

In Sound Health

Your Source for How to LiveWell

Brought to you by Sound Health & Wellness Trust



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Speak Up!

Becoming your own health advocate.

When people take an active role in their own health care, research shows they fare better — in satisfaction and in how well treatments work. A patient who is not involved in their health care is less likely to get well.

Becoming your own health advocate means moving from a passive role to an active one. It means speaking with your doctor:

- Ask questions
- Be informed about your condition and/or symptoms
- Make a list of your top concerns before each appointment
- Let your doctor know when you don't understand something
- Choose a physician that you feel comfortable opening up to
- Take responsibility for your own health in between visits to the doctor

Taking your annual Personal Health Assessment (PHA) or Health Profile is a first step in becoming your own health advocate. Through a series of simple questions, the PHA builds a personal snapshot of your current health and possible future concerns that you can talk about with your doctor.

If you are like most Trust participants, you recently completed your confidential PHA. You may now be contacted by phone or mail to participate in one of the Trust's LiveWell wellness programs such as LiveWell Health or Lifestyle Coaching, Quit For Life® tobacco cessation, or Condition Management. These are all excellent opportunities to take charge of your own health — and to earn incentives for participating.

The Trust's LiveWell programs are offered at no cost to you and are completely voluntary and confidential. They are part of the benefits offered to all Trust participants and their covered spouses or same-sex domestic partners.

These programs give you the tools and support you need to take charge of your health, speak up for yourself and live well.

To learn more about the LiveWell wellness programs go to **www.soundhealthwellness.com** and select "LiveWell Programs," or call the Trust at (800) 225-7620.

The Trust respects your privacy. The information on your health status and health conditions is used only by the independent service providers that manage the Trust's LiveWell programs and is not shared with the Trustees, your union or your employer. By law, your personal health information cannot be used to determine or deny health care coverage.



SOUND HEALTH
& WELLNESS TRUST

Eating Well



If it grows out of the ground or you can pick it off a tree, chances are it's good for you.
— Bob Harper

*Quote from Biggest Loser trainer Bob Harper.
Illustration by Trust participant Akiko Ikenoue.*

Darker is Better

A delicious health benefit of chocolate.

When it comes to chocolate, you may want to go for the dark kind with high cocoa content. It tends to be loaded with epicatechin, which can keep cholesterol from gathering in blood vessels and reduce the risk of blood clots.

Source: Journal of the American College of Nutrition, June 2004

Egg Essentials

The 411 on one of nature's complete proteins.

One egg has 13 essential nutrients — including protein, choline, folate, iron and zinc — all for just 70 calories! Eggs, with a whopping 6 grams of protein each, may help you feel full longer and stay energized. Research shows that for some people, eating eggs at the start of each day may reduce daily calorie intake and prevent snacking between meals.

Source: Journal of American College of Nutrition, Vol. 24, No. 6, pgs. 510-515

Would You Like Fries with That?

Making healthier choices when eating fast food.

We all know that fast food is not the healthiest option, but you can make your trip through the drive through a healthier one with these quick tips:

- **Pass on the “value size.”** This may mean a bargain for your wallet, but not for your waistline. Bigger means more calories, fat, sugar and sodium.
- **Skip the sides.** Decide against the often deep-fried options. If you want something extra, opt for a fruit cup.
- **Avoid double meat burgers and sandwiches.** A single serving size of meat is about 2–3 ounces. A single meat patty is usually more than that, which means if you double it, you're looking at more than two servings, if not three.
- **Hold the mayo** and other “special” sauces that often just pile on the empty calories.
- **Half the bread.** Forgo the top slice and eat your sandwich open-faced.
- **Skip the bacon.** Bacon is high in calories and saturated fat, which increases the risk of coronary heart disease.
- **Add flavor, not fat.** Add on pickles, onions, tomatoes, ketchup and mustard, not mayonnaise, cheese, special sauces or bacon, which add lots of extra sodium, fat and calories.

Eating-Well Recipe:

Yolk-Free Deviled Eggs

A healthy spin on a family picnic favorite.

