, MD, chief of spine surgery at New York Spine Surgery and Rehabilitation Medicine who led the study.

Fix it now:

Rather than tilting your head down, bring your phone or tablet to chest level or slightly higher and look down at the screen with *just your eyes*. If you notice your chin or head is tilted, just bring it back up. It may take some re-training yourself, but it's worth the effort!



THE CLAW

"Text claw" is the not-exactly-medical name for the pain you get when your wrists are in a fixed position for extended periods of time texting, typing, or web browsing. Sometimes this can lead to tendonitis, which causes wrist pain, aching, numbness, and the loss of strength.

How it's hurting you:

Tendonitis is the breakdown of soft tissue surrounding the muscle and bones, and it is often very tender to touch. It can be pretty painful and make completing small tasks with your hands difficult. It's not the same as carpal tunnel syndrome, although swelling from tendonitis can actually cause carpal tunnel.

Fix it now:

Alternate hands when you use your phone—it helps not only your elbow, but also your wrists. If you already have serious wrist pain, you may need a brace to keep the joint in a neutral position, putting less pressure on the soft tissue structures that may have become inflamed.

OUR FOUR-PART SERIES:

- March:** Screen Time Rules: Not Just for Kids
- June:** Is Your Device Hurting You?
- September:** When Social Media Makes You Feel Less than Social
- December:** Managing Your Personal Digital Data

THE STRAIN

As much as we depend on our mobile devices, they may be causing us some vision problems. Staring at screens can bring on an array of eye issues such as blurred vision, headaches, sore eyes, headaches, muscle strain and dry eye.

How it's hurting you:

Normally, we blink about 15 times per minute, but this rate decreases by half when we are staring at screens. We can squint to read on smaller screens, which can tighten facial, neck and shoulder muscles, while causing eye fatigue and blurred or strained vision. This series of symptoms is known as Computer Vision Syndrome.

Fix it now:

The answer is not to stop using your devices. Rather, take regular breaks about every 20 minutes or so. This is known as the 20-20-20 rule. Every 20 minutes, stare at something at least 20 feet away for at least 20 seconds. This will help rest your eyes and prevent fatigue and strain that causes those familiar headaches, soreness and blurred vision.

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

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 healthcare coverage.



**SOUND HEALTH
& WELLNESS TRUST**

11724 NE 195th St. Suite 300
Bothell, WA 98011-3145

**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.

**THE MORE YOU MOVE,
THE MORE YOU WIN!**

You may earn incentives for each LiveWell Fit event you complete, including a water bottle, t-shirt, and even a pair of new running/bike shoes!

Download the current list of LiveWell Fit events at www.soundhealthwellness.com, and check back often for newly added events.

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, and avid runner, Gil Vargas.

DATE	EVENT NAME & DESCRIPTION	
JUNE		
1	Spokane	Mermaid Run - 6.2 or 3.1 mile run/walk
1	Rainier	Rainier to Ruston Relay - 50, 6 or 3 mile run/walk
1	Cashmere	Red Devil Challenge Trail Runs - 31, 15.5 or 6.2 mile trail run
1	Redmond	Flying Wheels - 100, 52, 67 or 47 mile bike ride
1	Maple Valley	Lake Wilderness Triathlon - Olympic, sprint and kid tri relay
1	Shelton	Goldsborough Creek Run/Walk - 7 or 2 mile run/walk and junior jog/senior walk
1-2	Sequim	North Olympic Discovery Marathon - 26.2 and relay, 13.1, 6.2 or 3.1 mile run/walk and kid's run
2	Cle Elum	Teaway Trail Run - 26.2, 13.1, 6.2 or 3.1 mile run/walk
2	Redmond	Big Backyard 5k - 6.2 or 3.1 mile run/walk and kid's run
2	Seattle	Komen Race for the Cure - 6.2 or 3.1 mile run/walk
8	Tacoma	Sound To Narrows - 7.5 or 3.1 mile run/walk and junior shuffle
8-9	Seattle	Rock -N- Roll Marathon - 26.2, 13.1 or 3.1 mile run/walk
9	Seattle	The Super Run - 6.2 or 3.1 mile run/walk
9	Woodinville	Wine Ride - 21 mile bike ride
9	North Bend	Light at the End of the Tunnel Marathon - 26.2 mile run/walk
9	Seattle	Furry 5K - 3.1 or 1 mile run/walk
11	Seattle	Solstice Run - 9.3, 6.2 or 3.1 mile run/walk and kid's dash
15	Chelan	Echo Valley Trail Run - 62, 31, 26.2, 13.1 or 6.2 mile run and 1 mile kids run
15	Snohomish	Evergreen Half - 13.1 or 5 mile run/walk