

In Sound Health

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JUNE 2025

Sun, Fun & Smart Self-Care

This summer, give your health a warm-weather boost with tips, tools, and ideas designed to help you thrive.

In this issue of *In Sound Health*, learn about the importance of early detection for skin cancer, explore your virtual care options, and find a checklist to help you tidy up your digital life. Don't miss part two of our Mind Matters series, where we explore Alzheimer's risk factors and the importance of early detection. Plus, try a delicious mushroom taco recipe that's perfect for summer dinners and find all the info you need to join a LiveWell Fit event near you.

As you embrace wellness this summer, remember that Sound Support programs are always here to help you on your path to better health

Skin Cancer: Why Early Detection Could Save Your Life

Skin cancer is the most common form of cancer, but it's also one of the most preventable and treatable, especially when caught early. The key to staying safe? Knowing the warning signs, checking your skin regularly, and seeing a doctor when something doesn't look right.

Who's at Risk?

Anyone can get skin cancer, regardless of skin color or age. However, you may be at greater risk from these factors:

- Fair skin or easily sunburnt
- A family history of skin cancer
- A considerable amount of time spent outdoors
- Using tanning beds
- Living in a sunny or high-altitude climate
- Taking medications that weaken the immune system

The Power of Early Detection

Early detection of skin cancer can be lifesaving. Doing monthly skin self-exams and scheduling yearly visits with a dermatologist can help you catch skin cancer in its earliest and most treatable stages.



DID YOU KNOW?
Around 1 in 5 people develop skin cancer at some point in their life.

When examining your skin, follow the **ABCDE** rule:



Asymmetry

One half of the spot doesn't match the other.



Border

Edges are irregular, blurred or ragged.



Color

Multiple colors or uneven coloring.



Diameter

Larger than 6 mm (about the size of a pencil eraser).



Evolution

The most important sign — any change in size, shape, color or behavior (like bleeding or itching)



How to Check Your Skin at Home

Once a month, use a mirror to check your body from head to toe. Don't forget spots like your scalp, underarms, soles of your feet, and between your fingers and toes. Look for anything new or changing — including sores that won't heal, moles that evolve, or bumps that look unusual.

When to See a Doctor

If you notice any changes in your skin or find something suspicious, don't wait. Schedule an appointment with a healthcare provider or dermatologist as soon as possible.

Even if you don't notice anything concerning, a professional full-body skin exam once a year is still essential, especially if you're at higher risk.

Skin cancer can affect anyone. That's why prevention and early detection are so important. Take steps to protect your skin, like wearing sunscreen daily, avoiding tanning beds, and covering up when outdoors. Most importantly, know your own skin. Regular self-checks and yearly dermatologist visits are not just good habits — they could save your life.

Sources: [mayoclinic.org](https://www.mayoclinic.org), [my.clevelandclinic.org](https://www.my.clevelandclinic.org), [skincancer.org](https://www.skincancer.org)

Stay Healthy Anywhere This Summer

Enjoy peace of mind this summer with virtual care options you can use from anywhere. Whether you need quick advice or a doctor's appointment, the Sound Health & Wellness Trust provides you with access to phone- and app-based options.

NURSE LINE

Both PPO and Kaiser Permanente plan participants can speak with a registered nurse 24/7, a service that is fully paid for by the Trust! Get advice on minor illnesses, injuries, and whether you should seek care immediately.

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

→ Kaiser plan participants call: **(800) 297-6877**

Wherever summer takes you, your health care is just a call or click away!

VIRTUAL CARE

Doctor On Demand (PPO)

PPO plan participants can access confidential virtual medical and mental health care with Doctor on Demand.

Kaiser Permanente Virtual Care

Whether it is by video, email or chat, Kaiser offers plan participants many different options for getting care on the go.



Scan the QR code to learn more about all of the virtual care options available to PPO and Kaiser Permanente plan participants



Mind Matters: Alzheimer's Awareness and Early Action

DID YOU KNOW?

Alzheimer's disease accounts for 60-80% of dementia cases.

