

In Sound Health

Rhonda's Success Story with Condition Management

4 Behind The Counter:
Understanding Drug Shortages

5 Swim Smart, Stay Safe: A Family-Friendly Guide to Water Safety





Beach Vibes and Better Health: Embracing Wellness This Summer

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As the days grow longer and the temperatures climb higher, summer is a perfect time to invigorate your wellness journey. Embrace the warmth and energy of the season by cultivating habits that nurture your well-being and enrich your life.

In this edition of *In Sound Health*, we're highlighting Rhonda's inspiring success story with the Condition Management program, and diving into essential topics such as understanding drug shortages and ensuring water safety for the whole family during those hot summer days. We also share tips to help you recognize and support teens navigating summer depression. Plus, try a delicious and colorful Cowboy Caviar recipe perfect for outdoor gatherings. As you embrace wellness this summer, remember that Sound Support programs are always here to help you on your path to better health.

Rhonda's Success Story

The Condition Management program from the Trust helped Rhonda and her husband find a path to better health.

John Bell, a long-time Trust participant and Safeway employee, had been facing numerous health challenges that impacted his quality of life, including recovering from back surgery. John's wife, Rhonda, recalls how his chronic conditions and limited mobility made it difficult for him to stay active and manage his health effectively.

Despite these obstacles, John found a path to better health and support through the Trust's Condition Management program (provided by Guardian Nurses Mobile Care Coordinators ("MCC")), and Rhonda found people she could rely on to support her husband.

"The program is straightforward and supportive," Rhonda explains. "Once you get signed up, they call you monthly to check in and ask how you're doing. They provide guidance and support to keep you on track with your health journey." After going through the program and graduating, participants continue to receive support with phone calls every six months to check in and see how they're progressing.

A Helping Hand from Guardian Nurses

Their MCC nurse played a crucial role in guiding John on his path to recovery. Regular check-ins and personalized advice helped him stay on track with his care plan—and helped relieve stress for Rhonda. Even as John faced challenges like exhaustion and difficulties losing weight, his MCC nurse offered consistent support and care. "Our nurse advocate was on top of everything, ensuring we were following the right path for John's health. It made a world of difference," Rhonda notes.



The Condition Management program extends beyond just checking in. Their MCC nurse also helped manage medications and coordinate care with insurance providers, making sure John received the right treatments without excessive costs.

"The nurse advocate helped us switch to a new medication, which improved John's quality of life significantly," Rhonda shares. "It's made his life so much easier."

If you've been invited to join the Condition Management Program and are on the fence about joining, Rhonda's message is clear: "Don't be afraid to join," she urges. "The program is there to support you and help you navigate your health journey more confidently. They're not prying into your personal life; they're just there to make sure you're getting the care you need."

“ Our nurse advocate was on top of everything, ensuring we were following the right path for John's health. It made a world of difference. ”



What is Condition Management?

Condition Management is a Sound Health & Wellness Trust program for PPO Participants provided by the Guardian Nurses Mobile Care Coordinator (MCC) Program that can help you manage specific chronic conditions.

This confidential, and voluntary program is fully paid for by the Trust, and strikes a good balance between self-care and professional help by offering an innovative, comprehensive approach to chronic condition management.

Participants work one-on-one over the phone or through in-person visits with a specially trained Mobile Care Coordinator nurse, who will work as your personal nurse advocate. You will gain greater confidence in managing your disease or condition, and as a result, improve your health. You are eligible if you are covered by the PPO Plan, have been diagnosed with certain conditions and are invited into the program.

To learn more about the Sound Support Condition Management program, visit www.soundhealthwellness.com, click browse the site for PPO and select the Sound Support tab, or scan the QR code.



Maximize your HRA funding with Condition Management. Eligible participants who are enrolled in Condition Management and actively engaged in the program can earn up to \$300 in annual HRA funding.

Behind the Counter: Understanding Drug Shortages

If you've had troubles refilling a prescription because the medication wasn't available, you're not alone! Drug shortages are a common problem across the country right now, often making it hard for people to get the medications they need. Despite pharmacists' best efforts to ensure availability, shortages can happen unexpectedly and vary from day to day.

What Causes Drug Shortages?

Drug shortages have various causes, including high demand, manufacturing issues, and companies stopping production of certain drugs. Generic drugs, which are often cheaper than branded drugs, can be more affected because fewer companies make them.

The Trust is closely monitoring shortages and striving to ensure that everyone has access to the medications they need. However, if your prescribed medication is unavailable at your local pharmacy, here are steps you can take:



Ask your pharmacy to check their other stores in the area: Pharmacists may be able to locate the medication at another location.



Check other Trust Customer Network pharmacies: While one pharmacy system may not have a particular medication, another system may, so it's worth checking with other stores.



Consult with your healthcare provider or pharmacist about alternative medications: They can help address your immediate needs by suggesting alternatives that may be available or suitable for your condition.



