

In Sound Health

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HERE COMES THE SUN

May 2021

The first day of Summer is almost here. The days are getting longer and warmer, and as more people across Washington get vaccinated, we're beginning to see a return to pre-pandemic activities. The next few months are a great time to prioritize your health, and decide which pre-pandemic activities to resume and which to leave behind. The Trust is here to provide resources and Sound Support as you navigate your road to pandemic recovery.

In this issue of *In Sound Health* we review the new CDC guidelines for those who are fully vaccinated, and we share the health and financial benefits of selecting a primary care physician. We also continue with our four-part series, *Healthy at Work*, by focusing on the importance of ergonomics in the workplace.



PLAN YOUR COVID-19 VACCINATED SUMMER

Being fully vaccinated opens up a world of possibilities for summer fun in 2021

If you are fully vaccinated against COVID-19, how different will this summer look than last summer? The Centers for Disease Control and Prevention (CDC) are continuing to update their recommendations about what's safe to do once you've been vaccinated. Here are a few highlights:

Getting together with friends and family

According to the CDC, people who are fully vaccinated can safely hang out with other people of any age who are also fully vaccinated. That means vaccinated groups of people can meet up in any setting, indoors or outdoors, without wearing a mask or social distancing.

Vaccinated people can also safely visit indoors with people from one unvaccinated household (this includes children) as long as those individuals aren't considered to be at risk of severe illness.

The CDC is still recommending everyone avoid large gatherings — like big family reunions, large BBQs or multi-household birthday parties for the time being. If you do plan on attending a large event this summer (100 people or more), and you or family members are not vaccinated, the CDC is still recommending you wear a mask, even if the event is outdoors.

Taking a vacation

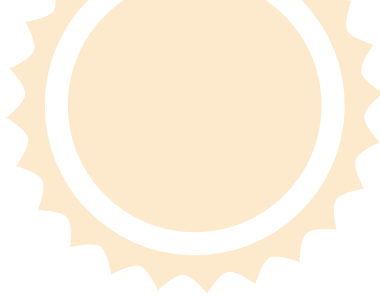
Traveling is a big part of summer for many people, and if you are fully vaccinated, domestic and international travel guidelines have relaxed. If you plan on traveling, you will still have to check regional travel requirements at your destination, but right now the CDC is recommending vaccinated people can travel domestically or internationally without getting a COVID-19 test or quarantining after travel. Again, be sure to check the testing requirements of your destination, as they can vary from the local guidelines.

THREE REASONS TO KEEP MASKING UP IN PUBLIC EVEN IF YOU ARE VACCINATED

On May 13, 2021, the CDC announced that fully vaccinated people no longer need to wear masks indoors or outdoors except in certain settings like airports, planes, buses, and businesses that require them. Here are three reasons why:

- 1. Not everyone is vaccinated —** Some adults are not able to get the vaccine because of a medical condition, and others choose not to get vaccinated. Children under 12 cannot get the vaccine yet and new cases of COVID-19 and hospitalizations among children are on the rise in Washington.
- 2. New COVID-19 variants —** it is not yet known how effective the vaccines are against new variants of COVID-19.
- 3. Effectiveness —** because the COVID-19 vaccines are new, researchers are still determining how long they will protect people, and if and when people will need a booster shot.

Source: [cdc.gov](https://www.cdc.gov)



While it is safer to fly once you are vaccinated, planes, airports and other major transportation hubs can still expose you and your family members to greater risk of COVID-19.

Resuming your pre-quarantine hobbies

If your favorite activities were put on hold last year, now may be the chance to pick them up again. Today, most counties across Washington are either in Phase 2 or Phase 3 of the Healthy Washington Road to Recovery plan. This means many retail shops, restaurants, and indoor sports and entertainment venues are open, just at limited capacity. Once you are fully vaccinated, you can grab coffee with a friend, take the family out for pizza, attend a sports event, or just go shopping at your favorite store and feel more at ease. If you enjoy participating in sports, many events and leagues are starting up again. The Trust's LiveWell Fit events are an excellent way to get outside and participate in local activities like fun runs, bike rides, and marathons. These events allow you to earn money towards your Health Reimbursement Arrangement (HRA) while spending time doing the things you love.

Getting back to a new normal

By getting the vaccine, you've helped slow the spread of COVID-19, but there is still more to do to stop the spread, so keep your mask and hand sanitizer handy a little longer. Thank you for getting vaccinated, doing your part and continuing to take the precautions needed to stop the spread of COVID-19. Now's the time to make fun summer plans that involve getting outside, staying active and finding new ways to reconnect and safely engage with your community!

Visit our www.soundhealthwellnesstrust.com/vaccine page for more information.



