

In Sound Health

SLEEP YOUR WAY TO BETTER HEALTH

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MAKE THIS YOUR FEEL-GOOD FALL

September 2022

Has there been something you've wanted to improve about your health, but have been putting off? Something small like drinking more water? Or big like starting to run and completing a marathon? Whatever you've been putting off, make this the season to get started. The Sound Health & Wellness Trust is here to support you — whether it is with coaching sessions, LiveWell Fit events, or our Wellness Volunteer Program — you don't have to do it alone.

In this issue of *In Sound Health* we start with the foundation for feeling good — getting enough sleep. In part three of our four-part series on Where to Turn for Sound Support, we discuss why it's worth taking the time to find the right Primary Care Physician. And if you've had success with a Sound Support program, we want to hear from you! Read on to find out how to share your success story — and inspire your fellow Trust participants to take advantage of all of the Sound Support programs to feel their best.

SLEEP YOUR WAY TO BETTER HEALTH

Sleep is essential to every process in the body, and getting enough sleep is one of the most important things you can do to improve your health and feel your best.

Why you need sleep

It was once thought that sleep was a time when the body and brain were inactive, but it turns out that while we sleep, our brains are engaged in a number of activities necessary for life:

- **Brain health:** If you've ever felt "foggy" after a poor night of sleep, it won't surprise you that sleep impacts brain function. The amount of sleep we get impacts "brain plasticity," or our ability to adapt to new input. If we sleep too little, we have a hard time learning during the day and remembering in the future. A lack of sleep can also lead to depression and headaches.
- **Body health:** Getting enough sleep is not just necessary for energy throughout the day; sleep impacts every aspect of our physical health including our ability to maintain a healthy weight and fight disease. A lack of sleep is associated with symptoms of high blood pressure, pre-diabetes and an increased likelihood of illness and infection.

How much sleep is enough?

If you're not getting the recommended 7-8 hours of sleep a night, you are not alone. According to a Gallup poll, 40% of Americans are sleeping an average of 6.8 hours a night. That may not seem like a big difference, but those missed hours can add up to big impacts in your health. Here are some tips to help you get a better night's rest.





Tips for getting better sleep

1. Create and stick to a sleep schedule.

Our lives can be hectic, but going to bed and getting up at the same time each day can help train your body and mind for rest and reinforce your sleep-wake cycle.

2. Watch what you eat and drink.

Most people know that too much caffeine can keep you up, but so can alcohol, too much food, and even too little food. Making small changes to what you eat and drink before bed can make a big impact on your sleep.

3. Get regular exercise.

Try to move for at least 30 minutes each day. And try to get outside if possible. Activities like going for walks, gardening, and playing with your children count too!

4. Limit screen time before bed.

Studies have shown that two or more hours of screen time before bed can disrupt your body's melatonin levels (the hormone you need to fall asleep). Try reading a book, taking a bath, working on a puzzle or another screen-free activity at least an hour before bed.

5. Talk to your doctor.

If these tips don't help, reach out to your primary care provider. They can help identify and treat any underlying causes that are keeping you from getting your best sleep possible.

Sources: hopkinsmedicine.org, mayoclinic.com, gallup.com.

SAVE MONEY WITH TIER 0 PRESCRIPTIONS

Several highly cost-effective medications have a \$0 co-pay when you use a Trust Custom Network Pharmacy.

Tier 0 Prescriptions

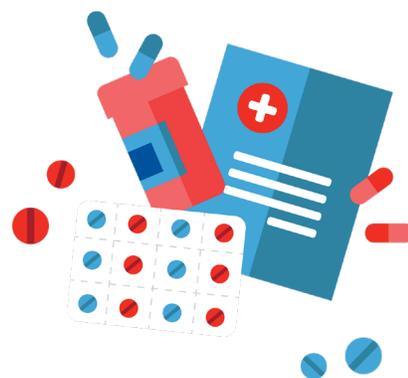
To offset the ever-growing cost of prescription drugs, the Trust's prescription plan includes a "Tier 0". Drugs in this tier require no co-pay, they have been proven to be safe and effective for many people, and they provide similar benefits to other more expensive brand and generic drugs.

