

# In Sound Health

**Don't Postpone Your**

**ROUTINE HEALTH  
SCREENINGS!**

**4** Save Time & Money This Fall with Meal Prepping!

**5** Manage Your Chronic Conditions with Support From the Trust



## WE'RE IN THIS TOGETHER

September 2020

We are living in uncertain times, with major changes and disruptions happening all around us. More than ever we are learning the value of our health, and the importance of having a support team in place. The Trust is committed to being your partner in health by offering a variety of programs and benefits, and keeping you informed and motivated.

In this issue of *In Sound Health* we take a look at some ways you can save time — even with all the disruptions in your daily life — and why you should be scheduling certain doctor visits now either in-person or virtually. We also continue our four-part series on health at every age with a look at things you can do every day in your 40s to keep feeling your best.

## ACT NOW TO FULLY FUND YOUR HRA IN 2021

Complete your PHA or Health Profile by  
September 30

The earned funds in your Health Reimbursement Arrangement (HRA) save you money by paying for some of your covered medical expenses next year. If you are HRA eligible, you and your spouse, if married, can earn a significant portion of your HRA funding, and avoid a higher deductible in 2021, just by completing your Personal Health Assessment (PHA) or Kaiser Health Profile by **September 30, 2020**.



\$300 of the \$500\* maximum HRA funding, for employee-only coverage



\$600 of the \$1,000\* maximum HRA funding, for family coverage

### Build Up Your Health Savings for 2021

We may be facing our current health crisis for some time, and it is better to find safe ways of preventing illness and disease through routine testing, rather than ignore our health and risk a detrimental diagnosis. To support you, the Trust offers Plan participants Health Reimbursement Arrangement (HRA) funding when you complete routine tests and screenings.



You can now earn **\$200** when you get a covered flu shot in 2020 (was \$100)

Don't miss this chance to fund your HRA! Visit [www.soundhealthwellness.com/pha](http://www.soundhealthwellness.com/pha) to get started.

*\*Final earned amount depends on the other Health Related Actions you perform this year. Must be HRA eligible on January 1, 2021.*



# DON'T POSTPONE ROUTINE HEALTH SCREENINGS

## Why you shouldn't put off regular visits for too long

Life has changed a lot in the last six months, forcing us to postpone or cancel everything from haircuts to celebrations to medical procedures. Although scheduling a colonoscopy, immunization, regular check-up or other routine screening may not be something you are looking forward to, here's why you might want to move it up on your priority list.

### New Stricter Safety Protocols

Most medical facilities have strict cleaning and safety protocols in place to make environments as safe as possible for you and for clinic and hospital staff. But with the recent pandemic, safety measures have increased. It is now standard practice for medical professionals and staff to wear appropriate personal protective equipment (PPE) when treating patients; and face coverings, good personal hygiene and social distancing is required for patients and visitors.

### Screenings are Necessary for Early Detection

Routine screenings are recommended for a reason — they can detect common diseases that, if detected early, have significantly better treatment options and outcomes. Recommended screenings are based on a person's age and risk factors, including a family history of a disease.

During regular visits, primary care doctors might screen for a chronic disease like hypertension or diabetes because these diseases can lead to heart disease, kidney disease and other serious complications if left untreated.

Talk to your doctor about balancing the risks and benefits of postponing a screening or checkup for a later date, taking into account your personal and family history, other risk factors, and the timing of your last screening test or check-up. If you are high-risk or overdue for a screening, it's likely they won't want you to put off any necessary screenings for much longer.

### Immunizations are Vital to Our Wellbeing

With less socializing and kids attending school remotely, many of us will come in contact with fewer infectious diseases. However, maintaining routine immunizations is critical in keeping us healthy — especially for kids, pregnant women, and people with chronic diseases. Along with regular immunizations, be sure to get this year's flu shot when offered. Handling a flu outbreak and COVID-19 pandemic at the same time could potentially overwhelm our health care systems and disrupt our lives further.





# SAVE TIME AND EAT BETTER WITH MAKE-AHEAD MEALS

## Tips to get you started with meal prepping

Meal prepping — preparing whole meals ahead of time — has become popular among busy people and those on a budget, because it can save you a lot of time and money. It's also a great way to have nutritious meals on hand when you need them.

If you are busy caring for kids or aging parents, trying to lose weight or eat better, or feeling overwhelmed, having prepared meals on hand can help you manage your food choices and portion sizes. Since meal prepping requires you to determine what you will eat ahead of time, it can lead to more nutritious meals over the long term for you and your family.

Meal prepping may seem like it takes up a lot of time, but according to the USDA, Americans spend 31 minutes preparing meals each day — and for women, that jumps up to 51 minutes. The Harvard School of Public Health has found that incorporating meal prepping into your week can ultimately save time and reduce stress.

