

Program Overview for PPO Plan Participants

These programs are open to all eligible Sound Health & Wellness Trust participants and their covered spouse, age 18 or older.



For more information please visit www.soundhealthwellness.com

Program	What is It?	How to contact?
LiveWell Personal Health Assessment (PHA)	<p>A questionnaire that gives a snapshot of your health and health risks and gives you a personal plan for healthy living.</p> <p>The PHA is available to newly eligible participants and is taken annually when specified. You will be notified by the Trust when the PHA is available to you.</p>	Call the Trust Office at (206) 282-4500 or (800) 225-7620 option 2 then option 1. Or go online for more information.
LiveWell Nurse Line	A 24/7 nurse line with live registered nurses to help you resolve any health concerns.	Call (877) 362-9969, option 1.
LiveWell Health Coaching	<p>A phone-based health coaching program designed to help you set and meet goals to improve your health and well-being in these areas:</p> <ul style="list-style-type: none"> • Back care • Cholesterol • Nutrition • Weight control • Blood pressure • Exercise • Stress 	Call (877) 362-9969, option 3 or go online for more information.
LiveWell Condition Management	<p>Custom-tailored services for participants diagnosed with chronic conditions such as diabetes, heart disease, asthma and other pulmonary diseases.</p> <p>If enrolled, you can receive \$30 a month into your HRA account, up to a total of \$270 per year.</p>	This program is available by invitation only. Please go online for more information.
Weight Watchers®	<p>Attend Weight Watchers in person with Meetings or manage your weight loss online with Essentials.</p> <p>The Trust will cover half of your cost of membership for up to 12 months—and will reimburse the other half if you meet active participation requirements.</p>	Call (800) 767-5154 to enroll or go online for more information.
LiveWell Quit For Life®	A tobacco cessation program with free patches or gum (if recommended by your coach). Program features one-on-one phone coaching.	Call (866) 784-8454 to enroll or go online for more information.
LiveWell Fit	<p>Get reimbursed for registration fees for local fitness events.</p> <p>The Trust will reimburse participants and covered family members for entry fees in up to four events per calendar year from a selected list.</p>	Call the Wellness Coordinator at (800) 225-7620, option 2, then option 5 or go online for more information.
LiveWell Online	Online health & lifestyle information, tools and resources	Go online for more information.

By law, your health information cannot be used to determine or deny health care coverage. 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. Please know that information on your health status and health conditions is used only by the independent service providers. You may be contacted by phone, email, or U.S. mail to let you know about and ask you to participate in a number of voluntary LiveWell programs that are relevant to your situation and health status. Visit www.soundhealthwellness.com and go to "About LiveWell" to find out more about these and other LiveWell wellness programs.

