

In Sound Health

CELEBRATE GOOD HEALTH THIS HOLIDAY SEASON

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HEALTH IS THE BEST GIFT

December 2020

Winter holidays are just around the corner, and so is peak cold and flu season. The next few months will also be challenging as COVID-19 cases continue to rise. Staying healthy and happy this winter may take a little extra effort and planning, but the Trust is here to support you.

In this issue of *In Sound Health* we take a look at some ways you can safely navigate the holiday season and stay connected to friends and family, as well as where to turn if you or someone you love is struggling with substance use. We also conclude our four-part series on health at every age with a look at things you can do in your 50s and beyond to take charge of your health.

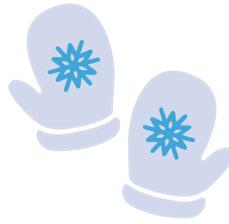
CELEBRATE GOOD HEALTH THIS HOLIDAY SEASON

Are you tired of hearing about the pandemic? Pandemic fatigue is real, and you may be tempted to relax on social distancing and mask wearing, but if we all stick it out a bit longer, we can protect ourselves, our families and the community. There is no doubt, the holidays are going to look a lot different this year, but with a little planning, you can have a joyful celebration while taking reasonable precautions to prevent the spread of COVID-19.

This time of year is a great time to think about what matters most to you about the holidays. Whether it is catching up with friends and family, cooking food and sharing a meal, or finding just the right gift for that special someone, you can find ways to enjoy the holidays and stay safe. To help, we've gathered some ideas on ways to modify old traditions, and a few new ones to try.



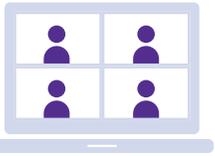
Entertain outside. Despite the cold, gathering outside will be much safer for socializing with friends and family this winter. Just make sure you have the appropriate clothing like a warm coat, mask, hat and gloves (all great holiday gift ideas!). If you have room, consider getting a fire pit or heat lamp. You can make it extra cozy by hanging some string lights and providing blankets and hot drinks.



STRESSED OUT?

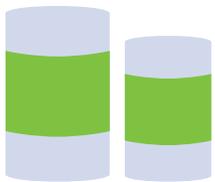
Know where to go for support

As a Trust participant you have many resources available to help you manage stress and take care of your mental health:



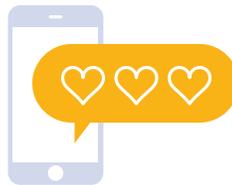
Host a virtual party. All you need is Zoom (or your favorite video call app) and a good theme to host an online party. Invite everyone to watch your favorite holiday movie or host a tacky holiday sweater party. You could send out holiday care packages and have everyone open them together or host a festive craft night! If you need additional ideas, visit our www.soundhealthwellness.com/wintersupport page.

Share your favorite recipes. If you can't be in the same place this holiday season, you can still share your favorite holiday foods. Host a virtual family meeting and ask everyone to share their recipes. Consider putting together a little book, or web document as a gift. You can even cook together on the virtual meeting!



Host a neighborhood food drive. Find a local nonprofit or food bank and find out what they need this year. Put a collection bin on your front porch for contactless drop off and circulate a flyer in your neighborhood letting everyone know what you are collecting and who you're collecting it for. If you are a member of a local online community, you can promote your food drive there as well.

Check in on loved ones. Everyone, no matter their situation, could use a little extra care this holiday season. Call your family, friends, neighbors, and even those friends you only chat with on Facebook. If you make one call each week, you will bring joy to many lives this winter season — and chances are, you'll feel better too.



PPO Plan Participants

- **Doctor on Demand®**'s diverse team of licensed psychiatrists and psychologists can provide the emotional support you need from the privacy and comfort of home. This mental health support benefit is available through December 31, 2020 and is fully paid for by the Trust.*
- **Health Coaching** is a phone-based health education program designed to help you set and meet goals to improve your health and well-being.
- **Your medical benefit network** gives you access to thousands of mental health care professionals.

Kaiser Permanente Plan Participants

- **The Kaiser network** gives you access to many therapists and counselors.

To learn more about these programs and how to find a provider that is right for you, visit soundhealthwellness.com/wintersupport.

*The mental health benefit ends on December, 31, 2020, but PPO participants can still access medical care from Doctor on Demand after this date.

Please remember: if you're having a medical or mental health emergency, call 911 or go to the nearest emergency room.