Call the Trust Office and/or WellDyneRx for assistance: If the medication is still unavailable, contacting the Trust Office or WellDyneRx can provide further support and guidance.

While it can be concerning to encounter difficulties finding your prescribed medications, it's essential to stay proactive and explore all available options. Temporary shortages can happen, but the Trust is here to help make sure you get the medicine you need.



Source: fda.gov



Crave-Worthy Cowboy Caviar

Elevate your summer gatherings with this fresh black-eyed pea dip that's as versatile as it is delicious. Whether it's a picnic, potluck, or game day party, this colorful appetizer promises to steal the show. **Serves: 8**

INGREDIENTS

- 1 1/2 cups cooked black beans, drained and rinsed
- 1 1/2 cups cooked black-eyed peas, drained and rinsed
- 2 cups cherry tomatoes, halved
- 1 cup corn kernels
- 1 red bell pepper, stemmed, seeded, and diced
- 1/2 cup diced red onion
- 1 medium jalapeño pepper, finely chopped
- Juice of 1 lime
- 2 large avocados, pitted and diced
- 1/4 cup chopped fresh cilantro
- Tortilla chips, for serving

DRESSING

- 2 tablespoons plus 1 teaspoon red wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon honey
- 1 garlic clove, minced
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper

PREPARATION

1. In a large bowl, stir together the black beans, black-eyed peas, tomatoes, corn, bell pepper, onion, jalapeño, and lime juice.
2. Make the dressing: In a small bowl, whisk together the vinegar, oil, cumin, cayenne, honey, garlic, salt, and pepper. Pour the dressing over the bean mixture. Fold in the avocado and cilantro, and season to taste.
3. If time allows, refrigerate for 1 hour to allow the flavors to combine. Serve with tortilla chips, eat as a salad, make lettuce wraps, or stuff into tacos or burritos.

NUTRITIONAL INFORMATION

Serving size: 1/8 of dip

698 calories

34.3g fat

63.9g carbs

21g fiber

24.5g protein

Source: modified from Love and Lemons at loveandlemons.com

Swim Smart, Stay Safe: A Family-Friendly Guide to Water Safety

Water adventures are all about fun, but it's important to recognize that water-related mishaps can sneak up on anyone, no matter how confident a swimmer they may be. With a bit of water smarts and some essential swimming skills, families can dive into aquatic activities without worry.

Start with Water Safety Basics



Learn to Swim: Swimming is not just a recreational activity; it's a life-saving skill. Ensure that every member of your family learns to swim proficiently. This includes essential techniques such as entering and exiting the water safely, floating, and treading water for extended periods.



Wear a Life Jacket: Regardless of swimming ability, wearing a U.S. Coast Guard-approved life jacket is essential for everyone. Always wear a life jacket when boating, jetskiing, rafting, paddleboarding, or fishing, and ensure young children wear life jackets when playing near water.



Be Prepared for Emergencies: In a water emergency, knowing how to react can make all the difference. Learn CPR and basic first aid, the signs of drowning, and how to safely assist someone in distress. Keep a cell phone accessible and dial 911 immediately in the case of an emergency.

If someone is struggling in the water, seek help immediately and use floating objects for assistance, but refrain from jumping in alone. Remember the mantra "reach or throw, don't go."

By following these water safety tips, families can enjoy their time by the water with peace of mind, knowing that everyone is prepared and protected. Remember, water safety is a shared responsibility that starts with awareness and ends with proactive measures.

Sources: [redcross.org](https://www.redcross.org), [cdc.gov](https://www.cdc.gov), [seattlechildrens.org](https://www.seattlechildrens.org)



Make Water Safety a Priority

Follow Basic Water Safety Guidelines:

- Always swim with a buddy.
- Avoid alcohol or drugs before swimming or supervising swimmers.
- Swim in lifeguarded areas at the beach and supervise children closely.
- Teach children to ask permission before going near water and install fences around pools and spas.

Know the Weather and Water Conditions:

- Always enter water feet first, especially in shallow areas, and avoid diving into unknown depths.
- Beware of cold water, even on warm days, and stay close to shore if you feel cold or fatigued.
- Follow posted safety signs and flags and monitor changing weather conditions.
- Stay alert to changing currents and swim parallel to the shore if caught in one.

Supporting Teens with Summer Depression

Summer is often a time of relaxation, fun, and freedom for teenagers. But despite its reputation for carefree days, summer can also bring unexpected feelings of sadness and depression among teens. While seasonal depression is more commonly associated with the winter months, it can also occur during the summer, presenting unique challenges for young people.

