

In Sound Health

Your Source for How to LiveWell

Use your benefits
and take charge.

Look inside!

Make 2017 the Year You Take Control of Your Health.

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TAKE CONTROL

February 2017

Depending on where you start, taking control of your health can be a series of small steps or a big leap (or two). But with the Sound Health & Wellness Trust on your side, you can rest assured you have the support and resources you need for success. Whether you want to better manage a chronic condition or improve your life with better diet and exercise, we're here to help with tools and proven strategies.

IT'S YOUR HEALTH USE YOUR BENEFITS TO MAKE IMPROVEMENTS

Whatever health challenges you may face – and even if you're completely healthy – the Trust offers innovative LiveWell programs to help you take better control of your health and health care. From phone-based health coaching and a 24/7 nurse line, to a nationally-recognized program to help you quit tobacco, to designated fitness events for your whole family, you get a lot from your Trust benefits! All programs are voluntary, confidential and available at no or low cost to you and your covered spouse 18 years of age and older.

You can go online to find out more, and learn how to enroll in the programs of your choice. Or you might even get a call inviting you to sign up for a Trust-sponsored wellness program. Also, if you are eligible for a Health Reimbursement Account (HRA), you could earn 2018 funding for actively participating in a LiveWell program.

Visit www.soundhealthwellness.com and click on LiveWell Programs to learn more.



Quit Tobacco for Good

Get help quitting tobacco once and for all with Quit For Life®. You'll work one-on-one over the phone with a certified Quit Coach®. You could even qualify for free nicotine patches or gum.



Get Help with Weight Control

Meet your weight loss goals by actively participating in Weight Watchers®, Jenny Craig®, NutriSystem®, 3010 Weight Loss for Life®, or 2020 Lifestyles® and you could earn up to \$200 toward your annual HRA.



Your Own Personal Health Coach

Get the support you need to set and meet your health goals. PPO Plan participants have access to phone-based with LiveWell Health Coaching for topics such as back care, blood pressure, cholesterol, exercise, nutrition, stress, or weight control.



Stay Healthy

To keep you and your loved ones healthy, your covered eligible in-network preventive care is paid in full by the Trust – with no deductibles, co-insurance or co-pays.



Support for Chronic Conditions

For PPO Plan participants who have been diagnosed with certain chronic conditions, the LiveWell Condition Management programs help you get extra support outside of the doctor's office.

Group Health Options Plan participants can enroll in a Chronic Conditions workshop to get custom-tailored help with a variety of conditions.



Get Moving

The Trust will reimburse registration fees up to four times per calendar year for approved LiveWell Fit fitness events. This is a great way to get the whole family moving!



A Nurse is Just a Call Away

Call 24/7 to talk to a live registered nurse to help resolve any health concerns. All calls are at no cost and completely confidential. PPO and Retiree participants can also chat online at any time, day or night.

HOW TO GET HIGH-VALUE CARE

TIPS FOR BEFORE, DURING AND AFTER A DOCTOR'S VISIT



BEFORE

- ➔ You get the best benefit by seeing an in-network provider, so to see if your doctor is in-network, visit “Find a Provider” under “Benefits” on the Trust website.
- ➔ Use the Community Checkup (www.wacommunitycheckup.org) to find the medical groups, clinics and hospitals providing high-quality care near you. Then you can visit “Find a Provider” under “Benefits” on the Trust website to see if they in-network so you receive the best benefit.
- ➔ Write out a list of questions for your doctor, and take note of all medications you take and their dosages.



DURING

- ➔ Ask questions and take notes.
- ➔ Make sure you understand your condition and any recommended treatments before you leave your doctor's office.
- ➔ Listen to your doctor and repeat back what you hear in your own words.
- ➔ Ask about cost of the treatments and whether there are other options.



AFTER

- ➔ Stay on top of your health by following your doctor's advice and taking prescribed medications.
- ➔ Make sure your providers and hospitals are in-network for any recommended follow-up.
- ➔ Follow through with discharge instructions and watch carefully for any side effects or other problems, and record them.
- ➔ If your expectations aren't being met, talk with your doctor about your concerns or think about finding a new doctor.

Get more tips and tools for managing your health and health care on the Washington Health Alliance's Own Your Health website: oyh.wacommunitycheckup.org.

GROUP HEALTH IS NOW KAISER PERMANENTE

WHAT YOU NEED TO KNOW ABOUT THE CHANGE.