There are various ways to meal prep — and not all of them involve spending a whole Sunday afternoon cooking. Try some of the following tips and see what works best for you.



**Determine your style.** There are a variety of meal prep styles. Find the one that works for your daily routine and goals:

- **Batch cooking:** Make large batches of a specific recipe, then split it into individual portions to be frozen — like the soup recipe on this page!
- **Individually portioned meals:** Prepare fresh meals and portion them into individual grab-and-go containers to be refrigerated and eaten over the next few days.
- **Ready-to-cook ingredients:** Prep ingredients, like pre-cutting fruit, veggies & salad greens, or roasting a chicken to cut down on cooking time and have healthy snacks on hand.



**Find recipes you like.** If you are cooking for your family, discuss what types of foods and favorite meals they like to eat. And be sure to pick recipes that match your cooking experience and schedule. Don't like to cook? That's ok — you can find plenty of no- or low-cook options.



**Buy the right storage containers.** You don't have to spend a lot of money, but having containers that travel well, and are microwave and dishwasher safe, goes a long way in helping you become a successful meal prepper. If you search online for “meal prep containers” you'll find a wide range of options. Find what works best for you and your budget.

Need inspiration? Visit [www.soundhealthwellness.com/mealprep](http://www.soundhealthwellness.com/mealprep) for 30 days of meal ideas, resources on containers, and information on food safety.



## FALL VEGGIE AND WHOLE GRAIN SOUP

Make this soup ahead a time for healthy lunches all week. Serves 6.

### INGREDIENTS

- 2 tablespoons olive oil
- 1 yellow onion and 1 carrot, diced
- 2 celery stalks, thinly sliced
- 3 cloves garlic, minced
- 1 large sweet potato, peeled and chopped
- 2 cups butternut squash, peeled and chopped
- 2 cups kale, stems removed and chopped
- 3 bay leaves
- 6 cups low-sodium chicken or vegetable broth
- 2 15oz cans diced tomatoes
- 1 15oz can chickpeas, rinsed and drained
- 1 cup quinoa or pre-cooked brown rice
- 1 tablespoon fresh rosemary, minced
- 2 teaspoons fresh thyme, minced
- Salt and pepper to taste

### PREPARATION

1. Heat oil in a large pot over medium heat. Add onion, carrot, and celery. Cook until onions are soft, about 5 minutes. Add garlic, sweet potato, butternut squash, and bay leaves. Cook, stirring occasionally, until vegetables are tender, about 10 minutes.
2. Add broth, tomatoes, and chickpeas. Stir in the quinoa (or rice) and season with fresh rosemary and thyme. Cook for 15 minutes or until quinoa (or rice) is soft. Stir in the kale and cook for an additional 5 minutes. Season with salt and black pepper, to taste.

### NUTRITIONAL INFORMATION

Serving Size: 1 heaping cup

**297 calories**                      **8.3 g fiber**  
**6.5 g fat**                              **12.6 g protein**  
**49.1 g carbs**

Source: modified from [www.twopeasandtheirpod.com](http://www.twopeasandtheirpod.com)

## 5 TIPS FOR MANAGING YOUR CHRONIC CONDITION

### Ways to stay on top of your health during the pandemic

If you live with a chronic condition, you already know how important it is to follow your doctor's advice and take care of yourself. But managing your condition during this pandemic is more important than ever, especially if you have a condition that could increase your risk of severe illness from COVID-19.

Keeping your condition well-managed and avoiding unnecessary trips to the hospital or emergency room can help reduce the chance of exposure to the coronavirus.

### What to Do to Stay Well

1. **Pay attention to your health.** Keep track of how you feel, and your symptoms. If you experience new symptoms, call your doctor right away.
2. **Make use of virtual visits.** If your chronic condition makes you high risk, not having in-person appointments may be best right now. Though that doesn't mean you need to skip appointments or avoid medical care altogether. If you need to see a doctor, try an online visit or see if you can speak with your doctor over the phone. If you must go into the doctor's office, be sure to follow recommended safety guidelines before, during and after your visit.
3. **Keep taking prescribed medications.** Now is not the time to skip your medication or make any major changes on your own. Talk to your doctor about having an emergency supply of medication so you don't have to keep going to the pharmacy if you are concerned about the risk of exposure.
4. **Find ways to stay active and reduce stress.** Take advantage of the cooler weather by getting outside for a walk, run or bike ride. If you are stuck indoors, there are still ways to exercise, like using a free home workout app, putting on some music and dancing in your living room, or doing calisthenics.
5. **Get support from the Trust.** To help participants manage their health, the Trust offers Condition Management programs for eligible employees and their covered spouses 18 years of age and older, who have been diagnosed with a qualifying chronic condition.