The sudden lack of structure and routine that comes with summer vacation can be particularly challenging for teens who struggle with depression. Recognizing the signs of seasonal teen depression is essential for early intervention. Symptoms vary but may include:

- Sleep disturbances or insomnia
- Persistent feelings of sadness, depression, or irritability
- Difficulty concentrating
- Changes in appetite or weight
- Loss of interest in activities once enjoyed
- Fatigue or restlessness
- Thoughts of suicide

These tips can help your teens enjoy a fulfilling and meaningful break:



Encourage Structure:

Enroll your teen in summer school or activities that provide structure and routine to their day, like a camp or summer job.



Promote Social Interaction:

Encourage your teen to engage in social activities such as volunteering, joining community groups, or participating in summer camps.



Support Healthy Habits:

Help your teen maintain a consistent sleep schedule and encourage them to prioritize physical activity and nutritious eating habits.



Seek Professional Help:

If your teen is struggling, don't hesitate to seek professional help from a therapist or counselor who can offer valuable support and coping strategies.

Summer depression can be challenging, but with a little creativity and planning, you can ensure that your teens have an active, healthy, and fulfilling and summer break.

Keep your teen active and spend quality time together with these summer activity ideas:

- 1. Outdoor Adventures:** Explore nature with hikes, beach days, or picnics in parks.
- 2. DIY Projects:** Get creative with crafts like birdhouses or garden planting.
- 3. Cooking and Baking:** Have fun in the kitchen making treats like cookies or homemade ice cream.
- 4. Family Game Nights:** Enjoy board games or outdoor sports for friendly competition.
- 5. Day Trips:** Visit zoos, museums, or amusement parks for exciting adventures.
- 6. Arts and Crafts:** Spend time painting, drawing, or crafting together at home.
- 7. Movie Nights:** Cozy up with popcorn and blankets for family movie nights.
- 8. Outdoor Sports:** Play basketball, volleyball, or soccer in the backyard.
- 9. Camping and Bonfires:** Experience the great outdoors with camping trips or backyard bonfires.
- 10. Community Events:** Attend local festivals, concerts, or farmers' markets for summer fun.



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
MCC Nurses — for Hospitalization/Health Conditions	(877) 362-9969 Option 2
MCC Nurses — for Behavioral Health	(206) 308-5632
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

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.

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

Don't Let Illness Ruin your Summer Fun

If you get sick, injured or have a health concern this summer, call the nurse line. Both PPO and Kaiser Permanente plan participants have access to trained registered nurses 24 hours a day, 7 days a week, 365 days a year, at no cost to you. Nurses can give advice on treating minor illnesses and injuries at home, let you know if you should go to the ER, and help you resolve your health concerns.

PPO plan participants call:
(877) 362-9969, option 1

Kaiser plan participants call:
(800) 297-6877





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.

Dive into Summer Fitness Fun with LiveWell Fit

Make a splash with your summer fitness goals when you sign up for one of the many LiveWell Fit events happening this season!

Whether you prefer running, biking, swimming, or all of the above, there's something for everyone. And when you complete a LiveWell Fit approved event, the Trust will reimburse your registration fee. Plus, you'll earn rewards and HRA funding for 2025 (if eligible). It's like getting rewarded for staying active and healthy. Check out the full list of LiveWell Fit events and start planning your summer fitness adventure!



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

DATE	EVENT NAME & DESCRIPTION
JUNE	
15 Poulsbo	Viking Tour — 57, 29 or 17 mile bike ride
15 Quilcene	Bon Jon Pass Out — 25–80 mile gravel endurance bike ride
15 Seattle	Solstice Run — 13.1, 9.3, 6.2 or 3.1 mile run/walk and kids dash
15 Lynden	Tractor Trot — 13.1, 6.2 or 3.1 mile run/walk
15 Issaquah	Tiger Mountain Trail Run — 31, 13.1, 7.5 or 3.1 mile trail run/walk
15 Orting	The Foothills Dash — 13.1, 6.2 or 3.1 mile trail run/walk
15 Burlington	Berry Dairy Days 5k and Beat the Berries Kids Dash — 3.1 mile run/walk and kids dash
22 Spokane	Dad's Day Dash — 3.1 or 1 mile run/walk
22 Longview	Tour de Blast — 82, 66, 54 or 39 mile bike ride
22 Port Orchard	Hot Foot 5k Trail Run — 3.1 or 1 mile trail run/walk
22 Seattle	Seattle Marathon's Summer 5k/10k/Half Marathon — 13.1, 6.2 or 3.1 mile run/walk and kids run
22 Snoqualmie	The Super Marathon & Half — 26.2 or 13.1 mile run
22 Carnation	Snoqualmie Valley Half — 13.1 or 6.2 mile trail run/walk
22 Bellingham	Padden Triathlon — 26.7 or 12.8 mile triathlon
22 Orting	Donut Dash — 3.1 mile run/walk
22 Puyallup	Summer Solstice The Longest Day 5k — 3.1 mile trail run/walk
23 Seattle	Bike-n-Brews — 38 mile bike ride
25 Seattle	Northwest Trail Runs Carkeek Warmer — 6.2 or 3.1 mile trail run/walk