YOUR YEAR END CHECKLIST

Two steps to take before the new year

It's hard to believe, but we are nearly at the end of the year! Before the clock strikes midnight on December 31, make sure you are set up for a healthy new year.

✓ FULLY FUND YOUR HRA

If you are Health Reimbursement Arrangement (HRA) eligible, you and your covered spouse, if married, have the opportunity to complete certain health related actions each year that add funding to your HRA account. The funds in your HRA save you money by paying for first eligible medical expenses, like office visits and lab tests.

By doing things like getting your annual flu shot or checkup, joining a Sound Support program, or tracking your steps to meet a goal, you will not only fund your HRA — and therefore avoid a higher deductible in 2021 — you will also improve your overall wellbeing.

Eligible plan participants can earn funding up to \$500 for employee-only coverage and up to \$1,000 for family coverage — but **time is running out**.

If you haven't fully funded your HRA, visit the HRA section under Benefits at www.soundhealthwellness.com to see a full list of eligible actions with requirements for each, and to learn more about HRA funding. You can also log in to your account to check your current HRA funding amount — just keep in mind that it can take a few weeks for new actions to be updated.

DON'T DELAY.

The deadline for funding your HRA for 2021 is **December 31, 2020**.

✓ GET YOUR FLU SHOT

You might have heard that this year's flu shot is one of the most important flu shots ever. This fall and winter, we will likely see the spread of both the flu and the Coronavirus, potentially overwhelming healthcare systems and providers. With the dual threat, it is vital that nearly everyone over the age of 6 months get vaccinated for the flu — even pregnant women and people with chronic conditions. Be sure and speak to your physician to make sure a flu shot is right for you this year.

The flu can make you more susceptible to infection — and it is possible to get both the flu and COVID-19 at the same time. That's why even though getting a flu shot will not protect you against COVID-19, your annual flu vaccine is an essential part of protecting your health and your family's health this season.

As a Trust participant you can get your \$0 co-pay flu shot when you visit any in-network doctor or pharmacy. To find out more visit www.soundhealthwellness.com and select the Benefits tab on your PPO or Kaiser Plan site.



HEALTHY SPICED FRUIT BAKE

Serve this as a dessert with low-fat ice cream, or with a hot bowl of oatmeal for breakfast. Serves 5.

INGREDIENTS

- 2 cups sliced apples
- 2 cups pear slices
- 1.5 cups fresh cranberries
- 1 cup pineapple chunks (save the juice)
- 1 tbsp lemon juice
- 1/3 cup brown sugar
- 1 tbsp maple syrup, agave, or honey
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 stick melted butter (4 to 5 tbsp melted vegan butter can be substituted)
- 1/3 cup chopped raw walnuts or pecans

PREPARATION

1. Heat oven to 300F. Coat a 9x12 baking dish with cooking spray. Set aside.
2. While the oven heats, in a large bowl, toss your fruit and 1-2 tsp lemon juice. Set aside.
3. In another bowl, combine your melted butter, spices, sugar and honey or syrup. Mix in a few tablespoons of your leftover pineapple juice as well.
4. Add this sugar/butter mixture to your fruit and stir until fruit is coated evenly. Add nuts and stir to combine. Pour into the 9x12 baking dish and bake for 1 hour.

NUTRITIONAL INFORMATION

Serving Size: 1 cup

273 calories	5.2 g fiber
14.7 g fat	2 g protein
36.7 g carbs	

Source: modified from www.cottercrunch.com

WHERE TO GO FOR SUBSTANCE ABUSE HELP DURING THE PANDEMIC

The pandemic has affected us all. Some of us have children at home learning virtually. Some of us have jobs that have changed dramatically. Some of us are struggling to keep our connection with communities and friends.

Mental health experts have warned about the psychological effect of the pandemic and expressed concerns about an increase in addiction to alcohol and drugs — including a resurgence in opioid use.

Additionally, the lockdown and social distancing have made it more difficult for those with substance abuse concerns to access resources and get support. If you or someone you know is struggling with addiction, there are still many ways to get help.

