

# In Sound Health

## LEARN TO SPOT HEALTH MISINFORMATION

**5** 5 Tips to Reduce Antibiotic Overuse

**6** Where to Turn for Sound Support



## SPRING INTO WELLNESS

March 2022

Spring is a natural time to make health and lifestyle changes. As the weather warms, and the days get longer, it is easier to think about exercising more, eating more fruits and vegetables, and swapping out old habits for new ones — and the Trust is here to support you.

In this issue of *In Sound Health* we've put together resources to help you grow healthier and stronger this spring, including where to find the most reliable health information, how to avoid antibiotic overuse, and an updated Couch-to-5K training plan. We also kick off our 2022 four-part series, "Where to Go for Sound Support" where we will share the wide variety of resources, information and support programs available to you as a Trust participant.

## LEARN TO SPOT HEALTH FRAUD SCAMS

We've all done it. Maybe you have a new ache or pain, a cough that won't go away, or a family member who gets a new medical diagnosis, so you go online to find out more. Consulting "Dr. Google" has become human nature. In fact, according to Pew Research Center, 72% of internet users search for health-related information online. And while it is easy, and common, it does not always deliver the best results. Looking up health symptoms on the web can lead to many unwanted side effects including increased anxiety, wasted money, unneeded trips to the ER, and a willingness to try unproven treatments and "cures."

You've probably come across advertisements for new drugs, vitamins, diet aids, miracle cures and treatments on TV, Facebook, news sites and social media platforms like YouTube, Instagram and Pinterest, or even in your own email inbox or phone. Most of these ads are what the FDA calls health fraud scams — the selling of drugs, food, devices, or cosmetics that have not been proven to work.

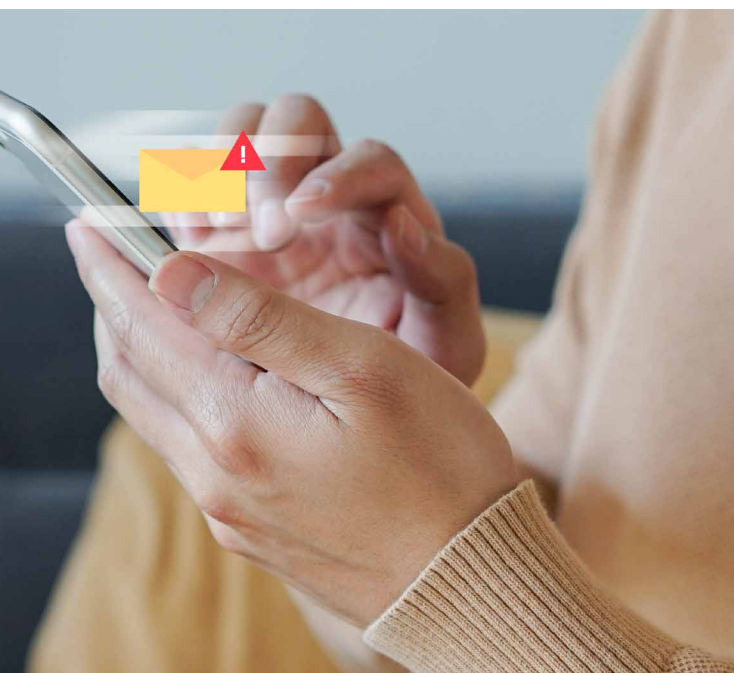
Because it can be hard to tell what is real and what is a scam, we've put together some information to help you evaluate for yourself.

### KNOW THE WARNING SIGNS

Health care fraudsters use similar tricks and techniques to convince people. Once you learn to spot them, it can be easier to identify a scam. Watch for these red flags:

- **One product promises to do it all.**  
A product or treatment claims to cure a wide range of unrelated diseases, particularly serious ones like cancer or diabetes.
- **A treatment claims to be very old.**  
A product uses terms like "ancient remedy" or "traditional," or provides a "natural cure" to suggest its longevity proves it is safe or effective.
- **A treatment claims to be very new.**  
A product or treatment claims it is a "new discovery," "innovation" or "scientific breakthrough." The ad might also hint at a conspiracy to prevent people from getting these miracle products.
- **Satisfaction is guaranteed.**  
The product comes with a "no risk" money-back guarantee, no questions asked.





