

In Sound Health

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with Confidence**





Well-Child Visits: A Checkup for a Healthy Future

A well-child visit is a regular checkup that helps track your child’s physical, emotional, and social development. These visits ensure your child hits important growth milestones, stays up to date on vaccinations, and gets early support for any concerns. These checkups also give you a chance to talk with a trusted provider about your child’s health, successes, and challenges. The earlier potential issues are caught, the better!

Prevention @ 100%

Your covered eligible in-network preventive care is paid in full by the Trust, including well-child physicals, immunizations, and flu shots – with no deductibles, co-insurance, or co-pays. Please refer to your plan booklet for details on what preventive services are covered.

What to Expect at a Well-Child Visit

A well-child visit is a comprehensive health checkup that includes a full physical exam and discussions about various aspects of your child’s well-being.

During the visit, your healthcare provider may:



Take measurements and conduct screenings



Update immunizations



Provide guidance based on your child’s developmental stage



Answer your questions and offer advice

Key Discussion Topics

Beyond the physical exam, well-child visits are a great time to talk about your child’s overall well-being. Some common topics include:

- Growth and development
- Family health history
- Everyday life and challenges
- Successes and milestones
- Behavioral and mental health concerns
- Nutrition, sleep, and healthy habits

These conversations help your provider give personalized guidance and recommend additional resources if needed.



A Fresh Start for Your Health

March 2025

A new season is a great time to check in on your health and well-being. Small, simple changes can have a big impact on how you feel each day.

In this issue of *In Sound Health*, we dive into essential topics to support you and your family’s wellness. Learn what to expect at your child’s well visit, see tips on how to navigate difficult conversations, and learn more about the mental health benefits available through the Trust. Fuel your body with a delicious, easy-to-make vegetable soup and find out how LiveWell Fit events can keep you motivated and active.

We also kick off a new four-part series for 2025 called Mind Matters, focusing on how to protect and maintain your brain health through healthy habits, practical tips, and engaging activities. As you take a step toward a healthier you, remember that Sound Support programs are here for you.



Preparing for Your Visit

To make the most of your appointment:



Jot down any concerns: Note changes in your child's health, behavior, or routines.



Make a list of questions: Prioritize the most important ones.



Bring helpful info: School reports, childcare feedback, or an Individualized Education Program (IEP) can provide valuable insights.

How Often Should Kids Have a Checkup?

Regular well-child visits should follow this schedule:

- **Before age 1:** at 1 week, 1 month, 2 months, 4 months, 6 months, and 9 months
- **Ages 1-4:** at 12, 15, 18, 24, and 30 months, 3 years, and 4 years
- **Ages 5-18:** Once a year

Your provider can help determine the best schedule for your child. Please refer to your plan booklet for details on what preventive services are covered.

After the Visit: What's Next?

Before leaving, create a simple action plan with your provider. This might include:

- ✓ Healthy habits like improving sleep or diet
- ✓ Scheduling follow-up appointments
- ✓ Communicating with teachers about special needs

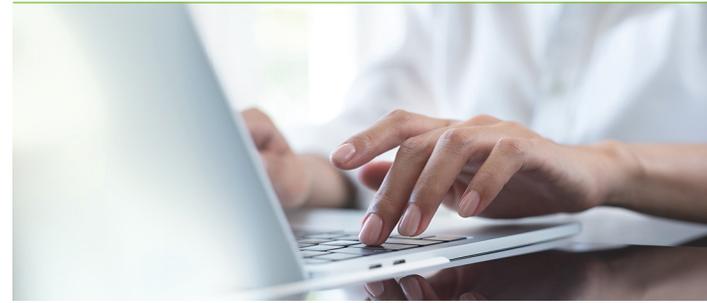
Keep in touch with your healthcare team between visits for ongoing support.



Plan Ahead for a Smooth Checkup

Scan the QR code to download a **Well-Child Visit Checklist** from the Trust.

Sources: doh.wa.gov, *American Academy of Pediatrics (AAP)*/
Bright Futures, uhc.com



Mental Health Resources at Your Fingertips

Whether you need support for stress, anxiety, depression, or substance use concerns, Sound Health & Wellness Trust provides access to valuable mental health resources.

