

In Sound Health

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JUNE 2026

Savor Summer. Support Your Health.

Good health is built on everyday decisions — the appointments we keep, the habits we practice, and the small actions that support our well-being over time. In this issue of *In Sound Health*, learn to spot the signs of a stroke and why annual physical exams protect your long-term health.

You'll also find a fresh Mediterranean Orzo Salad recipe, smart water safety tips, and information on how Kinwell makes it easy for PPO plan participants to get in-person or online care. Plus, make every step count this summer with LiveWell Fit, and don't forget to unlock 2027 HRA funding by completing your Health Assessment by December 31!

Whatever your health goals, the Sound Health & Wellness Trust is here to help you make the most of your benefits and provide access to the tools, resources, and support you need to be your healthiest.

A Simple Checkup Today Can Protect Your Health Tomorrow

It's easy to put off an annual physical, especially when you feel healthy, but yearly checkups are one of the best ways to protect your long-term health. Many conditions develop without symptoms, and an annual exam can help detect issues early, when they are often easier to treat or prevent.

Why Annual Checkups Matter

An annual physical gives your healthcare provider a complete picture of your health. These visits can help you:



Prevent disease by identifying risks before problems develop



Save time and money by addressing concerns early, before costly treatment is needed



Track important health numbers like blood pressure, cholesterol, and blood sugar over time



Stay current on immunizations and medications by getting recommended vaccines, such as a flu shot, and reviewing medications for possible side effects or needed changes



Build a stronger relationship with your care team, leading to more personalized care

The Power of Early Detection

Annual screenings can help detect and prevent serious complications—such as heart attacks, strokes, fractures, or advanced disease—and may even help you avoid a trip to the emergency room.

Your provider may recommend screenings such as:

- Blood work to check cholesterol, blood sugar, or thyroid function
- Cancer screenings like mammograms, Pap tests, or colonoscopies
- Monitoring for chronic conditions such as heart disease or osteoporosis



Earn \$100 or \$300 in 2027 HRA funding by getting a well-adult annual physical, if eligible.*

What to Expect at Your Visit

During your annual exam, your care team will typically:

- Check your vital signs, including blood pressure and heart rate
- Measure height and weight
- Review your personal and family health history
- Discuss any changes in your health or concerns you may have
- Recommend screenings or follow-up care based on your needs

These visits are also a chance to talk openly about your health goals and ask questions.



Life gets busy, and preventive care is easy to postpone, but your health is worth the time. Don't wait for something to feel wrong. Make your annual checkup part of your routine and invest in a healthier future.

**Final earned amount depends on the other Health Related Actions you perform in 2026. Must be HRA eligible on January 1, 2027.*

Sources: scripps.org, kaiserpermanente.org, cbwchc.org



PPO

Kinwell Meets You Where You Are

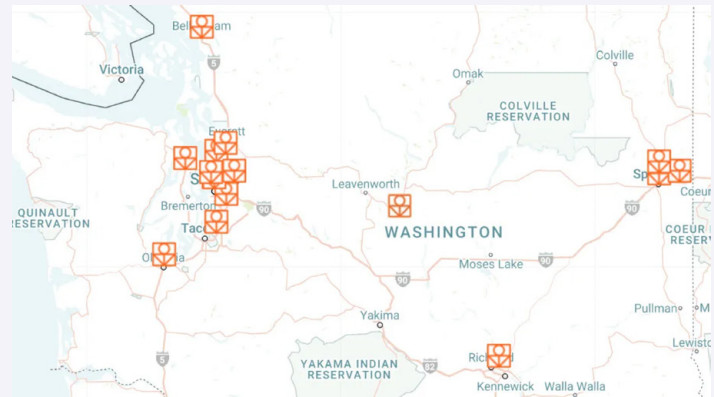
In person or online, find primary care designed to fit your life.



Kinwell

Kinwell was created to increase access to advanced primary care for patients who use the Premiera Blue Cross network of providers. If you don't have a primary care provider, or find it difficult to get in to see your current provider, Kinwell might be a good alternative for you and your family. Kinwell offers:

- Longer appointments to build stronger patient-provider relationships
- A personalized focus on prevention and chronic condition management through addressing root causes of illness rather than just managing symptoms
- Integrated behavioral health support built into your primary care experience
- Convenient access to in-person and virtual care



With 16 clinics across Washington, and virtual appointments available statewide, Kinwell makes it easy to connect with care that fits your life and your schedule.

DON'T FORGET!

You must complete your Health Assessment to unlock 2027 HRA Funding

NEW!

To receive **any 2027 HRA funding**, you and your spouse (if married) must complete your annual Health Assessment by December 31, 2026.

NEW!

The confidential Health Assessment can now be completed anytime during the year.

Scan the QR code or visit [soundhealthwellness.com/PHA](https://www.soundhealthwellness.com/PHA)



PPO PLAN PARTICIPANTS:

Kinwell clinics are part of your new Preferred Premiera BlueCard PPO network.