NEW NAME, SAME GREAT PROGRAM

Our digital weight loss benefit has rebranded! Naturally Slim changed its name to Wondr Health™ on May 13, 2021.

If you're already a participant in the program, you will notice the new look and name. But don't worry, there's no need to re-enter any of your personal information or update your login credentials. It's the same program with no interruption to your progress, so you can continue learning the science-based skills you need to lose weight while still eating the foods you love.

If you've been curious about trying Naturally Slim, it's not too late to take advantage of this great benefit. We'll send out an announcement when the next application period opens up for this great program with the new name.

Visit www.soundhealthwellness.com/wondr for more information about the program.



PUT A SPRING IN YOUR STEP WITH LIVEWELL FIT!

Spring is here, the sun is coming out, and we're all gearing up for what hopefully will be a much different summer from last year. As COVID-19 guidelines become more relaxed, it's time to start thinking about spending more time in the sun and getting back to your favorite outdoor activities. The Trust's LiveWell Fit program is a great way to do both — while also earning HRA funding!

It's almost like getting paid to exercise

There are many great reasons to participate in a LiveWell Fit event:



Eligible Trust participants and their covered family members can be reimbursed registration fees for up to four approved LiveWell Fit events per calendar year.



You can earn up to four Mile Marker Awards as you participate in events including a sunshield buff, technical fabric t-shirt, a bonus event reimbursement, and even a GPS fitness monitor or a pair of running shoes.

If you are eligible for a HRA, when you and your eligible spouse participate, you both have the chance to earn funding each year.



You don't need to be an avid runner or cyclist to take advantage of the LiveWell Fit program. We've gathered a wide variety of approved events from across Washington that include walks, fun runs, and family activities. As you start making plans for the summer, think about adding a LiveWell Fit event to your calendar! While many events were cancelled in 2020 due to COVID-19, event organizers have adapted and found creative ways to make events safer, and we're adding new events to the list each month.

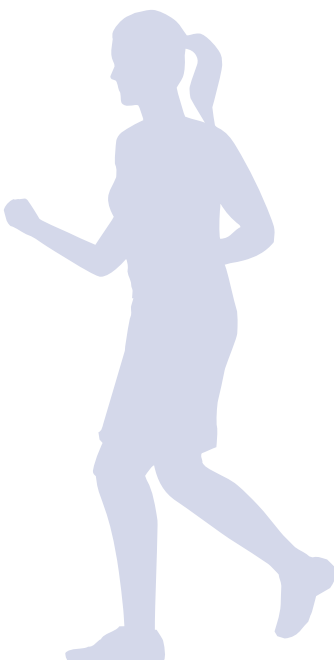
Ready to get moving?

While we all know exercise is an important part of staying healthy, it can be difficult to start or maintain a routine. Many Trust participants have found that participating in regular LiveWell Fit events has helped them find inspiration and stay motivated. If you've ever thought about taking up running, we've put together a Couch to 5K training calendar to help make training easier.

To download this great resource, as well as find program details and a complete list of events, visit the Trust website!

PPO Plan Participants: visit www.soundhealthwellness.com → PPO → Sound Support → LiveWell Fit

Kaiser Plan Participants: visit www.soundhealthwellness.com → Kaiser → Sound Support → LiveWell Fit



STRAWBERRY SPINACH SALAD

Impress guests at the next potluck with this fruit-filled salad. Serves 4.

INGREDIENTS

- 10 oz bag of fresh spinach**
- 1/2 cup blueberries**
- 1 pint raspberries**
- 1 cup strawberries, halved**
- 3 oz fat free crumbled feta cheese**
- 1/2 cup unsalted, roasted walnuts**
- 1/4 cup poppy seed dressing**

PREPARATION

- 1.** In a bowl, add spinach, blueberries, raspberries, strawberries and walnuts.
- 2.** Drizzle salad with dressing. Gently toss to combine.
- 3.** Top salad with feta. Serve immediately.

NUTRITIONAL INFORMATION

Serving Size: About 1 cup

237 calories	9.2 g fiber
13.5 g fat	9.9 g protein
24.2 g carbs	

Source: modified from www.sparkrecipes.com.

THE BENEFITS OF SELECTING A PRIMARY CARE PHYSICIAN

There are many benefits to having a primary care physician that go beyond annual checkups. Selecting a primary care physician (PCP) is an important part of managing your health and taking full advantage of your medical benefits. Here are three reasons to have a primary care physician:

1. You have someone you can trust

When you find a PCP you like, they can follow your health over time, and get to know you, and you can get to know them. A trusting relationship with your PCP can help improve your care because you will be more comfortable discussing problems or changes.

