

In Sound Health

**THERE IS NO NEED TO
BE SAD THIS WINTER**

3 Make wellness fun
with our Healthy
Holiday Bingo game

4 5 tips for eating
healthier at work



END THE YEAR STRONGER

December 2021

It is not too late to finish this year strong and get a jump on good health in 2022. By taking full advantage of the Trust's Sound Support programs, including physical and mental health resources, and by fully funding your HRA, you can set yourself up for success in the new year!

In this issue of *In Sound Health* we've gathered fun wellness activities and mental health resources to get you through the winter, and we conclude our four-part series, Healthy at Work, by sharing some ways you can make workday meals healthier and more enjoyable.

THERE'S NO NEED TO BE SAD THIS WINTER

Seasonal Affective Disorder is real, and treatable

As the days grow shorter in the fall and winter, many people experience the “winter blues.” If you find your mood and behavior changing significantly with the seasons, you may be experiencing a type of depression called Seasonal Affective Disorder (SAD), also called Seasonal Depression. For most people, SAD symptoms begin in the fall and continue through the winter. In rare cases, SAD symptoms may begin in the spring and continue into the summer.

While untreated depression can greatly impact a person's quality of life, there is still stigma about depression that may keep people from getting help. Sometimes people feel that their symptoms are a sign of weakness or laziness, but SAD is a health condition caused by chemical imbalances in the brain, and with treatment, most people who suffer from SAD and other forms of depression will see improvement within a few weeks.

Seasonal Affective Disorder is associated with a variety of symptoms:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy, even when a person has had a full night's sleep

Causes

Scientists do not fully understand what causes Seasonal Affective Disorder, but there is evidence that a few factors may contribute to the condition:

- Reduced sunlight in fall and winter may disrupt our body's biological clock and may cause a drop in serotonin (a brain chemical) levels — which can trigger feelings of depression.
- When the seasons change our body's melatonin (a hormone) levels can be disrupted, which can affect sleep patterns and mood.
- Factors that may increase your risk of experiencing SAD include having a family history of seasonal depression, living with preexisting mental health conditions, and living farther from the equator (like we do here in the Northwest!), which further shortens the days and limits access to sunlight.

Steps You Can Take to Prevent SAD

Fortunately, there are steps you can take to prevent and treat Seasonal Affective Disorder. The effects of SAD can be minimized by:

- Going outside often, even in short bursts during breaks
- Eating a well-balanced diet
- Exercising
- Seeing friends and family
- Avoiding self-isolation
- Limiting the use of drugs and alcohol

If you feel down for days or weeks at a time or feel unmotivated to engage in activities you usually enjoy, consider talking with your doctor. And if your sleep patterns



and appetite change, you experience feelings of hopelessness or worthlessness, or you engage in excessive drug and alcohol use, it is especially important to speak with a medical professional.

How To Get Help

If you think you may have SAD, talk to your healthcare provider about your concerns. Your doctor can give you a thorough evaluation to identify the causes of your symptoms. Remember that depression is a medical condition. Your doctor will believe you and can connect you with resources to manage your symptoms.

There are many treatments for SAD and your doctor will make specific recommendations for you based on your needs.

Visit www.soundhealthwellness.com to find a provider or learn more about Sound Support programs.



Sources: www.mayoclinic.org, www.nimh.nih.gov, my.clevelandclinic.org, www.hopkinsmedicine.org

KNOW YOUR MENTAL HEALTH RESOURCES

Know what's covered, and where to go for mental health care this winter

Whether you just need a little extra motivation, are dealing with anxiety or holiday stress, or are struggling with winter depression, as a Trust participant, you have many resources available to you.

To find out what's covered with your benefits, visit the Trust website and click on the Forms & Docs tab to download the latest plan booklets and summaries, change notices, policies and forms.

PPO Plan Participants

- **Your Mobile Care Coordinator** Behavioral Health nurse can assist with finding help for the treatment of drug or alcohol dependency, anxiety, depression, or any other mental health issue.
- **Health Coaching** is a phone-based health education program designed to help you set and meet goals to improve your health and well-being, including reducing stress.
- **Your medical benefit network** gives you access to a wide variety of mental health care professionals.

Kaiser Permanente Plan Participants

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

To learn more, visit soundhealthwellness.com/WinterSupport

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

KAISER PERMANENTE PARTICIPANTS

You have a new prescription drug benefit administrator!

Effective December 1, 2021, the Sound Health & Wellness Trust has partnered with WellDyneRx to administer the Trust's prescription drug benefit through three options for your convenience — retail pharmacies, WellDyneRx Mail and WellDyne Specialty Pharmacy (for specialty drugs).