PPO Plan Participants: visit [www.soundhealthwellness.com/ppo/sound-support/livewell-condition-management](http://www.soundhealthwellness.com/ppo/sound-support/livewell-condition-management) to learn more.

Kaiser Plan Participants: visit [www.soundhealthwellness.com/kp/sound-support/chronic-condition-workshops](http://www.soundhealthwellness.com/kp/sound-support/chronic-condition-workshops) to learn more.

The most important things you can do during this pandemic: stay healthy by working closely with your doctor, pay attention to new symptoms, and if you smoke or use tobacco, consider quitting.

Source: [www.OwnYourHealthWA.org](http://www.OwnYourHealthWA.org)

# HABITS FOR GOOD HEALTH AT EVERY AGE

## What to do in your forties

If you haven't gotten real about taking care of yourself by the time you hit your fourth decade, your body will probably let you know. This is also the age when your doctor may suggest new screening tests, and reading the small print on a menu may become more of a challenge. This is a great age to make changes for better health. Working with your doctor and using your benefits and programs provided by the Trust, you can get the support you need to make new habits that take you into a healthier future.



### Get Daily Exercise

Doctors recommend at least 30 minutes of physical activity every day. It doesn't take much to get your body going, and small things do add up. Try a fitness app for motivation — some even offer credit for housework that gets your heart rate up, so all that gardening, vacuuming or yard work counts, too.



### Eat Breakfast!

This one is so important it has an exclamation point. Metabolism decreases every decade, and the earlier you eat in the day, the faster it gets going, too. If you need help managing your weight, apply for the Naturally Slim program the next time a new session is offered, or PPO Plan participants can meet with a Health Coach.



### Try Something New

Shake up your routine and take a chance on a new hobby or learn a new skill. Whether it's an online tutorial that gets you into whittling or a renewed interest in your childhood clarinet, the possibilities for learning and growing don't end just because you're all grown up.



### Load Up on Fruits & Veggies

If you've never been big on eating your greens, now is the time to find ways to work them in to your diet. Someone who needs 2,000 calories a day should eat 2 cups of fruit and 2 1/2 cups of vegetables. One big piece of fruit is approximately one cup, but it takes two cups of leafy greens to make a cup of vegetables.

### OUR FOUR-PART SERIES:

This year we're focusing on choices we all can make for better health. It doesn't matter what age you start. Healthy choices can always make a difference.

- ✓ **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



### Schedule Health Checks

Be sure to see your doctor on schedule and follow recommendations for any screening tests. Depending on your personal and family history, you may begin new annual screenings in this decade.



### Continue Managing Stress

Many of us are being pulled in multiple directions — with aging parents and school-aged children — and this has been especially difficult during the pandemic. Carve out time in your schedule each day to reflect on yourself and your needs. Take a walk. Talk to a friend. PPO Plan participants can connect with a Trust provided Health Coach to get help managing stress and advice on making changes to lower your burden. Kaiser Plan participants can talk with their doctor about the resources to help manage stress, including lifestyle changes, classes, and counseling.



### Don't Forget Your Eyes

Our eyes can change at any time, and this is especially true in our forties. Get an annual check-up with an optometrist to stay on top of any changes. Wearing glasses with an incorrect prescription can cause headaches and other issues.