## FOLLOW THESE TIPS

1. Ask yourself “Does it sound too good to be true?” If it does, it probably is.
2. Don’t open attachments or click links in emails or texts about medical products or treatments. They could unleash malware on your device.
3. Talk to your family and friends. Legitimate medical professionals will not discourage you from discussing treatments with others.
4. Check the FDA.gov website’s fraud product database. Just type in the name of the product and see if it is a scam. Visit [www.fda.gov/consumers/health-fraud-scams/health-fraud-product-database](http://www.fda.gov/consumers/health-fraud-scams/health-fraud-product-database).
5. Talk to your doctor or health professional or call the Trust’s 24-hour Nurse Line.



By taking the time to ask a few questions, you can avoid wasting your time and hard-earned money, and risking your health on harmful treatments.

## DON'T GOOGLE IT. CALL THE NURSE LINE!

When it comes to health information, you need a source you can trust. That’s why the Sound Health & Wellness Trust offers a Nurse Line to both PPO and Kaiser Permanente participants. The Nurse Line gives you direct access to trained registered nurses 24 hours a day, 7 days a week, 365 days a year, and it’s fully paid for by the Trust.

Call any time and knowledgeable, experienced nurses will confidentially help you find reliable information to help you make informed healthcare decisions.

### Why Call a Nurse Line?

With the Nurse Line, you can:

- Determine if you need to go to the emergency room, urgent care or make an appointment with your doctor
- Resolve your health concerns
- Get advice on how to care for minor illnesses and injuries at home
- Understand prescription medications.
- Make informed decisions about tests and procedures

Trying to solve personal health problems alone can be frustrating. The Nurse Line provides trustworthy health information whenever you need it.

### For PPO Participants

- Call **(877) 362-9969, option 1**, to contact a nurse.

The Nurse Line for PPO participants is provided by Aetna, an independent health management service provider. All calls are confidential.

### For Kaiser Permanente Participants

- Call **(800) 297-6877**.

The Consulting Nurse helpline is provided by Kaiser Permanente. All calls are confidential.

*The Nurse Line is an educational resource and not intended to constitute healthcare. If you have any concerns about your health, you should consult with your physician, visit urgent care if after office hours, or in an emergency, call 911 or visit the emergency room.*





## MEET YOUR NEW GUARDIAN NURSES

Say hello to Sound Health & Wellness Trust's newest Mobile Care Coordinators

### MEET WALKER



Walker LaFleur, RN, BSN, joins the Sound Trust team after several years of managing two dialysis clinics in the Puget Sound area. He has extensive clinical knowledge of kidney disease and all the co-morbidities, like diabetes, that patients often present with when they need dialysis. Prior to moving to Washington, he worked in general medical-surgical nursing and honed his knowledge base and nursing skills in Florida

hospitals. Like his Sound Trust teammates, he is committed to advocating for patients and families throughout the care continuum.

### MEET CONNI



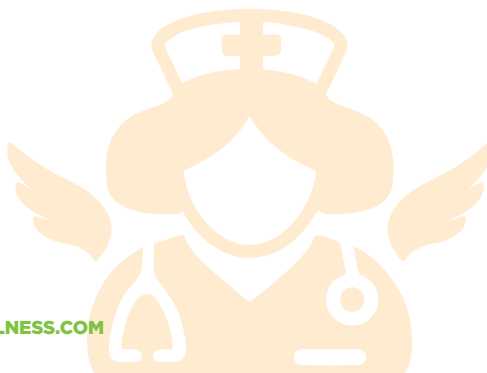
Constance (Conni) Fonseca, BSN, RN has 20 years of nursing service experience. When Conni moved to Washington as a travel nurse, she never looked back.

For the first half of her nursing career, she worked as a trauma nurse, mostly at Harborview Medical Center. After leaving the emergency department, Conni worked in discharge case management and floated to many of the outpatient clinics at Harborview, and most recently was Assistant Nurse Manager at Edward Thomas House Medical Respite, a transitional facility providing high-level skilled nursing care to those without permanent housing.

In addition to providing medical support, Conni is the Mobile Care Coordinator in charge of supporting Behavioral Health for PPO plan participants. If you are struggling with depression, anxiety, or addiction, you can contact Conni regarding treatment or any other mental health issue. Contact her directly at **(206) 446-8402**.

### THINK YOU COULD USE A GUARDIAN NURSE?

**For PPO Plan Participants:** If you or a qualified dependent are going to be hospitalized or are struggling with a serious health condition, call **(877) 362-9969** and select **option 2**.



## FRENCH POTATO SALAD

A delicious, vegan, and easy to make potato herb salad perfect for springtime. Serves 6-8.