PPO PLAN PARTICIPANTS

Doctor On Demand

Whether you need emotional support, therapy, or medication management, with Doctor On Demand you can access licensed psychiatrists and psychologists from the comfort of home. Download the app, or call **(800) 997-6196** to register.

Guardian Nurses

Speak directly with the MCC nurse in charge of Behavioral Health regarding treatment for drug or alcohol dependency, anxiety, depression or any other mental health issue. Call Samuel Hirst, BSN, RN at **(206) 308-5632**.

Health Coaching

Health Coaching is open to all eligible participants and spouses, 18 years of age or older. Call **(877) 362-9969** to find out more and sign up.

In-Network Providers

To avoid higher out-of-pocket costs, visit the Find A Provider page on the Trust website to find an in-network provider for mental and behavioral health services. Please refer to your plan booklet for details on what services are covered.

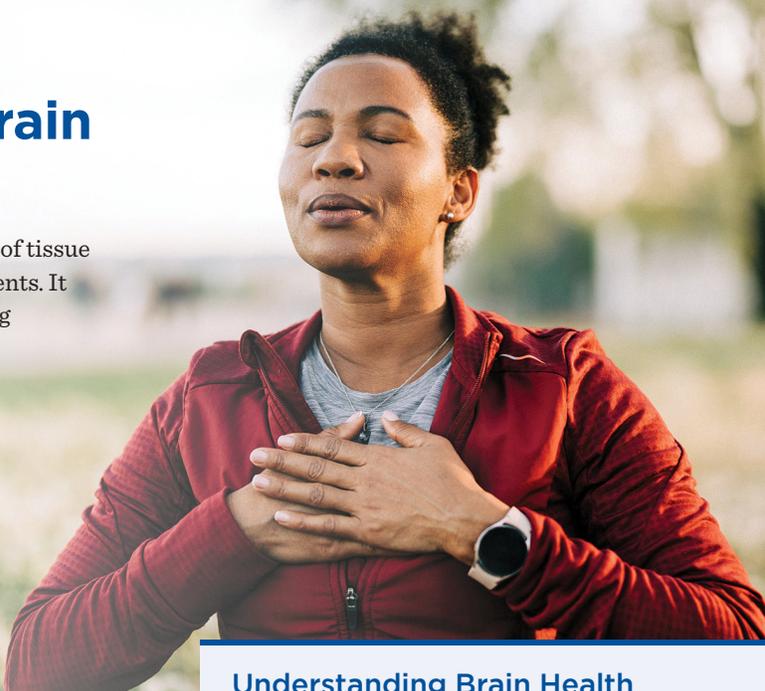
KAISER PERMANENTE PLAN PARTICIPANTS

Access comprehensive mental health care and substance use treatment through the Kaiser Permanente Behavioral Health Services department.

Call **(888) 287-2680** (in Western Washington); or **(800) 851-3177** (in Central or Eastern Washington).

Mind Matters: How to Keep Your Brain Sharp for Life

Your brain is a powerhouse — it’s just three pounds of tissue that controls your thoughts, emotions, and movements. It holds all your memories and coordinates everything your body does. But unlike other parts of the body, your brain doesn’t regenerate lost or damaged neurons, making it crucial to take care of it.



How to Support Cognitive Health

Developing healthy habits can help keep your brain sharp and reduce the risk of Alzheimer’s disease and related dementias (ADRD). While some people are at a higher risk, brain health is something everyone can improve.

Here are six key habits to support lifelong brain function:



Manage High Blood Pressure

Heart and brain health are closely connected. High blood pressure, diabetes, and high cholesterol increase the risk of cognitive decline. Get regular screenings, eat a balanced diet, exercise, and take medication (if needed) to maintain healthy blood pressure levels.



Eat for Brain Health

A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats supports cognitive function. Small changes, like swapping white rice for brown and using extra virgin olive oil, can make a big impact.



Stay Active

Regular physical activity boosts brain function, mood, and overall health. Aim for at least 150 minutes of movement each week. Walk, dance, or find an exercise buddy to stay motivated.