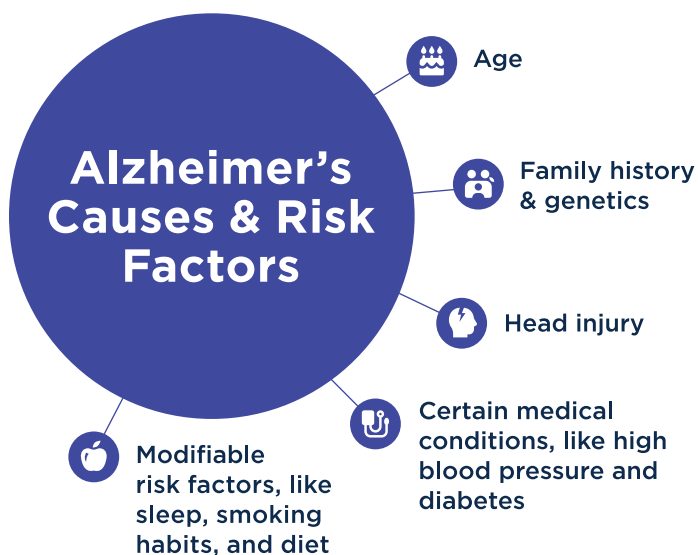
June is Alzheimer's & Brain Awareness Month, which is dedicated to raising awareness about Alzheimer's disease and other forms of dementia that affect millions of people and their families. Understanding the signs, risks, and steps you can take early on can make a big difference.

What is Alzheimer's Disease?

Alzheimer's is a progressive brain disorder that affects memory, decision-making, and behavior. While it's most often associated with aging, it's not a normal part of getting older. In fact, some people develop younger-onset Alzheimer's in their 40s or 50s, though this is less common.

Understanding Risk Factors of Alzheimer's

Some groups are more affected than others. Older African Americans and Latinos are 1.5-2 times as likely to develop Alzheimer's compared to older white adults. Women are also at greater risk, making up nearly two-thirds of people living with Alzheimer's.



Recognizing the Warning Signs

Memory loss is often the most recognizable symptom, but Alzheimer's and other forms of dementia often cause other changes as well. Here are ten early signs to watch for:

1. **Memory loss that disrupts daily life**, such as forgetting recently learned information.
2. **Difficulty planning or solving problems**, like following a recipe or managing bills.
3. **Challenges completing familiar tasks**, such as driving to a well-known location.
4. **Confusion with time or place**, including losing track of dates or forgetting where you are.
5. **Trouble understanding visual images**, which can affect balance and driving.
6. **New issues with words**, like forgetting names for common items.
7. **Misplacing things** and being unable to retrace steps.
8. **Poor judgment**, especially around money or personal care.
9. **Withdrawal from social or work activities** due to trouble holding conversations.
10. **Changes in mood or personality**, including increased confusion, suspicion, or anxiety.

It's normal to forget things occasionally, especially with normal aging, but ongoing patterns may be a sign of a more serious issue.

If you or a loved one is experiencing any of these symptoms, don't wait to talk with a doctor. An early diagnosis can offer the chance to explore treatment options and stay independent longer. Early detection allows for better planning and support, helping people remain in their homes and communities and avoid premature moves to nursing homes or other care facilities.

Acting early makes a real difference—for you and your loved ones.



Concerned about yourself or a loved one's memory?

Scan the QR code to download a 10 Steps to Approach Memory Concerns with Others worksheet to help guide a supportive and informed conversation.





Clear the Clutter: How to Tidy Up Your Digital Life

As more of our lives move online, digital clutter has become a sneaky source of stress and distraction. Overflowing inboxes, cluttered desktops, too many browser tabs, pop-up notifications, and apps you haven't used in months often reflect, and add to, mental overload. Luckily, a quick digital clean up can help you feel more focused and in control.

What is Digital Decluttering?

Digital decluttering is just like tidying your home — but for your phone, laptop, inbox, and online accounts. This could include:

- Deleting old apps
- Organizing files and folders
- Cleaning up your inbox and downloads
- Cutting back on notifications and distractions
- Updating or deleting unused accounts

Make it a Habit

Keeping up with digital clutter is easier when you build it into your daily routine. Start small by adding a quick 10-minute cleanup to the end of your day:

- Archive or delete emails
- Clear downloads
- Close unused tabs
- Empty the trash/recycle bin

By cleaning up your devices and limiting screen time, you can protect your brain from overload.

Take a few minutes each day to tidy up your devices so you can feel more organized and focused.

