Having trouble finding time to take care of yourself? Look inside for tips that will get you through this busy season.
TAKING CARE OF YOURSELF

How to Face the Challenge and Stay Engaged

Taking care of yourself can feel like something you do alone, and on a day-to-day basis, it often is. It’s you shopping for healthy food, deciding to wake up 20 minutes early so you can fit in a walk before work, or keeping track of any medication you take. The challenges you face (and the rewards you experience) are your own. But you’re not alone, because your primary care doctor is your partner in health. And one of the most important parts of your health is you, each moment, taking care of yourself.

Here are three tips to help you stay on top of your health and follow through with what your doctor has suggested.

Know that you’re the expert on yourself, but only if you stay aware.

Think of the times you’ve taken really good care of yourself. What inspired you to keep it up? Did you understand your health situation better? What stressors were you experiencing and how did you cope? Did you have the support of family and friends? Did you understand your health issues and get the answers you needed from your doctor?

Then think of the times you haven’t followed through. What was happening? Maybe you forgot to follow your plan, so putting it in your calendar will help. Or maybe you didn’t understand your doctor’s suggestions, but you didn’t follow up with your doctor about it.

By focusing on yourself, you can start to see why you’re not following through. Maybe you feel depressed or powerless. Or you may have a side effect from a prescription or need clarification. Whatever the case, talk to your doctor.

Recognize that taking care of yourself is a common challenge.

You may have the best intentions of taking care of yourself. But later you may have a sense of disappointment when you find yourself following old patterns. You’re not alone.

Get support from your health care team, and also reach out to family, friends and even patient networking groups and websites. You can connect with others and get ideas on how to face those challenges.

Make taking care of yourself a habit.

We hear a lot about bad habits, but you can also create good ones. Focus on the benefits of taking care of yourself, such as that good feeling after exercise or a mini-vacation you’re planning with the money you saved by giving up smoking.

Taking care of yourself might not make you feel better in the moment. Be realistic about what you can expect from healthy habits and remember why you’re doing them: for your long-term health.

Visit www.soundhealthwellness.com, select LiveWell programs, then click Own Your Health for more ideas and resources.
YOUR HEALTH BENEFITS

Q I’m a PPO Plan participant. How do I know if my health care provider is in the Trust’s new Aetna provider network?
A Most of the health care providers plan participants use are in the Aetna network. You can find out if your medical care provider is in the Aetna Choice POS II network by visiting the Trust’s website at www.soundhealthwellness.com, or by contacting your provider and asking them. If online, you can get to the Aetna DocFind website to look up or search for a physician, facility or other medical care provider by choosing the PPO plan, clicking on Benefits, then selecting Find a Provider. If you have any additional questions please call the Trust Office claims customer service representatives at (800) 225-7620, option 2 then option 1.

Q Since the Trust moved to Aetna, did my PPO Plan insurance change to Aetna?
A The Trust did not move to Aetna insurance, but is using Aetna’s preferred providers through their Choice POS II network. The Trust Office at Zenith American Solutions will continue to handle all of your medical claims processing, including your HRA (if eligible), and will provide all telephone customer service to you just as they have for more than 40 years.

Q How do I know how much I have left in my Health Reimbursement Arrangement (HRA) account?
A To see your current balance, visit the Trust website at www.soundhealthwellness.com and log in to your secure account. Click on My HRA Balance on the left side navigation bar. You can also see other HRA information such as your funding, claims and health related actions.

Q Did my benefits change when the Trust PPO plan changed from the First Choice network to the Aetna network?
A Your medical benefits did not change with the new preferred provider network. Your benefits remain the same.

HOW TO FIND THE RIGHT PCP FOR YOU

Getting your annual physical is a great way to stay on top of your health and earn HRA funding if you are eligible.

Just like buying a car or that big screen TV you’ve had your eye on, you’ll need to do a bit of research to find the PCP you’ll connect with. Find somebody you’ll feel comfortable discussing personal details of your physical and mental health with while making you feel understood and cared for. It might take a couple of different visits with different physicians, but you deserve to take this time. That way, you have the right person on your side when you need them. Be sure that your PCP is part of your health plan network.
START THE NEW YEAR AS A NEW YOU
WEIGHT WATCHERS® HAS A LOW MONTHLY RATE AND A BIG LIFETIME REWARD

With an emphasis on group support, flexibility and learning how to eat the foods you want in healthier portions, Weight Watchers consistently ranks among the best weight loss programs available today. The program is simple. Depending on your current weight, you are assigned a daily points allowance. Every food is assigned a points value, and what you eat is counted towards your daily allowance. Once you use up your points for the day, that’s it. Choices that fill you up the longest “cost” the least. Empty calories cost more than nutritionally dense foods.

Weight Watchers has a huge database of foods and point values to help make counting easy. They even have an app for your smart phone. Many people who join Weight Watchers stick with it even after they’ve shed their unwanted pounds, finding the ongoing support helpful for maintaining their weight loss. With the emphasis on nutritious foods, Weight Watchers promotes heart health and most studies suggest it’s an effective program for weight loss.