Understanding Brain Health

Brain health encompasses several aspects, including:

- **Cognitive health** — thinking, learning, and memory
- **Motor function** — movement control and balance
- **Emotional function** — interpreting and responding to emotions
- **Tactile function** — sensing pressure, pain, and temperature
- **Sensory function** — seeing, hearing, tasting, and detecting odors



Engage Your Mind

Challenging your brain helps prevent cognitive decline. Read, do puzzles, learn a new language, or play an instrument.



Be Social

Volunteering, joining clubs, or maintaining regular interactions with friends and family can reduce isolation and support brain function.



Prioritize Quality Sleep

Your brain cleans itself while you sleep, so aim for 7–8 hours in a cool, dark room. Avoid caffeine late in the day and unplug from screens an hour before bedtime.

By adopting these habits, you can support cognitive function and reduce your chances of cognitive decline as you age. It’s never too early—or too late—to start!

Sources: [mayoclinic.org](https://www.mayoclinic.org), [nia.nih.gov](https://www.nia.nih.gov)

Tackling Tough Conversations with Confidence

Tackling difficult conversations is a challenge everyone faces at some point, whether in personal relationships or the workplace. While these discussions can feel uncomfortable, they are essential for clearing up misunderstandings and building stronger connections.

Avoiding serious talks may feel easier in the moment, but over time, may lead to stress, strained relationships, and even physical symptoms like headaches or anxiety. Suppressed emotions and unresolved conflict often create resentment and weaken trust, making future communication even harder.

The good news is that with the right mindset and a little practice, you can navigate difficult discussions with friends, co-workers, and family members with confidence and respect! Here are a few things to consider:

Start with Yourself

Before diving in, do a little soul searching. What are you hoping to achieve from the conversation? Are you making any assumptions, jumping to conclusions or do you need additional information to fully understand the issue? What beliefs or values are driving your emotions about the issue?

Make it Safe

Choose the right time and place for the conversation. Avoid bringing up serious topics when emotions are running high. Try to find a private, quiet, neutral space without distractions. The more both of you feel comfortable and respected, the less likely the conversation is to veer off into unproductive territory by becoming argumentative, repetitive, hostile, or irrelevant.

Seek to Understand

Focus on listening and hearing what the other person has to say. Remember, this should be a dialogue, not a monologue. Ask “what” and “how” questions instead of “why” questions to better understand the issue and the other person’s perspective. Try paraphrasing what the other person said to demonstrate that you are listening.

As with any new skill, learning to have difficult conversations takes practice. By using the above strategies and embracing open communication, you can navigate difficult conversations with confidence while building trust and connection within your relationships.

Source: hr.berkeley.edu, hbr.org, armyresilience.com



Food for Thought

Nonstick pans don't last forever! If your pans are scratched, warped, or flaking, it's time to say goodbye. Check often and swap them out every five years or so to keep your cooking safe.



Eat-the-Rainbow Vegetable Soup

Enjoy a nourishing, veggie-packed soup that's as convenient as it is delicious! With a prepped-ahead base, just add broth and heat in the microwave when you're ready for a quick meal. **Serves: 3**

INGREDIENTS

- $\frac{2}{3}$ cup no-salt-added tomato sauce
- $1\frac{1}{2}$ cups frozen lima beans
- 1 cup matchstick carrots
- 1 cup chopped yellow bell pepper
- 1 cup chopped plum tomatoes
- 1 cup packed chopped spinach
- $2\frac{1}{4}$ cups reduced-sodium vegetable broth
- $\frac{3}{4}$ teaspoon Italian seasoning, divided
- $\frac{3}{4}$ teaspoon garlic powder, divided
- $\frac{3}{4}$ teaspoon crushed red pepper, divided
- 3 pinches salt, divided

PREPARATION

1. Divide tomato sauce among 3 (1-pint) canning jars (or other microwavable airtight containers). Top each with $\frac{1}{2}$ cup lima beans and $\frac{1}{3}$ cup each of carrots, bell pepper, tomatoes and spinach. Cover and refrigerate for up to 3 days.
2. To prepare 1 jar of soup: Add $\frac{3}{4}$ cup broth to the jar; sprinkle with $\frac{1}{4}$ teaspoon each Italian seasoning, garlic powder and crushed red pepper and a pinch of salt. Microwave, uncovered, on High in 1-minute increments, stirring after each, until the soup is steaming hot and the vegetables are tender, 4 to 5 minutes total. Let cool for 5 minutes before serving.