- **Contact your healthcare provider.** Talking to your doctor is a great first step in getting connected to the right resources.
- **Join a virtual meeting.** While recovery and support programs are mostly not able to meet in person, you can still attend a meeting online. The

upside of virtual meetings is that you can attend any location, at any time that works for you, and can even try out different meetings to see which one fits you best. For a list of recovery programs visit our winter support page at www.soundhealthwellness.com/wintersupport

- **Talk to trusted friends and family.** Let people you trust know what you are facing and that you need some support — do this in addition to talking to your doctor and/or joining a program. Having other people check in helps keep us accountable and remind us of why we want to stay clear of drugs and alcohol.
- **Call 1-800-662-HELP (4357):** Not ready to talk to friends or family, but need help? You can call **1-800-662-HELP (4357)** or TTY: **1-800-487-4889**. This National Helpline operated by findtreatment.gov is a confidential, free, 24-hour-a-day information service, in English and Spanish, for individuals and family members facing substance use disorders. They also provide referrals to local treatment facilities, support groups, and community-based organizations.

There are many services available to you as part your Sound Health benefits. Doctors and mental health professionals may prescribe you certain medications or refer you to additional treatment options.

Please remember: if you're having a medical or mental health emergency, call 911 or go to the nearest emergency room.



In mid-August, the Centers for Disease Control and Prevention (CDC) revealed the results of a survey on the psychological and emotional impact of the pandemic and social isolation. They found that people from all walks of life are reporting an increase in mental health symptoms and substance abuse.

+31%

Increase in depression & anxiety

13%

Started or increased drugs or alcohol use

+27%

Increase in alcohol sales

30

States reporting increases in opioid-involved overdose deaths

To find out more about your benefits and the services and wellness programs through Sound Support that are available to you, visit www.soundhealthwellness.com.

HABITS FOR GOOD HEALTH AT EVERY AGE

What to do in your fifties and beyond

Once we reach our fiftieth birthday, we're all at greater risk for health issues. It's just a fact of life. It's also why screening tests for various cancers — like colon cancer — become even more important. If you're celebrating a milestone this year, make sure you talk to your doctor about what to expect next and then use your Trust benefits to stay on top of your health. Here are some important habits you might also want to think about building in.



Keep Exercising or Start Now

Walk the dog, take an after-dinner stroll or try an online class. Think outside the gym and find physical activity that works for you. Despite the many benefits of physical activity, 31 million Americans (28 percent) 50 and older are inactive.



Add in Strength Training

Muscle mass and strength decrease as we age, so we need to lift some heavy stuff regularly to combat it. Recent research confirms it works. Try small free weights a few minutes a day or consider walking home with a few groceries now and again.



Be Aware of Your Heart Health

The impact of aging on your heart is not as obvious as wrinkles and gray hair, but the risk of heart disease increases as we age. The good news is that you can dramatically reduce your risk with lifestyle changes.



Focus on Nutrition

Older adults need more calcium and vitamin D to help maintain bone health. Dietary fiber also may help lower your risk for heart disease and reduce your risk for Type 2 diabetes. Eat whole-grain breads and cereals, beans and legumes and fruits and vegetables. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.



Go to the Eye Doctor

Age-related eye care in the form of an exam serves as an important first step because many signs of eye disease are subtle. Glaucoma can develop without people realizing it, and other diseases can also crop up with age. Also, be sure to wear sunglasses that offer 100 percent protection from UV rays.

OUR FOUR-PART SERIES:

This article completes our four-part series on healthy habits at every age. You can view them all online at www.soundhealthwellness.com under News & Articles.

- ✓ **March:** What to do in your 20s
- ✓ **June:** What to do in your 30s
- ✓ **September:** What to do in your 40s
- ✓ **December:** What to do in your 50s and beyond



Pay Attention to Your Hearing

Many people over the age of 50 have some hearing loss. Aside from natural aging, your genes can play a part, and some health issues — like high blood pressure, heart problems, and diabetes — can affect your hearing over time. If you have concerns, ask your doctor about a hearing test.



Try Some Workouts for Your Mind

Mental exercise has been shown to strengthen brain cell networks and help preserve mental functions. This could include everything from learning a new language or skill to taking on activities that are mentally stimulating, such as puzzles or a crossword app.



Get Vaccinations

As we age, our bodies are slower to react to common viruses, such as those that cause the flu, pneumonia or tetanus, so make sure you're up to date on your vaccines.



Watch for Changes and Get Support

No matter what your personal history or needs are, it's always important to watch for changes and talk with your doctor about anything that comes up. The Trust is here to help support you along the way.