### INGREDIENTS

#### SALAD

- 2 pounds of fresh potatoes sliced 1/4-inch thick**
- 2 tablespoons of sea salt**
- 2 large garlic cloves**
- 1/4 cup fresh flat-leaf parsley, roughly chopped**
- 2 tablespoons fresh tarragon, roughly chopped (or 1/4 cup dill or basil ribbons)**

#### DIJON VINAIGRETTE

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

### PREPARATION

- 1. Boil the potatoes:** Place the sliced potatoes in a large saucepan covered completely with cold water, sprinkle in salt and bring to a boil. Add the 2 cloves of garlic, reduce heat and simmer 5 minutes or until potatoes are just tender.
- 2. Make the Vinaigrette:** While potatoes are simmering, make the vinaigrette by whisking together Dijon, oil, vinegar, and pepper in a small bowl. Set aside.
- 3. Assemble:** Drain potatoes and garlic. Place potatoes mostly single layer on a baking sheet to cool. Mince the cooked garlic and add to the vinaigrette. Drizzle the vinaigrette evenly over the warm potatoes. Let sit at room temperature for about 10-15 minutes.
- 4. Serve:** add to a serving bowl gently tossed with chopped fresh herbs. Serve at room temperature or refrigerate and chill.

### NUTRITIONAL INFORMATION

Serving Size: 1/4 cup

<b>165 calories</b>	<b>2.9 g fiber</b>
<b>9.5 g fat</b>	<b>2.1 g protein</b>
<b>18.5 g carbs</b>	

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

# 5 TIPS TO PREVENT ANTIBIOTIC-RESISTANCE

## Misuse and overuse of antibiotics can put us all at risk

While many of us have been thinking a lot about viruses (like COVID-19) lately, sickness from antibiotic-resistant bacteria continues to be a serious health concern. According to the CDC, more than 2.8 million antibiotic-resistant infections occur in the U.S. each year. But there are steps we can all take to reduce infections, and the causes of antibiotic resistance.

### What is Antibiotic Resistance?

Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. That means that when even when you take antibiotics, the germs are not killed and continue to grow.

### What Causes Antibiotic Resistance?

There are several factors that cause antibiotic resistance including the over-prescribing of antibiotics by doctors, over-use of antibiotics in livestock and fish farming, poor infection control in hospitals and clinics, and a lack of new antibiotics being developed. While several of these factors are largely beyond our control — we can all take steps to reduce antibiotic overuse and misuse:

### WHAT CAN YOU DO

# 1

Prevent infections by regularly washing hands, preparing food safely, avoiding close contact with sick people, and keeping vaccinations up to date.



# 2

Only use antibiotics when they are prescribed to you by your doctor or a certified health professional.



# 3

Never share or use leftover antibiotics



# 4

Don't ask for antibiotics if your doctor or health care provider says you don't need them.



# 5

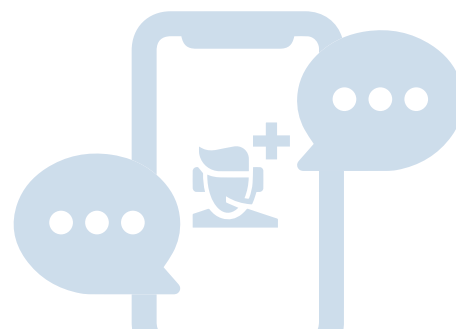
Always follow your health care provider's advice when using antibiotics — this includes finishing your prescription even if you start to feel better!



## WHERE TO TURN FOR SOUND SUPPORT:

Sound Support is a revolutionary benefit program that gives Sound Health & Wellness Trust participants and their eligible dependents direct access to medical expertise, information and support — and it's all paid for by the Trust!

Whether you are a PPO or Kaiser Permanente Plan participant, there are a wide variety of programs and resources available to help you succeed. In this first article of our four-part series, we share an overview of this amazing benefit:



This is the first article in our “Where to turn for Sound Support” four-part series for 2022. You can view past series online at [www.soundhealthwellness.com](http://www.soundhealthwellness.com).

### TOOLS FOR HEALTHY LIVING

#### for both PPO and Kaiser Permanente Plan Participants

Wellness is more than just not getting sick. To help you feel your best, the Trust provides a wide variety of programs and resources, including an annual health assessment, healthy eating education, reimbursements for fitness events, and programs to help you quit tobacco.



Get a snapshot of your health by taking the Annual Personal Health Assessment (PPO) or Health Profile (Kaiser) between July 1 and September 30 each year. In addition to providing you valuable personal health insights, by taking this annual health assessment you can earn the maximum in Health Reimbursement Arrangement (HRA) funding.



Achieve lasting weight loss by changing how you eat, instead of what you eat with Wondr Health. This 6-week online program is offered several times during the year, and Trust participants are accepted through an application process.