Scan the QR code or go to www.soundhealthwellness.com/PPO to learn more.



Don't Miss the Signs: Acting Fast During a Stroke Can Save a Life



DID YOU KNOW?

Stroke is the No. 4 cause of death and a leading cause of disability in the United States.

A stroke is a serious medical emergency that affects the arteries leading to and within the brain. It occurs when a blood vessel carrying oxygen and nutrients is either blocked by a clot or ruptures. When this happens, part of the brain is deprived of oxygen, and brain cells begin to die quickly.

That's why timing matters so much. **On average, 1.9 million brain cells die every minute a stroke goes untreated.** Immediate medical care can reduce long-term disability and may even save a life. The good news is that advances in treatment over the past decade have significantly improved survival rates—but only if care is received quickly.

Stroke can happen to anyone, at any age, at any time. Knowing what to look for and acting fast can make all the difference.

Know the Signs: Think B.E. F.A.S.T.

An easy way to recognize stroke symptoms is by remembering B.E. F.A.S.T. **Seek immediate medical attention by calling 911 if these warning signs of stroke are present:**

Calling 911 ensures that first responders can begin treatment right away—even before reaching the hospital—giving the person the best chance for recovery.

B Balance Loss

Sudden trouble with balance, coordination, or dizziness.

E Eye Changes

Blurred, double, or sudden loss of vision in one or both eyes.

F Face Drooping

One side of the face may droop or feel numb. Ask the person to smile—does it look uneven?

A Arm Weakness

One arm may feel weak or numb. Ask the person to raise both arms—does one drift downward?

S Speech Difficulty

Slurred or hard-to-understand speech. Ask them to repeat a simple sentence.

T Time to Call 911

If you notice any of these signs, call 911 immediately. Do not wait.



B

Balance
Loss

E

Eye
Changes

F

Face
Drooping

A

Arm
Weakness

S

Speech
Difficulty

T

Time to
Call 911

Additional Symptoms to Watch For

Other warning signs can appear suddenly, including:

- Numbness or weakness in the face, arm, or leg (especially on one side of the body)
- Confusion or trouble understanding speech
- A severe headache with no known cause

Stroke Symptoms in Women

While men and women often experience similar symptoms, women may also have more subtle signs that are easier to overlook. These can include:

- General weakness
- Confusion, disorientation, and memory problems
- Fatigue, nausea, or vomiting



A stroke is always an emergency. Recognizing the signs and acting quickly can save brain function, reduce disability, and protect lives. If you suspect a stroke, even if you're not sure, don't wait. Call 911 right away.

Sources: [stroke.org](https://www.stroke.org), [mayoclinic.org](https://www.mayoclinic.org)



Food for Thought

Keep your greens clean with simple food safety habits. Rinse fresh leafy greens, like spinach and arugula, under cool running water for about 20 seconds until dirt is removed. Avoid soaking your greens in the sink, where they can pick up bacteria. Skip rewashing packaged, triple-washed greens to reduce the risk of contamination.



Mediterranean Orzo Salad Recipe

This colorful, easy salad combines orzo pasta, fresh vegetables, spinach, olives, and feta for a simple, satisfying dish that's perfect for meal prep, picnics, or sharing with friends. **Serves: 12**

INGREDIENTS

Pasta Salad:

- 16 ounces orzo
- 3 cups baby spinach leaves, gently torn into large pieces
- 1 ½ cups chopped red bell pepper, about one red bell pepper
- 1 cup cucumber, diced and seeded, about one medium
- ¾ cup red onion, diced
- 5 ounces Castelvetrano green olives, drained and halved
- 5 ounces Kalamata pitted olives, drained and halved
- 7 ounces feta cheese

Dressing:

- ½ cup canola oil
- ¼ cup olive oil
- 1 lemon, juiced
- 1 ½ teaspoons oregano
- 1 teaspoon each of kosher salt and pepper

PREPARATION

1. Bring a pot of water to a boil, season with salt, and cook the orzo for 10 minutes. Drain, rinse, and set aside to cool.
2. Transfer the cooled orzo to a large mixing bowl. Add the spinach, chopped vegetables, and olives, then crumble half of the feta cheese over the pasta.
3. In a small bowl, whisk the canola oil, olive oil, lemon juice, oregano, and salt and pepper until mixed. Pour the vinaigrette over the pasta mixture and gently fold until the pasta and veggies are coated. Taste for seasoning and top with the remaining feta cheese.
4. Refrigerate for 1 hour or overnight before serving. The pasta is best within 2-3 days but will last in the refrigerator up to 1 week.

NUTRITIONAL INFORMATION

Serving size: 0.75 cup

Calories: 356

Protein: 8 g

Carbs: 33 g

Fiber: 3 g

Fat: 22 g

Source: modified from [foodiecrush](https://www.foodiecrush.com) at [foodiecrush.com](https://www.foodiecrush.com)

Make Waves, Not Worries: Safe Swimming Tips for Summer



Summer means more time at the pool, lake, or beach, and that makes it the perfect time to review water safety habits. Whether you're swimming, boating, or splashing around with the kids, a few simple precautions can help everyone stay safe while enjoying the water.