Ingredients

1 dozen hard boiled eggs, yolks removed*
1/2 cup low-fat or fat-free cottage cheese
1/2 Tbsp. mustard
2 Tbsp. diced dill pickles

1 Tbsp. honey
Salt and pepper to taste
Paprika

*If you prefer to use the yolk, remove the cottage cheese and add in 2 Tbsp. plain yogurt.

With a food processor, purée the cottage cheese (or yolks and yogurt). Add in the mustard, pickles and honey. Season with salt and pepper to taste. Spoon roughly a teaspoon of the mixture into the center of each egg white half. *You may have some left over filling.* Sprinkle with paprika and chill before serving.

Serves 24. Per Serving if made with 1% cottage cheese and 1/8 tsp. salt: 25 calories; 4g protein; 0g fat; 2g carbohydrate; 0g fiber; 125mg sodium.

Source: Hope Health

Fitness



Morning, Noon Or Night

Finding your best time to exercise.

What workout time works best for you? Taking into account family commitments, work schedules and the fact that your body has its own “clock,” here are a few things to consider when deciding what time of day might work best for you.

Try the morning if:

- You have a hard time sticking to a workout routine. Those who move first thing in the morning are more likely to make it a habit.
- You have an unpredictable daytime schedule. Best intentions are great, but stuff happens.

Try the afternoon if:

- You need a friend to help motivate you. Workmates can be excellent cheerleaders.
- You are often victim to afternoon “lulls” in productivity. A little movement can turn the whole afternoon around.

Try the evening if:

- You have lots of energy after everyone else is settled down for the day.
- You don't have trouble sleeping within a few hours of exercise.

Gym Etiquette

Keeping in mind social considerations while working out.

Here are a few tips for good manners at the gym:

- **Wipe down the machines** with the provided antibacterial spray and a paper towel before you move on. Leaving your sweat behind on the machines isn't just unsanitary — it's gross.
- **Remove weights** from the bar when you are finished, and put them back where they belong.
- **Return dumbbells**, exercise balls and mats to their stand when you're done. Also wipe them down if you sweat on them.
- **Don't sit on a machine that you are not using.**
- **If you're asked to spot someone** only agree if you actually know what you are doing. If you do agree, keep your focus on them throughout the reps.

Let LiveWell Be Your Exercise Partner

The support you need is just a phone call away.

LiveWell Health or Lifestyle Coaching is a no cost, confidential program that offers phone-based personalized health coaching to all Trust participants and their eligible spouse or same-sex domestic partner. LiveWell coaches will help you set and meet your health goals, and you'll even receive \$50 for completing your first three calls with a health coach. To find out more go to www.soundhealthwellness.com or call:

- **PPO plan participants:** (877) 362-9969 option 3
- **Group Health Options plan participants:** (800) 816-3306

“Life is like riding a bicycle — in order to keep your balance, you must keep moving.”

—Albert Einstein

Making Exercise a Habit

Tips to help the exercise challenged.

If you're the type of person who isn't excited about getting active or simply can't find the time, it might be easier than you think to make movement a habit.

1. **Choose an activity that you actually enjoy.** If you like what you're doing, you're more likely to do it. Choose something that is fun for you, or that you want to learn more about — not what you think you should be doing. To increase the fun, add in friends or your favorite music.
2. **Switch it up.** Doing the same thing over and over can get old fast, and can also stop being as effective. Keep your routine fresh and interesting by trying new things: new classes, new machines and new routes. As long as you're moving it counts!
3. **Schedule a date with yourself.** Just like you add a meeting or a doctor's appointment to your calendar, make your daily exercise a date you keep with yourself. Find the time that works for you and schedule that time for yourself.
4. **Get a workout buddy.** Working out with a friend is fun and also helps you stick to your shared goals. It is easier to stick to your routine if someone else is counting on you.
5. **Reward yourself!** Set reasonable fitness goals (to lose five pounds, to run an extra mile, to increase your reps) and treat yourself when you succeed. Getting a new outfit or tickets to an event can be just the motivation you need to keep going.