2. You can get specialty care

When it is necessary, your PCP can refer you to the right specialist. Because they know you, they can suggest someone with the right qualifications and an approach that matches your health goals, values and desired outcomes.

3. You can earn the maximum in HRA funding each year

In order to receive the maximum amount of HRA funding each year, PPO plan participants must complete the annual Personal Health Assessment (PHA), and Kaiser plan participants must complete the annual Health Profile — both require the confirmation of your Primary Care Physician. Don't miss your chance to avoid a higher deductible next year. By taking the time to find a physician now, you'll be ready when it comes time to complete your PHA or Health Profile.

Visit www.soundhealthwellness.com for more information on finding a primary care physician and funding your HRA.



Source: ownyourhealthwa.com



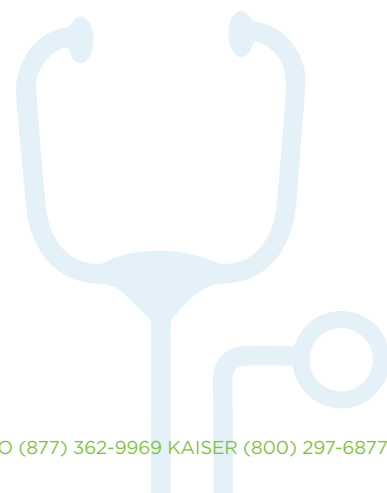
FOR KAISER PLAN PARTICIPANTS

When you choose a doctor, they must be a primary care physician, or as Kaiser calls them — a Personal Care Physician (PCP). PCPs are doctors who practice one of these areas of medicine:

- adult or internal medicine (specializing in adult care)
- family or general medicine (health care for you and your whole family)
- pediatric medicine (care for patients from birth through age 16 to 18, depending on the facility)

In some areas, depending on your plan, you may have even more options for selecting a PCP, such as a nurse practitioner or physician's assistant. If you are a new member, you will be able to choose from a list of PCPs who are currently accepting new patients. Once you've selected a provider, you can change at any time, for any reason.

Visit soundhealthwellness.com/kp/benefits/find-a-provider/ for instructions on how to find and choose a personal care physician.



HEALTHY AT WORK:

The Importance of Ergonomics

No matter what you do for work, HOW you do it — the physical movements you make each day, all day long — has an effect on your body. Straining, reaching, turning or twisting and not moving efficiently are causes of repetitive stress. This stress can lead to injuries like carpal tunnel syndrome, tendinitis, back pain, etc. In fact, according to the Bureau of Labor Statistics, musculoskeletal disorders accounted for 33 percent of all worker injury and illness cases in 2013.

To keep you healthy, your work area should accommodate you and your needs as much as possible. This is the idea behind ergonomics: designing a space to fit each worker to help each of us avoid injury. While sometimes the conditions of a workspace may be beyond our control, there are still small things we can do to improve our ergonomics.



Reducing the risk of injury

Maintaining good posture and making fewer motions allows for less exertion and makes your workspace more efficient. The Occupational Safety and Health Administration has guidelines for workplaces that give more specifics, but these simple ergonomics concepts can help everyone reduce the risk of injury.



Work in neutral postures

Keep your spine, neck, hands and wrists all in alignment during repetitive tasks.



Keep everything in reach

Avoid unneeded stretching and strain. When possible, position frequently used items close to you during each specific task.



Work at proper height

Make sure you are comfortable and adjust as needed.



Reduce excessive motions

Use tools and equipment, such as step stools, carts, lifts, etc. when possible.

This is the second article in our “Healthy at Work” four-part series for 2021. You can view past articles online at www.soundhealthwellness.com under News & Articles.



Minimize fatigue and static load

Avoid holding heavy items for longer than necessary.



Minimize pressure points

Use anti-fatigue mats or wear insoles, back brace, and other aids as needed.



Move, exercise and stretch

Use your breaks as a time to stretch, shake out tight muscles and move in a different way.



Maintain a comfortable environment

When possible, be sure you have good lighting, a comfortable temperature, etc.