Source: [healthline.com](https://www.healthline.com)



Food for Thought

To clean mushrooms, gently wipe them with a damp paper towel or soft brush, or rinse briefly under cold water and dry thoroughly. Always wash them whole and avoid soaking them in water, as it can make them soggy.



Mushroom Tacos

These mushroom tacos are a perfect plant-based option for summer picnics or easy weeknight dinners. For a spicy kick, brush the mushrooms with adobo sauce. Or skip it if you prefer a milder flavor.

Serves: 4

INGREDIENTS

- 4 large portobello mushrooms, grilled and sliced into thin strips
- Adobo sauce from a can of chipotles in adobo, for brushing (optional, for spicy mushrooms)
- Extra-virgin olive oil
- Balsamic vinegar
- Tamari, or substitute with soy sauce
- Sea salt and ground black pepper
- 8 corn or flour tortillas, warmed
- Avocado salsa or guacamole
- Pickled red onions
- Cilantro
- Lime wedges, for serving

PREPARATION

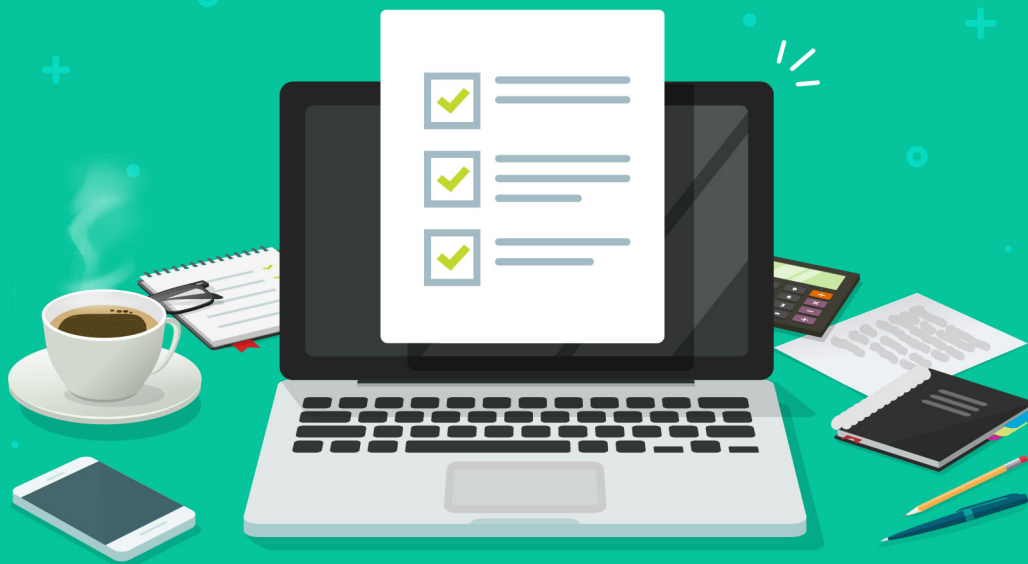
1. Prepare the mushrooms by removing the portobello mushroom stems. Clean the caps with a damp cloth or paper towel. Place the mushrooms on a large plate and drizzle generously with balsamic vinegar, olive oil, and tamari. Sprinkle with salt and pepper and use your hands to coat the mushrooms on all sides.
2. Preheat an outdoor grill or grill pan to medium heat. Place the portobello mushrooms on the grill, gill side-up. Cook for 5 to 7 minutes per side, or until the mushrooms are tender.
3. For spicy mushrooms, brush the sliced mushrooms with adobo sauce.
4. Assemble tacos in the tortillas with the sliced mushrooms, avocado salsa or guacamole, pickled red onions, and cilantro. Serve with lime wedges.

NUTRITIONAL INFORMATION

Serving size: Two tacos

| | |
|---------------------|-------------------|
| 262 calories | 3g fiber |
| 10g fat | 7g protein |
| 35g carbs | |

Source: modified from Love and Lemons at loveandlemons.com



Digital Decluttering Checklist

Use this checklist to clean up your digital life one step at a time. You don't have to do it all at once — start small and build from there.