When you have a physician's prescription for the following Tier 0 drugs and have them filled at a Trust Custom Network Pharmacy, you pay nothing:

- Cholesterol lowering medications (Simvastatin — all strengths and Rosuvastatin calcium — only 5 mg & 10 mg)
- Proton pump inhibitor (Omeprazole)
- Non-sedating antihistamines (Loratadine and Loratadine D)
- Treatment of diabetes (Metformin and Lancets)

Certain other medications and vaccinations may be covered under Tier 0, such as influenza and COVID vaccines, which are also covered with zero copay. For a full list of all other covered medications and products, please visit the Trust's website.

Ask your doctor if you are a candidate for treatment with one of the \$0 co-payment drugs listed above. If so, ask them for a written prescription, even if the medication is over the counter. Then, be sure to fill your prescription at one of the Trust's Custom Network Pharmacies at no cost to you!



To learn more about Tier 0 medications and for a list of Trust Custom Network Pharmacies, visit www.soundhealthwellness.com.

SHARE YOUR EXPERIENCE WITH SOUND SUPPORT

Help your fellow Trust participants find Sound Support by sharing your story.

We want to hear from you!

If you've participated in one of the Trust's Sound Support programs in the past, we'd love to hear about your experience. Whether you quit tobacco, worked with a health coach, had help managing a chronic condition, or found support in one of the many other programs the Trust offers, your story could help motivate and inspire other Trust participants.



What you get:

We appreciate you taking the time to share your story. That's why we provide all Sound Support participants who are selected to share their Success Story with the following:

- **A photo shoot with a professional photographer and three high-quality photos** – we will send a photographer to meet you at a location of your choosing. Photos can be of just you or include any family members. We will select three images from the photo shoot and our photographer will professionally process them and provide you digital photos that you can print, post on social media or share however you like.
- **Recognition in Sound Health & Wellness Trust materials** – we'll share your story in a variety of Trust communications, including the In Sound Health newsletter, Sound Support materials and on the Trust website.

Visit www.soundhealthwellness.com/sharemystory to learn more and fill out an interest form.



ROASTED VEGGIE SOUP

This budget-friendly soup is hearty, delicious, and easy to make. Serves: 6.

INGREDIENTS

- 1 large carrot
- 1 large parsnip
- 1 large russet potato
- 1 large sweet potato
- 1 large yellow or red onion
- 1 medium celery root
- 2 cloves garlic
- 2 Tbsp olive oil
- 2 bay leaves
- 1 tsp dried thyme
- 1/2 tsp turmeric
- 4 cups chicken or vegetable broth
- Fresh parsley

PREPARATION

1. Preheat the oven to 425 F. Peel and chop vegetables into large chunks. Place in bowl and toss with garlic and olive oil.
2. Transfer contents to a large roasting sheet lined with foil or parchment paper, and roast for 30 minutes turning over halfway through.
3. Once done, transfer to large pot. Add broth, bay leaves, dried thyme, and turmeric. Cover, bring to a boil then simmer for 15 minutes. Remove from the heat, mash with a potato masher until the soup has a thick lumpy consistency, then adjust add salt and pepper to taste. Garnish with fresh parsley and serve.

NUTRITIONAL INFORMATION

Serving Size: 3/4 cup

116 calories **3 g fiber**
5 g fat **2 g protein**
17 g carbs

Source: modified from bonappetit.com.

YOUR WELLNESS COORDINATORS ARE HERE TO SUPPORT YOU!

This team of experienced motivators can help you get the most out of the Trust's Sound Support programs and help you feel your best.

What do Wellness Coordinators do?

Wellness Coordinators help to create a culture of health among the Sound Health & Wellness Trust's participants. They travel to different work sites and share information on the wide variety of supportive programs available through the Trust, and help educate participants on how to fully fund their annual Health Reimbursement Arrangement (HRA).

Wellness Coordinators are here for you and can:

- Help you make a plan to fully fund your HRA
- Answer your questions about Sound Support programs like LiveWell Fit, Health Coaching, Wondr Health, and programs to help you quit tobacco
- Help you navigate the Sound Health & Wellness Trust website
- Show you how to securely login and complete your annual Health Assessment
- Help you share your experience in a Sound Support program and become a success story!

They also coordinate the Wellness Volunteer Network. This network is made up of Trust participants who care about their health and care about the health of those around them. They volunteer to motivate and inspire their co-workers to make healthy choices and share their knowledge and experience in participating in the Trust's Sound Support programs.

If you've ever been curious about joining the network, have questions about a Sound Support program, or just want to say hi — introduce yourself the next time you see one of these folks at your work site.