Health News You Can Use

Getting Quality Healthcare

How you can make sure you are getting the best care.

Before your appointment:

- ☐ Call your 24-hour Nurse Helpline to educate yourself about your condition, symptoms and treatment options
- ☐ Write down any questions you may have and list out medications and allergies
- ☐ Consider asking a friend or family member to come along

During your appointment:

- ☐ Ask questions about medication side effects, treatment options, test results and what hospital or care facility is best for you
- ☐ Repeat back what the doctor says to make sure you understand
- ☐ Take notes and ask for clarification on any confusing terms or complicated information

After your appointment:

- ☐ Follow through on the advised treatment and follow up care
- ☐ Note any side effects to new medications or treatments; report these back to your doctor
- ☐ For chronic conditions, learn ways to stay healthy and get the support you need

Call the Nurse Helpline any time for advice:

- **Group Health Options Plan participants** — call the Group Health Consulting Nurse helpline at (800) 297-6877
- **PPO Plan participants** — call the LiveWell Nurse Line Plus at (877) 362-9969

Changes To Your Plan

Are you up-to-date on your benefits?

At the beginning of 2011, in an effort to keep medical costs down and provide excellent coverage including many no-cost wellness programs, several changes went into effect for Sound Health & Wellness Trust plans. Some of these changes were:

Your Health Reimbursement Account (HRA):

- **Automatic funding** of \$150 for a single employee and \$300 for an employee with family coverage.
- **Additional funding for completing the Personal Health Assessment**
\$350 for a single employee who completed the Personal Health Assessment (PHA) during the available time period
Or
\$350 for an employee and \$350 for a spouse or same sex domestic partner who completed the PHA during the available time period
Or
\$700 for an employee with only a child or children covered who completed the PHA during the available time period

How your HRA is used remains unchanged. Please refer to your plan booklet for full details, including eligibility guidelines.

Your Annual Deductible:

	Sound Plan	In-Network	Out-of-Network
Employee-only coverage		\$300	\$600
Family coverage*		\$600	\$1,800
	SoundPlus Plan	In-Network	Out-of-Network
Employee-only coverage		\$250	\$500
Family coverage*		\$500	\$1,000

If you (and your enrolled spouse or same-sex domestic partner) did not take your Personal Health Assessment (PHA) during the available time period, the above deductible amount increased by \$350 for employee-only coverage and \$700 for family coverage.

**For family coverage, the deductible applies to the family as a whole. Please refer to your plan booklet for complete details regarding your deductible.*

Prescription Drug Co-Pays:

	30-day Supply	60-day Supply	90-day Supply
Tier 0	\$0	\$0	\$0
Tier 1	\$6	\$12	\$18
Tier 2	\$22	\$44	\$66
Tier 3*	\$35	\$70	\$70
Brand generic if available	**	**	**

**Tier 3 drugs are not available to Group Health Options Sound Plan participants.*

***Generic co-pay plus the difference in cost between the generic and the brand name drug.*

Your Plan Now Covers More:

- Naturopath and Acupuncturist visits
- On your visits to the Chiropractor for PPO plan participants
- Per Week Employee weekly disability (time loss) benefits

To find out more about other changes to out-of-pocket maximums, co-pay changes for emergency room visits and eligibility requirements please refer to your plan booklet, visit the Forms & Documents section of www.soundhealthwellness.com or call:

PPO Plan participants — (206) 282-4500 or (800) 225-7620, option 2 then option 1
Group Health Plan participants — (888) 901-4636



Using Your Health Reimbursement Arrangement

Understanding your HRA and how to get the most out of it.

Each year, the Sound Health & Wellness Trust establishes a Health Reimbursement Arrangement (HRA) account for eligible plan participants. The HRA is an excellent benefit as the funds in your HRA are used to cover the first eligible medical expenses covered by the plan in each calendar year.

What medical expenses are covered by my HRA?