Visit www.soundhealthwellness.com/kp/benefits/ and click on the Prescriptions tab to download the Trust Custom Pharmacy Network list.



CARROT GINGERBREAD COOKIES

Sweet, spicy and a little bit healthy — these will become your go-to holiday cookie. Yield: 14 cookies

INGREDIENTS

COOKIES

- 1/2** cup finely grated carrot
- 1/3** cup unsalted almond butter
- 1/4** cup unsweetened applesauce
- 2** tablespoons molasses (not blackstrap)
- 1/3** cup brown sugar
- 1** large egg
- 1** teaspoon vanilla extract
- 1/2** teaspoon ground ginger and cinnamon
- 1/4** teaspoon ground nutmeg
- 1/4** teaspoon salt
- 1/2** teaspoon baking powder
- 1/2** teaspoon baking soda
- 3/4** cup whole wheat flour*
- 1/3** cup quick-cooking oats

MAPLE ICING

- 6** tablespoons powdered sugar
- 1** teaspoon maple syrup
- 1-2** teaspoons milk of choice

PREPARATION

- 1.** Preheat oven to 350° F. Line a baking sheet with parchment or grease lightly with oil.
- 2.** Pat grated carrot dry to remove excess moisture.
- 3.** Mix: carrot, almond butter, applesauce, molasses, sugar, egg, and vanilla until well combined. Stir in spices, salt, baking powder, and baking soda. Add flour and oats then mix until just combined.
- 4.** Scoop about 2 tablespoons of batter per cookie onto your prepared pan. Bake until set, 10 to 12 minutes. Cool completely then drizzle on icing, if using.

MAPLE ICING

Mix powdered sugar, maple syrup, and 1 tsp of milk in a bowl. If your icing is too thick, add a little more milk and mix again. Use right away.

NUTRITIONAL INFORMATION

Serving Size: 1 cookie

- 108** calories
- 2 g** fiber
- 4 g** fat
- 3 g** protein
- 17 g** carbs

Source: modified from www.thenaturalnurtur.com.

HEALTHY HOLIDAYS BINGO

Make caring for yourself and your family fun this holiday season

The holidays are here, and as festive and exciting as they can be, it can be a challenge to make healthy choices or stick to a health-related goal. It can be hard to find time to take care of ourselves while working holiday shifts, entertaining out-of-town family, attending holiday events, and keeping up with our to-do lists. That's why, to help you prioritize yourself and maintain your healthy habits throughout the winter, we've put together a Healthy Holiday BINGO Challenge you can play alone, with family, or even with co-workers — encouraging each other along the way.

HOW TO PLAY

- 1. Decide on a reward** — how will you celebrate when you complete five healthy holiday actions in a row and achieve BINGO? If you are playing with other family or co-workers, can you come up with a group prize or maybe even a competition?
- 2. Give yourself some easy wins** — start by removing the bingo card from this newsletter or downloading a printable PDF from the Trust website at www.soundhealthwellness.com/bingo and give yourself a star for each item you've already completed — like your annual flu shot or signing up for the Trust e-newsletter.
- 3. Make a plan** — to get BINGO you need to complete five healthy actions in a row — either down, across or diagonally. Look at the suggestions and decide what you can complete by the end of December. Some will be easy to accomplish, but others may take some planning.
- 4. Share your success** — let us know if you played and how it went! Send us a note and a photo of you with your completed BINGO card and we may feature you in our next newsletter or on the website. Send an email to newsletter@soundhealthwellness.com.

With so many obligations over the holidays, setting aside time to take care of yourself can help you unwind and feel more rested, giving you more energy for all the holiday fun, shopping, and events. It's a win win!



HEALTHY HOLIDAYS

Bingo Challenge

Call or text a
good friend

Exercise for
30 minutes



Get your
annual flu
shot

Curl up with
a good book

Go for a
walk

Play a game

Drink 6-8
glasses of
water

Go play
outside

Say NO to
something
you don't
want to do



Sign up for a
LiveWell Fit
event



Join the Wellness
Volunteer
Network

Bake and
enjoy the
cookie
recipe in this
newsletter

**FREE
SPACE**

Take 30
minutes to
rest and
relax

Find a new
recipe to
cook

Turn your
phone off
for an hour

Try a new
fruit

Schedule
your annual
physical for
2022



Sign Up for
the Trust
E-Newsletter

Watch a
movie that
makes you
laugh

Try a new a
vegetable



Read about your
benefits on the
Trust website

Take a bath

Try a new
hobby or
activity

Get at least
8 hours of
sleep

HEALTHY AT WORK:

Tips for eating healthier at work

Many people find eating healthy at work a challenge. It is often easier to grab something at work instead of having to prep food at home, pack it and then remember to bring it with you when you leave the house! But you don't always need to bring food from home to get the nutrition you need on the job. Here are a few tips to help you build healthy choices into your daily routine.