Email

- ☐ Delete or archive old emails
- ☐ Set up folders, filters, or labels for organization
- ☐ Unsubscribe from newsletters you don't read



Computer

- ☐ Clear desktop clutter and organize files into folders
- ☐ Rename files with searchable, clear names
- ☐ Delete unnecessary downloads and outdated files
- ☐ Empty the trash/recycle bin
- ☐ Close unused browser tabs (aim for no more than 5 open)



Subscriptions & Services

- ☐ Review all active digital subscriptions
- ☐ Cancel services you don't use
- ☐ Set calendar reminders for upcoming renewal dates



Phone

- ☐ Delete unused apps (especially social media or games)
- ☐ Organize remaining apps into folders
- ☐ Clean out your photo gallery
- ☐ Turn off or limit notifications and pop-ups
- ☐ Back up important data



Social Media

- ☐ Unfollow or mute accounts that drain your energy
- ☐ Delete outdated posts or photos
- ☐ Update profile information and review privacy settings
- ☐ Set screen time limits or app usage reminders



Digital Habits

- ☐ Move personal photos and documents to cloud or external storage
- ☐ Schedule a weekly 10-minute digital cleanup
- ☐ Use a password manager to streamline logins

Safe Food Handling = Safe Summer Fun

Warm weather is perfect for picnics and barbecues, but it's also prime time for foodborne bacteria.

Follow these tips to keep your gatherings safe:



Wash your hands before handling food.



Don't let food sit out for more than two hours (or one hour if it's over 90°F).



Cook meats thoroughly and use a food thermometer.



Fill coolers with plenty of ice and pack drinks separately from food.



Keep raw meat separate from ready-to-eat foods.

Source: FDA.org



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

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Find Your Summer Stride With LiveWell Fit

Stay active and make the most of summer with LiveWell Fit events! Complete an approved event to get your registration fee reimbursed by the Trust and, if eligible, earn 2026 HRA funding. Plus, bring an eligible friend to their first event for a chance to win a \$300 VISA gift card.



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 | |
|------|--------------|---|--|
| JUNE | | | |
| 14 | Lynden | Tractor Trot — 6.2 or 3.1 mile run/walk | |
| 14 | Seattle | Treat Yourself 5k — 3.1 mile run/walk | |
| 14 | Tacoma | Sound to Narrows — 7.5, 3.1 or 1.2 mile run/walk and kids run | |
| 14 | Quilcene | Bon Jon Pass Out — 25 - 80 mile gravel endurance bike ride | |
| 14 | Seattle | Solstice Run — 13.1, 9.3, 6.2 or 3.1 mile run/walk and kids dash | |
| 14 | Long Beach | Beach to Chowder 5k & 10k — 6.2 or 3.1 mile beach run/walk | |
| 21 | Carnation | Snoqualmie Valley Half — 13.1 or 6.2 mile trail run/walk | |
| 21 | Issaquah | Tiger Mountain Trail Run — 31, 13.1, 7.5 or 3.1 mile trail run/walk | |
| 21 | Snoqualmie | The Super Marathon & Half — 26.2 or 13.1 mile run | |
| 21 | Seattle | Seattle Marathon's Summer 5k/10k/Half Marathon — 13.1, 6.2 or 3.1 mile run/walk and kids run | |
| 21 | Port Orchard | HotFoot 5k Trail Run — 3.1 or 1 mile trail run/walk | |
| 21 | Longview | Tour de Blast — 82, 66, 54 or 39 mile bike ride | |
| 21 | Bellingham | Padden Triathlon — 26.7 or 12.8 mile triathlon | |
| 21 | Burlington | Berry Dairy Days 5k and 10k Race — 6.2 or 3.1 mile run/walk | |
| 21 | Orting | Donut Dash — 3.1 mile run/walk | |
| 27 | Woodinville | Celebrate Woodinville Summer Glow Run 5k — 3.1 mile run/walk | |
| 28 | Issaquah | Tiger Peak Challenge — 31, 13.1 or 5 mile trail run/walk | |
| 28 | Orting | The Foothills Dash — 13.1, 6.2 or 3.1 mile trail run/walk | |
| 28 | Enumclaw | Raise the Bar's Black Diamond Triathlon — Olympic or Sprint triathlon, Aquabike & Sprint Relays | |
| 28 | Maple Valley | Maple Valley Bear Run & Walk 5K — 3.1 mile run/walk | |
| 28 | Stanwood | Smokestack Out'N Back 5k — 3.1 mile run/walk | |