- Doctor office visits
- Lab tests
- X-rays
- Emergency room co-pays
- Other eligible, covered medical expenses

Remember: In-network preventive care like wellness visits and mammograms are already covered in full, with no deductibles, coinsurance or co-pays, so your HRA will not be used for these types of services.

For Sound Plan participants, only in network providers' services are covered under the HRA. For SoundPlus participants, both in- and out-of-network providers' services are covered.

How do I get the maximum amount of funds into my HRA?

HRA funding is received through a combination of automatic credits and your completion of the Personal Health Assessment (PHA) when it is offered. The maximum annual HRA funding if the PHA is completed is \$500 for employee only coverage and \$1,000 for family coverage.

How do I use my HRA?

Besides completing your annual Personal Health Assessment, you do not need to do anything additional to use your HRA. When your health care provider submits their bill for services, any HRA eligible expenses will be handled automatically for you.

What if I don't use all the funds in my HRA?

Unused funds in a calendar year are rolled over into the next year depending on how long you were eligible and as long as you maintain your benefit eligibility status.

For more information about your HRA, go to www.soundhealthwellness.com.

Championing Health

An update from your Wellness Champion Volunteer Network

When Sound Health Wellness Trust Wellness Champion Volunteers aren't busy keeping Trust plan participants well informed or cheering each other on at local 5K races, we're constantly thinking about ways to improve!

This quarter we decided to give our web page a little TLC. Visit www.soundhealthwellness.com and click on "Our Community" at the top of the page to see a few of our smiling faces. Not only did we spruce up our photo gallery, we posted many useful documents like our role description; and we unveiled past versions of our e-newsletter.

Our network is growing! There are more than 100 volunteers cheering on our peers to better health, and we are always looking for more people to join us! To find out more call the Trust's Wellness Coordinator, Sarah Monley, at (800) 225-7620 option 5.

World No Tobacco Day

May 31 is a great day to quit.

Every May 31, **World No Tobacco Day** is celebrated around the world. This yearly celebration educates the public on the dangers of using tobacco, the marketing practices of tobacco companies, and what the World Health Organization is doing to combat the tobacco epidemic. This special day is also an opportunity for all of us to advocate for a tobacco-free world and help reverse the course of this entirely preventable epidemic. For more information, visit the World Health Organization website at <http://www.who.int/tobacco/wntd/2008/en/index.html>.

If You're Ready to Quit

Make your chance of success eight times stronger.

LiveWell Quit For Life® is a no-cost tobacco cessation program offered to all Trust participants, spouses and same-sex domestic partners 18 years of age or older. Quit For Life® increases your chances of success eight times over trying to quit on your own. You will work with Quit Coaches® over the phone to stay motivated and informed. And you could even qualify for free nicotine patches or gum.

To enroll call 1.866.QUIT.4.LIFE (866.784.8454), or visit <https://www.quitnow.net/soundhealthwellness> to enroll.

New Age Limits

Healthcare reform expands the age limit of eligible dependent children.

Effective April 1, 2011, the Trust expanded the definition of eligible children to include most children up to age 26. Please go to www.soundhealthwellness.com to read the Eligible Dependent Children Definition in the Forms & Documents section.

Stress Less



Lighten Up

How a little extra shut eye has lasting health effects.

There are many health benefits to getting enough sleep:

- **Help your body repair.** Your body produces extra protein molecules while you sleep that help strengthen your ability to fight infection by bolstering your immune system.
- **Keep your heart healthy.** Sleep helps reduce the levels of stress and inflammation in the body that can lead to heart disease and strokes. Sleep also helps to keep blood pressure and cholesterol levels in check.
- **Reduce stress.** A good night's sleep can lower blood pressure and elevated levels of stress hormones. Stress produces wear and tear on the body and can propel aging. Sleep helps to slow these effects and increase a sense of relaxation.
- **Improve your memory.** A lack of sleep can lead to that "foggy" feeling, which makes concentration difficult and often leads to memory problems. As you sleep your brain is busy organizing and correlating memories.
- **Lose more weight.** According to a recent study in the *Annals of Internal Medicine*, not getting enough sleep (7–8 hours for adults, more for teens and children) may hamper weight loss efforts. The study showed that overweight adults lost 55% less fat when they got 5.5 hours of sleep per night, compared to when they slept for 8.5 hours a night.