Use this handy map to find the Wellness Coordinator in your area!

Cindy Powers: Central

Cindy has been working in the wellness field for two decades as a Registered Dietitian Nutritionist. She is passionate about helping others, especially when it comes to enhancing overall health and wellness.

Bay Lee: North

Bay graduated from the University of Washington earning a degree in Business Administration. Her goals are to motivate and inspire others to get involved in physical activities and live a healthy lifestyle.

Sara Scheib: Peninsula & South

A true Tacoma native, Sara graduated from the historic Stadium HS. She earned a Bachelor of Arts in Education from WWU. Encouraging others to maximize the wellness programs and incentives offered by the Trust, Sara motivates members to take positive steps toward a healthier future.

Rachel Corbucci: South

Rachel recently relocated to the Pacific Northwest from Los Angeles and is thrilled to be in the beautiful Puget Sound area. Her goal as your Wellness Coordinator is to help you find success in your health journey through the incredible Sound Support programs offered through the Trust.

WHERE TO TURN FOR SOUND SUPPORT:

Your Primary Care Physician

Most people don't want to think about finding a doctor unless they are feeling sick, but there are many benefits to taking the time to find a doctor you trust and can build a long-term relationship with.

The right Primary Care Physician (PCP) can help you stay healthy by providing personalized, supportive health care that supports your total well-being.

Once called the family doctor, your PCP is your first contact when you have a health concern, and will provide your annual physical and preventive care like health screenings and immunizations. If you have an ongoing medical condition, they will provide continuing care and refer you to a specialist if needed. In addition to medical care, they can also advise you on nutrition, exercise, and mental health.

Your Primary Care Physician doesn't just want to hear from you when you are sick — they are there to support your total health.

HOW TO SELECT A PRIMARY CARE PHYSICIAN

Before you select a PCP or change providers take a little time to decide what you need to feel supported and comfortable.

This is the third article in our "Where to turn for Sound Support" four-part series for 2022. You can view past series online at www.soundhealthwellness.com.



Focus on what you want

Are you looking for someone who can treat the whole family? Or do you have a chronic condition you need help managing? A five-star rating from a stranger will not always tell you if a doctor is right for you. Trust your feelings and personal preferences. Would you feel more comfortable with a provider who is the same gender as you? Older or younger?

Make a list

Ask friends, family and co-workers if they have a Primary Care Physician they like and why they like them. Jot down their names and do a little research. Google them and read the patient comments and ratings. Look for qualities such as:

- Good listening
- Communication (clear and easy to understand)
- Team-oriented (will work with you as a partner)
- Personable
- Approach to care (conservative or aggressive)

Confirm your Provider is in-network

Once you have a list of possible providers, be sure to use the Trust's online tools to make sure the doctors on your list are in your plan's preferred network:

For PPO Participants: soundhealthwellness.com/ppo/benefits/find-a-provider

For Kaiser Participants: soundhealthwellness.com/kp/benefits/find-a-provider

It may take a bit of time to find the right Primary Care Physician for you, but a great PCP can be a great partner in your health.