The Sound Health & Wellness Trust is invested in your health, and has partnered with Weight Watchers to negotiate a low monthly rate for Trust participants and their eligible spouses, 18 years of age and older. One time only, the Trust will cover half of the cost of your monthly membership for nine months and even reimburse you for those nine months for actively participating.

Preheat oven to 400°.

Combine 1 1/2 tablespoons minced garlic, 1/2 teaspoon salt, 1/2 teaspoon freshly ground black pepper, 3/4 teaspoon dried rubbed sage, 1 (3 1/2-pound) roasting chicken, 12 ounces red potatoes cut into wedges, 1 1/2 cups cubed peeled butternut squash (about 8 ounces), 2 tablespoons melted butter.

Combine potatoes, squash, melted butter, 1 1/2 teaspoons minced garlic, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.

SERVES 4. PER SERVING:
399 calories
43.8 g protein
25.9 g carbohydrate
12.1 g fat
3.4 g fiber
791 mg sodium

Source: Cooking Light
SLEEP WELL AND STAY WELL
HOW TO GET QUALITY, RESTFUL SLEEP

Proper sleep habits are necessary to achieve good sleep each night. While many people know that they are not getting the quality sleep that promotes health, they don’t always know how to get it regularly. These tips will help you make the sleep of your dreams a nightly reality.

1 Avoid caffeine, alcohol, nicotine and other chemicals that interfere with sleep. Sure, a delicious cup of coffee in the morning can help you wake up and face the day. For good sleep, avoid caffeine four to six hours before bedtime, and avoid drinking alcohol within three hours of bedtime. In fact, it’s a good idea to limit alcohol to one to two drinks per day or less to promote good sleep.

2 Exercise is great for everything. Some vigorous exercise in the morning or late afternoon, or a more relaxing exercise such as yoga before bed can help you get a much more restful sleep.

3 Get some sunlight. Here in the Pacific Northwest we know how detrimental the lack of sunlight during the long gray winter months can be to our mental well-being. But did you know light exposure also helps maintain a healthy sleep-wake cycle? Try to find a sunbreak during the day and get out of the office to soak it up. Or, pick up a light therapy lamp to combat the winter blues and promote restful sleep.

4 Be consistent. Try to go to bed and wake up at the same time each day, seven days a week. This sets your internal clock, which helps your body expect sleep at the same time each day.

5 Your bed is for sleeping. It’s not good for sleep hygiene to watch TV, read, use an electronic device or listen to the radio. If you limit these activities to outside the bed, you begin to tell your body when you do crawl into bed that it’s time for sleep. And your body will listen.

6 Go easy on dinner. Finish dinner several hours before bedtime, and avoid foods that cause indigestion. Stay away from large meals close to bedtime. Remember that dietary changes can disrupt sleep patterns.

Sources: National Sleep Foundation, Harvard Medical School
Holidays can be an exciting time, full of family, fun and food. But you may also deal with plenty of stress during this time, juggling extra activities and high expectations. With the holidays right around the corner, it’s a good time to plan ahead to ward off the stress that could put a damper on your holiday cheer. Here are a few tips to help.

1. **Minimize your to-do list.** Take a good, honest look at your to-do list, and cut anything you won’t feel disappointed about not doing. Holidays are about spending time with those you love. In the spirit of the season, make sure you have plenty of time for yourself and are not overcomplicating the season with unnecessary tasks.

2. **Do something that makes you laugh.** Laughter boosts your immune system, which keeps you well. Watch a funny movie, read a book or play a silly board game with family or friends.

3. **Exercise.** Getting your body moving releases endorphins that make you happy and reduce stress, anxiety and depression. Even if you only commit to parking your car at the far end of the mall parking lot, make a little extra time for physical activity. Your body – and your mood – will thank you for it.

4. **Spread some cheer.** Giving to others with no strings attached is the best kind of giving, and creates a truly joyous holiday season for so many. Participating in a toy or food drive can help foster warm and fuzzy feelings that help bust holiday stress. Or, if crowds and consumerism frazzle you, find a charity or two to make contributions to instead of traditional gifts. Spending one afternoon online making these contributions will save you from the mall, while giving badly needed help to people, animals and the environment. People will be delighted and honored to know you’ve made a contribution to a favorite charity in their name, so pick your favorites and get started!

CharityWatch offers ratings of charitable organizations in its Charity Rating Guide ([www.charitywatch.org](http://www.charitywatch.org)). Ensure any charities that you work with are efficient, ethical and effective, spending 75 percent or more of their budgets on programs.
TRUST SPONSORED WELLNESS PROGRAMS

The confidential LiveWell wellness programs are available to all eligible Sound Health & Wellness Trust participants and your eligible spouse, 18 years of age and older. The LiveWell programs are a revolutionary benefit that gives you and your family direct access to the medical expertise, information and personalized support you need to make better health decisions and enjoy a healthier, happier life.

Nurse Line
PPO & Retiree
(877) 362-9969 Option 1

Consulting Nurse helpline
GHO
(800) 297-6877

Call the nurse line 24 hours a day, 7 days a week. A knowledgeable registered nurse will help you find the information you need to make informed health decisions, navigate the healthcare system, get guidance about medical procedures, and find a healthcare provider.