Sources: *The Annals of Internal Medicine*, Vol. 153, no. 7, pg. 435. And mayoclinic.com

Practice Kindness

Treat yourself as you would a friend or family member who is tackling a life change. Be kind, patient and supportive of your own efforts.

IT'S OK.
YOU'LL DO
BETTER
TOMORROW!

LOOKIN'
GOOD!

SLIM
&
TRIM!

KEEP
UP THE
GREAT
WORK!



Quote from LiveWell NutriSum®.
Illustration by Trust participant Akiko Ikenoue.

Is it Depression?

Know the signs and when to seek help.

Depression is an illness that affects the whole person — body, mind, and spirit. It has physical and mental symptoms that can happen at the same time. It can come on slowly over time, making it hard to recognize, or can be triggered by a major loss or event.

Common depression symptoms:

- Feeling down, blue, sad, or irritable
- Finding no pleasure in activities you usually enjoy
- Feeling worthless, that things are meaningless, or hopeless
- Feeling emotionally numb or like you are in a fog
- Feeling tired or having no energy
- Trouble concentrating
- Notable changes in sleep patterns
- Changes in eating or appetite
- Physical aches and pain; including stomach trouble, headaches, and backaches
- Trouble doing normal activities at work or at home
- Thoughts of death or suicide

When symptoms last for two weeks or more and get in the way of normal activities at work or at home, it's time to take action. Clinical depression can be a disabling illness. The good news is that depression is very treatable.

If you think that you may be depressed call the **Behavioral Health Services** available to you through the Trust. To speak confidentially to a mental health professional for help in selecting a provider, call anytime day or night.

PPO Plan participants — call OptumHealth at (866) 763-0466

Group Health Options Plan participants — call Group Health at (888) 287-2680 in Western Washington, or (800) 851-3177 in Central or Eastern Washington and Northern Idaho

Source: Group Health, www.ghc.org

Online Resources for Stress, Depression and More

Find behavioral health information, tools and resources online:

PPO Plan participants — Visit www.soundhealthwellness.com and go to Behavioral Health Online by logging in to MyLiveWell or going to the "About LiveWell" section of the site

Group Health Options Plan participants — Go to www.ghc.org for a wealth of information on behavioral health topics

Take Care



Helping Out Supporting someone with diabetes.

If you're caring for someone with diabetes, you know that diet and exercise are important for proper disease management. What can you do to help your loved one?

- **Remove junk-food temptations.** Don't keep it in the house. Also, avoid eating in front of the television as it encourages mindless snacking.
- **Don't nag when it comes to exercise.** It could backfire and cause the person to not want to get started. Instead, encourage them. Start out gradually and build up slowly, aiming for 30 minutes of exercise a day.
- **Figure out what works.** An exercise plan has a better chance of taking hold if it includes activity that the person enjoys and can be done with you or someone else.

Help for Chronic Conditions Support to help you live your best life.

With the Trust's **LiveWell Condition Management**, custom-tailored and confidential services are available for participants who have been diagnosed with chronic conditions such as asthma, diabetes, congestive heart failure and coronary artery disease. Program participants work one-on-one with a personal nurse advocate to improve both their health and their quality of life.

Call to see if you are eligible for Condition Management. You will receive telephone counseling, educational materials and tips on how to live your best life with your condition. Also, if you qualify you can receive \$30 per month in your Health Reimbursement Arrangement, up to \$270 per year, for participating. Eligible Retiree Trust participants can receive a check for \$20 a month, up to a total of \$180 per year for participating.

- **PPO Plan participants:** (877) 362-9969
- **Group Health Options Sound Plan participants:** (800) 816-3306
- **Group Health Options SoundPlus Plan participants:**
 - If you receive care at a Group Health medical center: (800) 816-3306
 - If you do *not* receive care at a Group Health medical center: (888) 375-2006

A Common Concern Dealing with minor low back pain.