Make exercise fun and earn rewards and HRA funding by participating in a LiveWell Fit event. New events are posted each month on the Trust website.



Quit tobacco for good with Quit Tobacco Coaching (PPO) or Quit for Life (Kaiser). Both offer support and tools to help put tobacco in the past.

### FOR PPO PLAN PARTICIPANTS:

#### Trusted Medical Information & Advice

It can be hard to find reliable medical information these days, but as a Trust participant, you have access to a 24/7 Nurse Line and WebMD ONE — online health information and tools to make positive lifestyle changes.

#### Support

We can all use a little help from time to time — especially when we are facing a serious or chronic health condition. To support you, the Trust offers Condition Management, Health Coaching, and Nurse advocates.

*All PPO Sound Support programs are fully paid for by the Trust.*

### FOR KAISER PERMANENTE PLAN PARTICIPANTS:

#### Trusted Medical Information, Advice & Support

Kaiser Permanente provides trusted medical information, advice and support through their Consulting Nurse Helpline, Healthwise© Knowledgebase, and Better Choices, Better Health program for those living with chronic conditions.

*All Kaiser Permanente Sound Support programs are fully paid for by the Trust.*



### READY TO GET STARTED?

Learn more about this program by going to [www.soundhealthwellness.com/soundsupport](http://www.soundhealthwellness.com/soundsupport) — where you can download a program summary, and find links to more information for both PPO and Kaiser participants. Bookmark this page — the Trust is a great place to start when you are thinking about making some health changes!

# 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.***

The illustration features a blue laptop with a white screen. On the screen, there is a green icon of a document labeled 'Tax 1095-B' with a percentage symbol, and a bar chart with three bars in purple, pink, and orange. To the left of the laptop is a blue mug with 'TAX SEASON' written on it in orange and white.

### 1095-B FORMS ARE READY!

Your 1095-B form provides information about the individuals in your tax family (yourself, spouse, and dependents) who had certain health coverage in 2021. Visit [www.soundhealthwellness.com/1095b](http://www.soundhealthwellness.com/1095b) to learn more.



**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.

## PUT A SPRING IN YOUR STEP WITH OUR UPDATED COUCH-TO-5K TRAINING PLAN!

LiveWell Fit events are a fun, healthy way to fund your HRA. If you've never participated in a LiveWell Fit event, maybe this is the year to give it a try! Whether you are interested in running or walking – try our Couch-to-5K training plan. You'll be completing events and earning rewards in no time!

*Eligible Trust participants and covered family members can get reimbursed for registration fees for up to four approved events per calendar year.*

[www.soundhealthwellness.com/SoundSupport](http://www.soundhealthwellness.com/SoundSupport) to download the plan.



Earn funds for your HRA with LiveWell Fit. See the full list for details.

DATE	EVENT NAME & DESCRIPTION
<b>MARCH</b>	
13	Spokane <b>Shamrock Shuffle</b> – 7 or 3.1 mile run/walk
13	Seattle <b>Seattle St. Patrick's Day Dash</b> – 3.1 mile run/walk and kids dash
19	Steilacoom <b>Ft. Steilacoom Resolution Run Series</b> – 20, 12.4 or 3.1 mile run/walk
19	Federal Way <b>Dash Point Trail Run</b> – 13.1 or 6.2 mile run/walk
19	Bellingham <b>Chuckanut 50k</b> – 31 mile run
19	Enumclaw <b>Enumclaw St. Paddy's Day Dash</b> – 3.1 mile run/walk and kids dash
19	Chelan <b>Chelan Shamrock Shuffle 5k</b> – 3.1 mile run/walk
19	Arlington <b>Cupcake Fun Run</b> – 6.2 or 3.1 mile run/walk and kids dash
20	Vancouver <b>Couve Clover Run</b> – 10, 7 or 3 mile run/walk
26	Everson <b>Honeywagon Runs</b> – 13.1 or 4 mile run/walk
26	Seattle <b>UW Cherry Blossom Run</b> – 13.1 or 3.1 mile run/walk
27	Everett <b>The Everett Half</b> – 13.1 or 6.2 mile run/walk
27	Seattle <b>Big Climb Seattle</b> – 1 mile stair climb
<b>APRIL</b>	
2	Blaine <b>Birch Bay Road Race</b> – 18.6, 9.3 or 3.1 mile run/walk
2	Enumclaw <b>Mud Mountain Dam Half Marathon</b> – 13.1 or 3.1 mile run/walk
9	Burlington <b>Tulip Run</b> – 10 or 2 mile run/walk
10	Puyallup <b>Daffodil 8k</b> – 4.97 mile run/walk