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
WellDyneRx — for Prescription Coverage	(888) 479-2000
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit Tobacco Coaching	(877) 362-9969 Option 4
LiveWell Fit	(800) 225-7620 Option 2, then 5

KAISER PLAN PARTICIPANTS

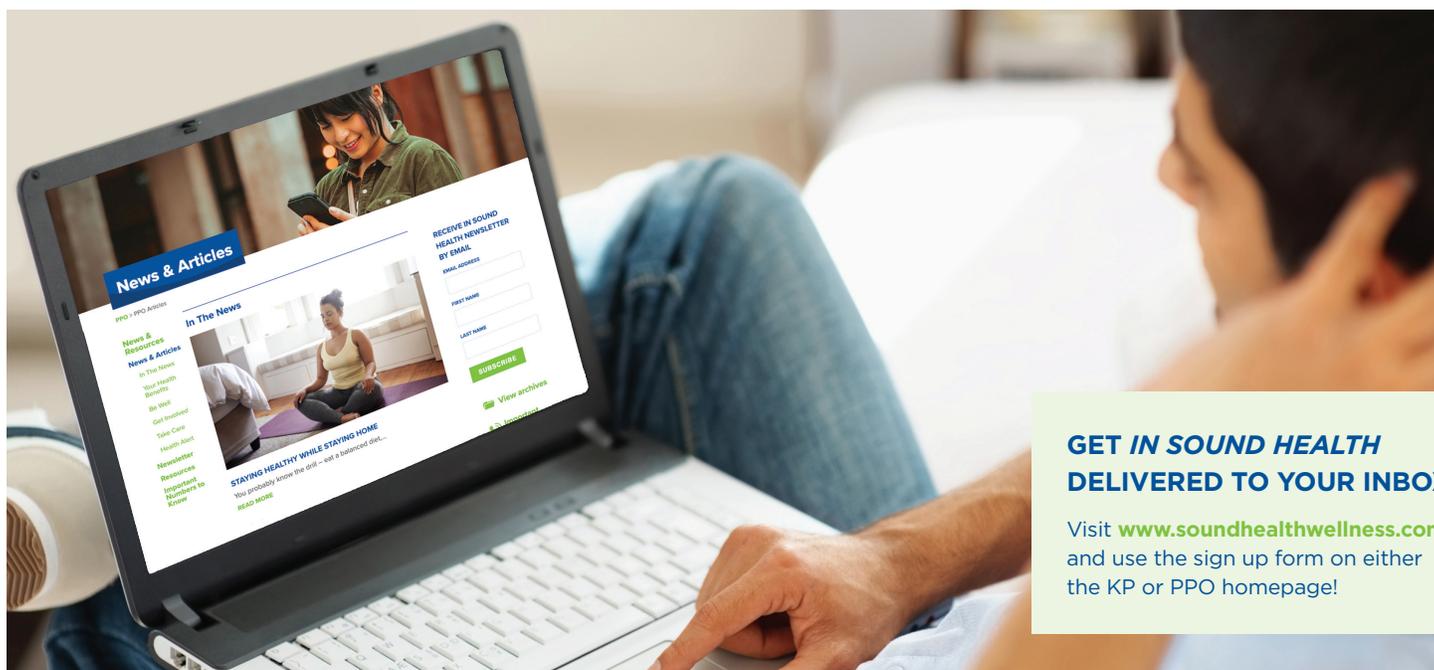
Trust Office — Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente — Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit for Life® Tobacco Cessation	(800) 462-5327
LiveWell Fit	(800) 225-7620 Option 2, then 5
Chronic Conditions Workshops	(800) 992-2279

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 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.



**GET IN SOUND HEALTH
DELIVERED TO YOUR INBOX!**

Visit www.soundhealthwellness.com, and use the sign up form on either the KP or PPO homepage!



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.



JOIN OUR WELLNESS VOLUNTEER NETWORK

Are you a Trust participant who cares about the health of those around you? Sound Support Wellness Volunteers help share news about Trust Sound Support programs and healthy community events. They also encourage involvement and inspire others to participate in all of the great programs available to Trust participants. In addition, participating in the Wellness Volunteer Network may count toward your annual Health Reimbursement Arrangement (HRA), if eligible. Visit www.soundhealthwellness.com/wintersupport for links to more information.



“I enjoy getting information to pass on to employees to better their health.”

– Wellness Volunteer Jenny Bouffiou

STILL HOPING TO FIND A LIVEWELL FIT EVENT?

Due to COVID-19, many events have been cancelled through the new year. Visit www.soundhealthwellness.com for the latest schedule.



Earn funds for your HRA.
See the full list for details.