Low back pain is very common among adults and is often caused by overuse and muscle strain or injury. Treatment can help you stay as active as possible, and it will help you understand that some continued or repeated back pain is not surprising or dangerous.

Most low back pain can get better if you:

- Stay active
- Avoid positions and activities that may increase or cause back pain
- Use ice
- Take nonprescription pain relievers when you need them, as approved by your physician

When you no longer have acute pain, you may be ready for gentle strengthening exercises for your stomach, back and legs, and perhaps for some stretching exercises. Exercise may not only help decrease low back pain, but it may also help you recover faster, prevent re-injury to your back and reduce the risk of disability from back pain. Exercises to reduce low back pain are not complicated and can be done at home without any special equipment. Visit www.mayoclinic.com/health/back-pain/LB00001_D for a slide show on simple stretches that help reduce back pain.

As with any injury or pain, be sure to talk to your doctor before adding in any exercise.

Source: Group Health, www.ghc.org

Achoo! Eleven ways to minimize seasonal allergies.

1. **Spring clean.** Wipe windows, bookshelves and vents, as they collect dust and mold.
2. **Shift any outdoor morning routine.** Pollens are usually released between 5 and 10 a.m.
3. **Know your local pollen count.** You can look it up at the *National Allergy Bureau's* website: www.aaaai.org/nab.
4. **If possible, use air conditioning** instead of opening windows.
5. **Stay indoors on hot, dry and windy** days when allergens get stirred up.
6. **Don't hang laundry outside.** Allergens can collect on it.
7. **Wear a filter mask** when mowing the lawn or raking leaves.
8. **Wash bedding weekly** in hot water.
9. **Shower** and wash your hair every night.
10. **Remove visible mold.** Use non-toxic cleaning products such as undiluted vinegar or lemon juice mixed with a pinch of salt.
11. **Pay attention to high mold spore counts** after heavy rains in the evening.

Source: American Academy of Allergy Asthma & Immunology



Your Health Matters

Doing It For Yourself

Shelby Vadney found that quitting tobacco was one of the best things she could have done for herself.



Shelby Vadney, a Dairy Manager at QFC and smoker for the past seven years, never thought she would be able to quit. But after joining the Trust's LiveWell Quit for Life® program, and after

nearly nine months of being tobacco free, she's proving herself wrong.

"I felt like I relied on cigarettes to get me through the day," Shelby said. "I had tried everything by the time I joined the program and nothing had worked."

At age 26, Shelby knew that she had a lot of reasons to quit, including her 16-month-old niece.

"I wanted to be the aunt who could play with her," Shelby said. "I didn't want to make her wait to ride down the slide at the playground while I smoked. I didn't want to be a person who lights a cigarette in front of a baby."

Shelby found out about the LiveWell Quit for Life® program when one of her co-workers brought her a program flyer.

"She brought me the information and at first I wasn't willing to try," Shelby said. "I figured, it's my life, I can quit my own way. Eventually I realized I wasn't going to quit for anyone else. I had to do it for myself."

On February 11, Shelby called the Quit for Life® program to enroll. She had her last cigarette the same night.

"Initially I thought I would use the gum to help me quit," Shelby said. "But then I realized I couldn't set up a future date. I had to quit the day I decided to call the program. It would have irritated me to plan a quit date and count down my last cigarettes."

Shelby began speaking with a Quit Coach® every three weeks. They counseled her on nicotine addiction and offered suggestions for replacing the physical cravings.

"I loved having the coaches," Shelby said. "It was a lot easier than doing it on my own."

Shelby talked with her quit coaches over the phone. "The coaches didn't judge me," Shelby said. "They were so nice and made it feel like we knew one another. They made me feel like they really understood what I was going through."

Shelby knows that joining Quit for Life® is one of the best things she could have done for herself. "You learn over time that quitting is the best selfish thing you could possibly do. I thank my co-worker every day for bringing me that flyer."

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 health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor. Articles written by outside contributors have not been reviewed by the Hope Health Medical Advisory Board.

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