# 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

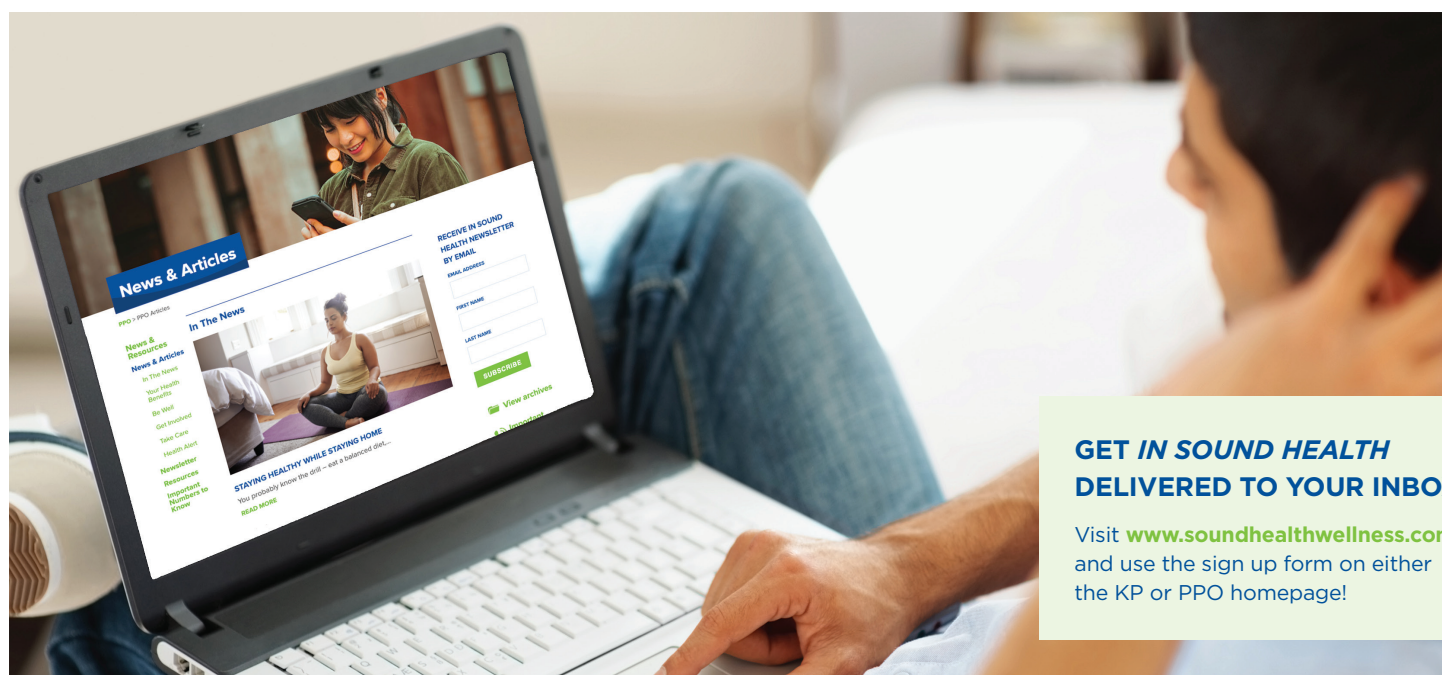
Trust Office—Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente—Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit for Life® Tobacco Cessation	(800) 462-5327
LiveWell Fit	(800) 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](http://www.soundhealthwellness.com), and use the sign up form on either the KP or PPO homepage!

**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.

## KEEP IT MOVING

While it is uncertain when LiveWell Fit events will take place, you can challenge yourself to move more and earn HRA funding. By wearing your fitness or activity tracker, you could earn \$150 — just complete 10,000 steps per day or walk/run 5 miles for 30 or more days between now and the end of the year.

Still holding out hope for an event this fall? Visit the Trust's website at [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for full details.

*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.



DATE	EVENT NAME & DESCRIPTION
<b>SEPTEMBER</b>	
<b>6</b> Spokane	<b>Windermere Marathon</b> — 26.2, 13.1 or 3.1 mile run/walk
<b>27</b> Seattle	<b>Base 2 Space</b> — stair climb
<b>27</b> Spokane	<b>Negative Split</b> — 13.1, 6.2 or 3.1 mile run/walk
<b>7</b> Sequim	<b>North Olympic Discovery Marathon</b> — 26.2 run/walk/relay, 13.1, 6.2 or 3.1 run/walk and kids marathon
<b>OCTOBER</b>	
<b>3</b> Leavenworth	<b>The Leavenworth Marathon</b> — 26.2 or 13.1 mile run/walk
<b>3</b> Seattle	<b>Where's Wenda 5k</b> — 3.1 mile run/walk
<b>10</b> Port Townsend	<b>Tour de Forts</b> — 62, 26 or 11 mile bike ride
<b>10</b> Tacoma	<b>Fall Harvest 5k</b> — 3.1 mile run/walk
<b>10</b> Anacortes	<b>Fidalgo Trail Run</b> — 26.2, 13.1 or 5 mile run/walk
<b>10</b> Poulsbo	<b>Poulsbo Half &amp; 10K</b> — 13.1 or 6.2 mile run/walk
<b>11</b> Coupeville	<b>Race the Reserve</b> — 26.2, 13.1, 6.2 or 3.1 mile run/walk and marathon relay
<b>17</b> Snohomish	<b>Snohomish River Run 5k/10k</b> — 6.2 or 3.1 mile run/walk
<b>17</b> Leavenworth	<b>Oktoberfest Trail Runs</b> — 10 or 5 mile trail run
<b>17</b> Port Townsend	<b>2020 Larry Scott Trail 5k/10k</b> — 13.1, 6.2 or 3.1 mile run/walk
<b>17</b> Issaquah	<b>Squak Mountain Trail Run</b> — 31.1, 13.1 or 7.5 mile run/walk
<b>18</b> Snohomish	<b>Snohomish River Run Marathon &amp; Half</b> — 26.2 or 13.1 mile run/walk