✓ Learn to Swim

Knowing how to swim is one of the best ways to protect yourself and others. Even if you don't plan to be in the water, accidents can happen and basic swimming skills can make a lifesaving difference.

Formal swim lessons help children and adults build strong swimming abilities while learning essential safety habits. Even experienced swimmers benefit from refreshing their skills and practicing safe habits regularly.

✓ Know the Risks of Cold Water

Open water can be much colder than it looks, even in the middle of summer. Water below 70°F can quickly lower your body temperature and lead to cold shock, making it harder to breathe, think clearly, and swim safely.

If you're spending time in cold water:

- Check the water temperature before entering
- Consider a wetsuit or dry suit for longer activities
- Wear a life jacket
- Limit your time in the water

 Remember: dress for the water temperature, not the air temperature.

✓ Choose the Right Flotation Device

Wearing a life jacket can save your life by helping keep you afloat, preventing exhaustion, and giving rescuers more time to help.

Life jackets are especially important for:

- Boating and open water activities
- Children and less confident swimmers
- Cold water recreation



Inflatable toys and water wings may be fun, but they are not safety devices and should never replace a life jacket.



Use a U.S. Coast Guard-approved life jacket that fits properly and is designed for your activity.

✓ Focus on Supervision

Active supervision, especially of young or inexperienced swimmers, is one of the most important ways to prevent drowning.

Follow these simple rules:

- Stay within arm's reach of children and weaker swimmers
- Designate a dedicated "water watcher" during group activities so at least one adult is fully focused on the water
- Put away phones, books, and other distractions when supervising
- Swim in lifeguard-protected areas whenever possible
- Always swim with a buddy, never alone



Remember: water emergencies are often silent and can happen in seconds.



Children ages 1-4 are more likely to die from drowning than any other cause.

A little preparation goes a long way. By building swim skills, staying alert, and practicing smart water safety habits, you can spend less time worrying and more time making great summer memories.

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

Sun, Sand, and 24/7 Care

From beach days to road trips, keep expert care within reach this summer. Doctor On Demand™ provides confidential virtual medical and mental health care 24/7 — fully paid for by the Trust for PPO participants and covered family members. Get treatment for health concerns like sunburns, seasonal allergies, rashes, hives, and more.



Download the Doctor On Demand app — Scan the QR code or visit doctorondemand.com/get-the-app/



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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Make every step count this summer

Get the most out of your summer with LiveWell Fit!

Stay active, enjoy the season, and get rewarded. You can receive reimbursement from the Trust for up to four approved LiveWell Fit events each year and, if eligible, earn 2027 HRA funding. Plus, refer an eligible friend to their first event for a chance to win a \$300 VISA gift card.



Earn \$100 per event in HRA funding, if eligible, 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		
13	Tacoma	Sound to Narrows — 7.5, 3.1 or 1.2 mile run/walk and kids run
13	Quilcene	Gravel Unravel: Bon Jon Pass Out — 23–80 mile gravel endurance bike ride
13	Poulsbo	Viking Tour — 57, 29 or 17 mile bike ride
13	Snoqualmie	The Super Hyak Marathon & Half — 26.2 or 13.1 mile run
14	Fall City	Fall City Day Run — 6.2 or 3.1 mile walk/run & Kids 1k
14	Seattle	Furry 5k — 3.1 mile run/walk
16	Lynden	Tractor Trot — 6.2 or 3.1 mile run/walk
20	Port Orchard	HotFoot 5k Trail Run — 3.1 or 1 mile trail run/walk
20	Burlington	Berry Dairy Days 5k and 10k Race — 6.2 or 3.1 mile run/walk
20	Seattle	Solstice Run — Duathlon, 9.3, 6.2 or 3.1 mile run/walk
20	Orting	Donut Dash — 3.1 mile run/walk
20	Seattle	Run and Walk with Pride — 4.97 or 2.49 mile run/walk
20	Toutle	Tour de Blast — 66, 54 or 39 mile bike ride
20	Carnation	Snoqualmie Valley Half — 13.1 or 6.2 mile trail run/walk
20	Everett	Flight for Sight — 3.1 mile run or 1 mile walk
26	Woodinville	Celebrate Woodinville Summer Glow Run 5k — 3.1 mile run/walk
27	Bellingham	Padden Triathlon — 26.7 or 12.8 mile triathlon
27	Enumclaw	Raise the Bar's Black Diamond Triathlon — Olympic or Sprint triathlon, Aquabike & Sprint Relays
27	Maple Valley	Maple Valley Bear Run & Walk 5K — 3.1 mile run/walk
27	Issaquah	Tiger Mountain Trail Run — 31, 13.1, 7.5 or 3.1 mile trail run/walk