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

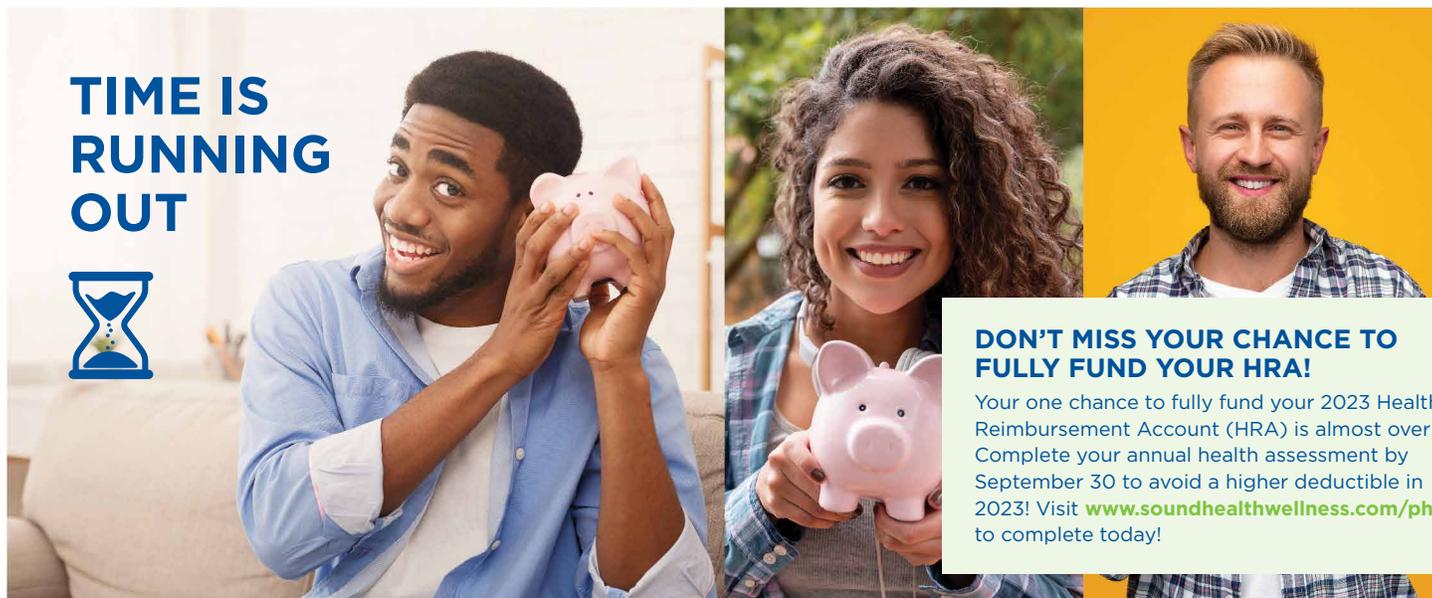
Trust Office — Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente — Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
WellDyneRx — for Prescription Coverage	(800) 373-1568
Consulting Nurse Helpline	(800) 297-6877
Quit for 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 Trust 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.



TIME IS RUNNING OUT



DON'T MISS YOUR CHANCE TO FULLY FUND YOUR HRA!

Your one chance to fully fund your 2023 Health Reimbursement Account (HRA) is almost over! Complete your annual health assessment by September 30 to avoid a higher deductible in 2023! Visit www.soundhealthwellness.com/pha to complete today!



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.

BIG GOALS START WITH SMALL STEPS

If you have ever dreamed of completing a 5k, 10k, or marathon, LiveWell Fit activities can help you get there!

With dozens of events listed every month all year long, you can work towards achieving your fitness dreams, and earn HRA funding at the same time. Need extra motivation? Ask a co-worker to join you!

Download the current list of events at www.soundhealthwellness.com.



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

DATE	EVENT NAME & DESCRIPTION
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OCTOBER

1	Leavenworth	Leavenworth Marathon — 26.2 or 13.1 mile run/walk
1	Anacortes	Fidalgo Trail Run — 26.2, 13.1 or 5 mile trail run/walk
2	Seattle	Base 2 Space — 832 steps stair climb
8	Poulsbo	Poulsbo Half & 10K — 13.1 or 6.2 mile run/walk
8	Puyallup	Puyallup Valley Half Maraton & 10K — 13.1, 6.2 or 3.1 mile run/walk
8	Port Angeles	Crab Fest 5K Fun Run — 3.1 mile run/walk
9	Puyallup	Stein Dash 5K — 3.1 mile run/walk
9	Spokane	The Spokane Marathon — 26.2, 13.1 or 6.2 mile run/walk
9	Vancouver	Girlfriends Half Marathon — 13.1, 6.2 or 3.7 mile run/walk
9	Seattle	Dawg Dash — 6.2 or 3.1 mile run/walk and kids dash
15	Tacoma	Defiance 50K, 30K & 15K — 31, 18.6 or 9.3 mile run/walk
15	North Bend	Mount Teneriffe Vert Trail Run — 18.7 mile trail run
15	Port Townsend	Larry Scott Trail Run — 13.1, 6.2 or 3.1 mile trail run/walk
15	Spokane	Socketoberdash — 6.2 or 3.1 mile run/walk
16	Snohomish	Snohomish River Run — 32.4, 29.3, 26.2, 19.3, 16.2, 13.1, 6.2 or 3.1 mile run/walk
16	Spokane	Wild Moose Chase — 15.5, 6.2 or 3.1 mile trail run/walk
22	Spokane	Evergreen Club 5K — 3.1 mile run/walk