NUTRITIONAL INFORMATION

Serving size: $1\frac{1}{2}$ cups

182 calories

11g fiber

1g fat

10g protein

36g carbs

Source: modified from *Eating Well* at eatingwell.com



Conversation Preparation Planner

Use this worksheet to prepare for a productive and respectful conversation when facing conflict.

| Consideration | Details |
|--|---------|
| What is the purpose of the conversation? (e.g., resolving a misunderstanding, setting a boundary) | |
| What is the core issue ? | |
| How has this situation impacted you and others? | |
| What might influence the other person's perspective ? (e.g., beliefs, emotions, stress levels) | |
| What concerns do you have about this conversation? | |
| What is your desired outcome ? | |
| How will you recognize when it's time to pause ? If emotions escalate, take a break and revisit the conversation later. | |
| When and where would be the best time to talk? | |
| How will you start the conversation? Here are some ideas: <ul style="list-style-type: none"> • "I'd like to understand your perspective on _____" • "I think we may see this differently — can we talk about it?" • "Can we work together to find a solution that works for both of us?" | |

Hydrate for Health

Staying hydrated is key to good health! Aim for 12-16 cups of water a day – almost a gallon.

Drinking water throughout the day, especially during and after exercise, helps protect your liver and kidneys, improve sleep, cognition, and mood, prevent headaches, and aid digestion. Proper hydration also helps regulate body temperature, keeping you feeling your best, even in hot weather.



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 |

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.



SOUND HEALTH
& WELLNESS TRUST

11724 NE 195th St. Suite 300
Bothell, WA 98011-3145

New Season, New Goals

Shake off the winter blues and get moving with LiveWell Fit

Spring into fitness with LiveWell Fit events, from trail runs and outdoor cycling to charity walks and marathons. Earn 2026 HRA funding (if eligible) by participating in events and bring along an eligible Trust participant to their first event for a chance to win a \$300 VISA gift card. With the Trust reimbursing up to four event registration fees per year, there's no excuse to miss out on the fun!



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

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.

| DATE | EVENT NAME & DESCRIPTION |
|------|--------------------------|
|------|--------------------------|

MARCH

| | | |
|-------|--------------|--|
| 15 | Seattle | St. Paddy's Day Lucky Run —13.1, 6.2 or 3.1 mile run/walk and fun run |
| 15 | Kirkland | Kirkland Shamrock Run —3.1 mile run/walk and kids run |
| 15 | Kent | Run the Green —13.1 or 6.2 mile run |
| 15 | Port Angeles | Frosty Moss Relay —80 or 30 mile relay or 31 mile solo trail run/walk |
| 16 | Spokane | Shamrock Shuffle —13.1, 6.2 or 3.1 mile run/walk |
| 16 | Olympia | Donut Dash 5k —3.1 mile run/walk and kids run |
| 16 | Seattle | St. Patrick's Day Dash —3.1 mile run/walk and kids dash |
| 22 | Federal Way | Dash Point Trail Run —13.1 or 6.2 mile trail run/walk and kids run |
| 22 | Fall City | Fall City Classic —5 or 3.7 mile run/walk |
| 22 | Cle Elum | Suncadia Shamrock Shuffle 5k Fun Run —3.1 or 1 mile run/walk |
| 22 | Everson | Honeywagon Runs —13.1 or 4 mile run/walk and kids run |
| 22-23 | Seattle | Cherry Blossom Run —13.1, 6.2 or 3.1 mile run/walk |
| 23 | Ocean Shores | Dugan's Run —3.1 mile run/walk and kids run |
| 23 | Vancouver | Couve Clover Run —10, 7 or 3 mile walk/run and kids run |
| 23 | Seattle | Big Climb Seattle —1 mile stair climb |
| 23 | Spokane | Rapid Rabbit Run —5 or 3 mile run/walk |

APRIL

| | | |
|---|---------|--|
| 5 | Blaine | Birch Bay Road Race —18.6, 9.3 or 3.1 mile run/walk |
| 5 | Seattle | The Tenacious Ten —10 or 6.2 mile run/walk and kids run |
| 6 | Seattle | I Love the 90's 5k —3.1 mile run/walk and kids run |