Eat your main meal a few hours before you start your shift

Whatever meal happens to fall before your shift, make that your main meal, and plan for a small meal and healthy snacks spread out during your workday. This will ensure you get the fuel you need during your shift, with energy left for after work.



Plan for healthy meals and snacks

It could be tempting to just wait until you are hungry to get something to eat, but planning out beforehand what to buy or bring can save you from reaching for junk food. Foods that are high in fat, sugar and salt might taste good in the moment, but can leave you feeling sluggish and still hungry. Try having a variety of foods that include plenty of vegetables and fruits, whole grains, and high protein food like meat, fish, nuts and seeds as your go-to choices to bring or buy.



Cut down on caffeine

Drinking caffeinated beverages can help you stay alert; but too much caffeine can interfere with sleep, make you feel nervous or irritable and upset your stomach. To cut down on caffeine after a few cups, switch to decaffeinated tea or coffee, or water.



Use your breaks to eat

Sometimes you're in the flow, it's just hard to stop, or you aren't hungry when it's time for a break. But skipping meals or snacks leads to the kind of extreme hunger that causes overindulgence when we finally get around to eating.



Drink lots of water

Whether you are moving around a lot, on your feet, or sitting all day, most of us could stand to drink more water. If you're feeling low energy, try keeping a water bottle nearby. Sometimes even mild dehydration can have a big impact on how we feel. If you generally don't like water, consider adding a little flavor like lemon, or low-calorie drink mix to your bottle of water. Keep sugary drinks (even Gatorade or other sport drinks) as an occasional treat, not an everyday thirst quencher.

Think about what strategies might work best for you and your workday. Some pre-planning and small changes can help create healthy habits that keep you feeling your best.

This concludes our "Healthy at Work" four-part series for 2021. You can view past articles online at www.soundhealthwellness.com under News & Articles.

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
WellDyneRx — for Prescription Coverage	(800) 373-1568
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.





FLU SEASON IS HERE!

Get your annual \$0 co-pay flu shot at any in-network doctor or pharmacy now. Visit www.soundhealthwellness.com/flushot to find a location near you.



**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.

CROSS THE FINISH LINE TO FULLY FUNDING YOUR 2022 HRA!

There are still plenty of LiveWell Fit events happening in December — cross the finish line and you could earn up to \$150 towards your 2022 Health Reimbursement Arrangement funding!

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 Snohomish River Run.

DATE		EVENT NAME & DESCRIPTION
DECEMBER		
12	Seattle	Jingle Bell Run Seattle — 3.1 or 1 mile run/walk and kids run
12	Kirkland	12ks Of Christmas — 7.5 or 3.1 mile run/walk
18	Port Orchard	Yukon Do It! Winter Edition — 26.2, 13.1, 6.2 or 3.1 mile run/walk and marathon relay
18	Olympia	White Elephant Run 5.0 Mile — 5 mile run/walk
18	Redmond	Santa Bear 6k — 3.7 mile run/walk
24	Puyallup	Christmas Eve Ugly Sweater 5k — 3.1 mile run/walk and kids dash
JANUARY		
1	Snohomish	Bling In The New Year Marathon & Half Marathon — 26.2 or 13.1 mile run/walk
1	Kent	Meridian Valley Country Club Fun Run — 3.1 or 1.2 mile run/walk
1	Seattle	Resolution Run 5k & Polar Bear Dive — 3.1 mile run/walk
2	Redmond	The Pop Tart Run — 3.1 mile run/walk
2	Kenmore	Absolution Run — 8 or 4 mile trail run/walk
8	Steilacoom	Ft. Steilacoom Resolution Run Series: 5 mile or 5k — 5 or 3.1 mile run/walk
9	Battle Ground	Resolution Run — 9.3, 6.2 or 3.1 mile run/walk
15	Puyallup	No Sun Fun Run — 3.1 mile run/walk
15	Sammamish	Frost Eagle Trail Run — 13.1 or 5 mile trail run/walk
16	Puyallup	Run My Mimosa Off 5k — 3.1 mile run/walk