

Overview of Sound Health & Wellness Programs for Kaiser Permanente Plan Participants



These programs are open to all eligible Sound Health & Wellness Trust participants and their covered spouse, age 18 or older. All programs are fully paid for by the Trust.

For more information please visit www.soundhealthwellness.com.

Programs	What is it?	How to contact?
Health Profile	A questionnaire that gives a snapshot of your health and health risks and gives you a personal plan for healthy living.	Call Kaiser Permanente at (888) 901-4636 or go online for more information.
Chronic Condition Workshops	A series of proven, no-cost workshops to assist people living with chronic conditions. The program increases confidence in managing chronic conditions, improves health status, and reduces healthcare use and costs.	Call (800) 992-2279 or go online for more information.
Consulting Nurse Helpline	Registered nurses available 24/7 who can confidentially help you find reliable information to make informed healthcare decisions.	Call (800) 297-6877.
Healthwise® Knowledgebase	Free, online information that can help you answer common medical questions.	www.kp.org/wa
LiveWell Fit	Get reimbursed for registration fees for local fitness events. The Trust will reimburse participants and covered family members for entry fees in up to four events per calendar year from a selected list.	Call the Wellness Coordinator at (800) 225-7620, option 2, then option 5 or go online for more information.
Wondr	A 10-week video program with unlimited follow up videos where you will learn how to eat the foods you love while losing weight.	The program is offered occasionally throughout the year. Watch your mail for application times.
Quit For Life®	A national-accredited tobacco cessation program with free patches or gum (if recommended by your coach). Program features one-on-one phone coaching, online tools and resources.	Call 1-800-462-5327 to enroll or go online for more information.