Health Coaching
PPO & Retiree
(877) 362-9969 Option 3

Health Coaching for PPO and Retiree plan participants, and Lifestyle Coaching for Group Health Options plan participants, are phone-based health education programs designed to help you set and meet goals to improve your health and wellbeing. You will receive information, telephone support, and encouragement as you work toward your goals with exercise, nutrition and stress.

Lifestyle Coaching
GHO
(800) 816-3306

Quit For Life®
PPO, GHO & Retiree
(877) 362-9969 Option 4

Quit For Life is a tobacco cessation program, where participants work one-on-one over the phone with Quit Coaches®. You will receive personalized guidance, support, encouragement and useful resources to help you stay on track. You could even qualify for no-cost nicotine patches or gum.

Weight Watchers®
PPO, GHO & Retiree
(800) 767-5154

With Weight Watchers you’ll learn how to eat right and live healthy. You have the choice of attending in-person meetings or managing your weight loss online. With either option, you’ll pay just half of the Trust’s special price, and you could get up to nine months at no cost.

LiveWell Fit
PPO, GHO & Retiree
(800) 225-7620 Option 2, then 5

Walk, run, bike, or stroll with LiveWell Fit. The Trust wants to support you as you participate in selected local exercise events by reimbursing participants and their eligible family members in one event per season.

Condition Management
PPO & Retiree
(877) 362-9969 Option 2

Custom-tailored condition management services are available for participants who have been diagnosed with conditions such as asthma, COPD, heart disease and diabetes. You’ll receive information in the mail or work one-on-one with a personal nurse advocate to improve both your health and your quality of life.

Chronic Conditions Workshops
GHO
(800) 992-2279

The Living Well with Chronic Conditions program is a series of workshops that provide proven benefits for people living with one or more chronic conditions. The program increases confidence in managing chronic conditions, improves health status, and reduces healthcare use and costs.

Visit www.soundhealthwellness.com to find out more about these programs and the many other LiveWell wellness programs and benefits, such as:
• Personal Health Assessment (PHA) and Health Profile
• Prevention @ 100%
• Tier 0 Prescriptions
• Health Reimbursement Arrangement (HRA)

YOUR PRIVACY IS IMPORTANT

Your health information is completely confidential, protected by federal law, and cannot be shared with the Trustees, your union or your employer without your permission.

All LiveWell wellness 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 determine or deny health care coverage.
STAYING ACTIVE WHEN THE WEATHER GETS ROUGH

When the weather outside is frightful, motivation to get up and get going can be hard to come by. But getting outside can be rewarding even when it’s chilly – especially if you set a springtime goal, such as a bike race or a 5K. Plus, when the days are short and the nights are long, the extra energy boost you get from exercise can help the darkness pass.

The Trust will reimburse participants and covered family members’ registration fees in up to four events per calendar year. After you register for an event, call the Trust office at (800) 225-7620, option 2, then option 5 at least one week in advance of the event to let us know, or notify us online. Please have your health plan ID card handy when you call.

For more information or to view a full list of this season’s events, visit www.soundhealthwellness.com.

LiveWell Fit Calendar

<table>
<thead>
<tr>
<th>DATE</th>
<th>CITY</th>
<th>EVENT NAME &amp; DESCRIPTION</th>
<th>REIMBURSEMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/7</td>
<td>Bellingham</td>
<td>Fairhaven Frosty 5k &amp; 10k - 3.1 or 6.2 mile walk/run</td>
<td>$8</td>
</tr>
<tr>
<td>12/7</td>
<td>Arlington</td>
<td>Toys for Tots Airport Run (5k walk/run, 10k run) - 3.1 mile walk or 6.2 mile run</td>
<td>$15</td>
</tr>
<tr>
<td>12/7</td>
<td>Port Orchard</td>
<td>Port Orchard Jingle Bell Run - 3.1 mile walk/run</td>
<td>$10–$25</td>
</tr>
<tr>
<td>12/8</td>
<td>Seattle</td>
<td>Seattle Jingle Bell Run - 3.1 mile walk/run</td>
<td>$10–$40</td>
</tr>
<tr>
<td>12/14</td>
<td>Tacoma</td>
<td>Santa Runs Tacoma - 6.2 mile run, 3.1 mile walk/run &amp; 1k kid's run</td>
<td>$8.50–$40</td>
</tr>
<tr>
<td>12/14</td>
<td>Bellingham</td>
<td>Bellingham Jingle Bell Run - 3.1 mile run/walk, 3.1 mile dog trot, kids fun run</td>
<td>$10–$40</td>
</tr>
<tr>
<td>12/15</td>
<td>Kirkland</td>
<td>12ks of Christmas Holiday Run - 3.1 or 7.44 mile walk/run</td>
<td>$30–$50</td>
</tr>
<tr>
<td>12/29</td>
<td>Port Orchard</td>
<td>Yukon Do It Marathon - 26.2, 13.1 mile run or 3.1 mile run/walk</td>
<td>$15–$100</td>
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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.

Look for the This Counts icon throughout the year to see what counts toward up to $150 in 2014 HRA funding.