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

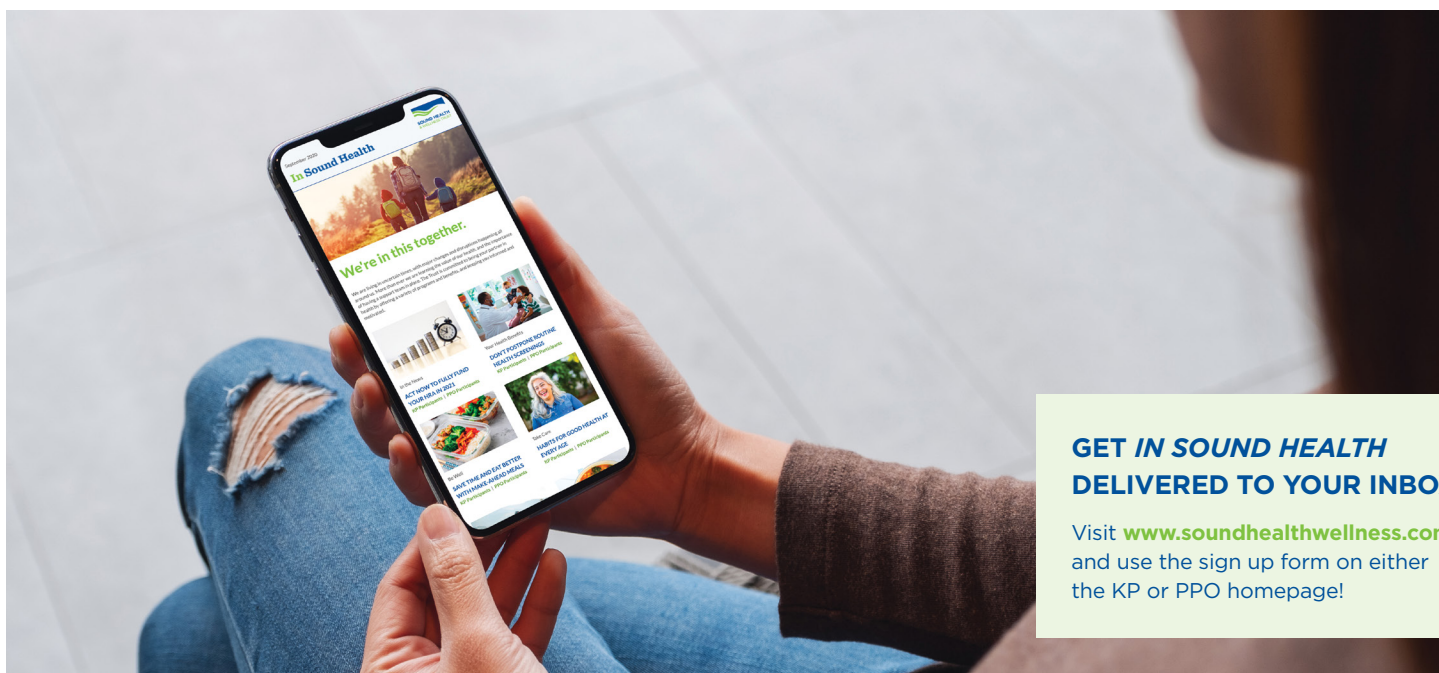
Trust Office—Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente—Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit for Life® Tobacco Cessation	(800) 462-5327
LiveWell Fit	(800)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



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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.

MAKE IT A FAMILY AFFAIR

Looking for a fun activity this summer? Attend one of the many family fun run/walks across Washington this summer and earn prizes as well as HRA funding. It's a win win!

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 ShamRock & Roll event in March.

DATE	EVENT NAME & DESCRIPTION	
JUNE		
5	Maple Valley	Lake Wilderness Triathlon — Olympic or sprint triathlon/relay and kids triathlon relay
5	Shelton	Run The Ridge — 6.2 or 3.1 mile run/walk and junior jog
5	Redmond	Flying Wheels — 100, 70 or 50 mile bike ride
5	Cashmere	Red Devil Challenge — 31, 15.5 or 6.2 mile run
5	Olympia	A Healthy Body Summer 5k — 3.1 mile run/walk
5	Sequim	North Olympic Discovery Marathon — 6.2 or 3.1 mile run/walk
6	Sequim	North Olympic Discovery Marathon — 26.2 or 13.1 mile run/walk and 26.2 mile relay
6	Redmond	Marymoor Connector Trail — 3.1 mile run/walk
12	Long Beach	Beach To Chowder — 6.2 or 3.1 mile run/walk
12	McCleary	Ride The Harbor: Tour de Wellness — 53, 17 or 7.5 mile bike ride
12	Seattle	Solstice Run — 9.3, 6.2 or 3.1 mile run/walk
12	Bainbridge Island	The Great Ferry Race — 13.1 mile run/walk
13	North Bend	Light at the End of the Tunnel Marathon — 26.2 mile run
13	Carnation	Snoqualmie Valley Trail — 3.1 mile run/walk
19	Snohomish	Evergreen Half and 5 miler — 13.1 or 5 mile run/walk
19	Bellevue	Red Hawk 6k — 3.7 mile run/walk
20	Maple Valley	Green to Cedar River Trail — 3.1 mile run/walk