Who is Kaiser Permanente?

Kaiser Permanente is a non-profit health care organization who operates in numerous states – and now including the state of Washington by acquiring Group Health.

Will this change my coverage?

No. While the name of the plan will change to Kaiser Foundation Health Plan of Washington Options, Inc. or Kaiser Permanente (Kaiser) for short, the Trustees have made no changes to your benefits and programs through the Trust or the cost of the Plan to you.

Will I have to change providers?

No, you don't need to change doctors and you can still get care at the locations you visit now. The Group Health name and logo will be replaced on all facilities.

What about my Group Health ID card?

In early March, you will receive a new ID card with the Kaiser name. Neither your current Group Health member ID number or your Trust member ID number will change. Please continue to use your current Group Health ID until you receive your new card in the mail.

If you have any questions you can call the same phone numbers you call now to reach Group Health, (206) 901-4636 or toll free (888) 901-4636.

SIMPLE WAYS YOU CAN TAKE CHARGE OF YOUR EATING HABITS

Staying in control of what we eat can be challenging, with tempting foods looming at every turn and busy schedules turning us to easy but less healthy options. Learning how to navigate these challenges takes a special set of skills that can help you gain mastery over your relationship with food.

→ Have a Plan

A great way to avoid binge eating or unhealthy choices is to take a little time each weekend to think about your week ahead. What is in your schedule? When will you have time to prepare something and when will you need to grab-and-go? Will you be eating out? Just being aware of times that might be challenging and planning for the week ahead can make a huge difference.

→ Cut Yourself Some Slack

Studies suggest that feeling deprived—even if you are consuming plenty of calories—can actually trigger overeating. Making any food off-limits just increases its allure. You can't avoid a trigger food your whole life, but you can learn how to eat the foods you binge on in moderation.

→ Give Up Grazing

While eating regularly helps prevent feeling deprived and hungry, grazing can supply a lot of calories a little at a time. Plan four “eating episodes” each day spaced at regular intervals to avoid going long stretches without eating (which can also trigger bingeing). Eat breakfast, lunch and dinner, plus a 250-calorie midafternoon snack. At each, include a little protein for additional staying power.

→ Eat with Intention

Sometimes we have to eat on the go or in a hurry, but most times we don't. Making an effort to slow down a bit and focus on your food can help you be more mindful of what and how much you are eating.

→ Find Healthy Outlets for Emotions

Are you eating because you are hungry? Or are you actually stressed, sad or anxious? Knowing why you are eating is almost as helpful as being mindful of what you are eating. Instead of bingeing, and later beating yourself up for that, try deep breathing, calling a friend or going for a brisk walk. Or if you must eat – reach for fruits and veggies and leave the chips in the bag.

→ Expect The Unexpected

Remember that weekly plan? Hopefully you know the times/days you might be tempted to eat badly. But for those times that you come across tempting foods unexpectedly, having a healthy snack with you, and polite “no thank you” lined up, can help you avoid overeating.

→ Control What You Can Control

If you keep tempting snacks at home, stash them inside a cupboard, and consider leaving a post-it note on them that reminds you of how much a single serving is – “1/4 cup = 250 calories”.

→ Keep A Food Diary

Keeping a food diary, even for just a few weeks, can make you more aware of just how much and how often you are eating. Recording everything—the ice cream binge as well as the carrots and celery—makes everything you eat and drink part of the plan.



BAKED FRENCH FRIES

An easy side dish packed with flavor.

INGREDIENTS

- 4 large russet or sweet potatoes
- 1/4 cup olive oil
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 2 teaspoons onion powder

PREPARATION

1. Preheat oven to 450 degrees F (230 degrees C).
2. Cut potato into wedges. Mix olive oil, paprika, garlic powder, chili powder and onion powder together. Coat potatoes with oil/spice mixture and place on a baking sheet.
3. Bake for 45 minutes in preheated oven.

Tip: Place the potatoes on foil or parchment paper for easier cleanup.

MAKES 4 SERVINGS.
PER SERVING:

357 calories **14 g fat**
5.4 g protein **4.7 g fiber**
54 g carbohydrate **27 mg sodium**

Source: All Recipes

HEALTH TIPS FOR EVERY BODY

SMALL DAILY DECISIONS CAN REALLY ADD UP



Add healthy fats to every snack or meal

HOW LONG IT TAKES: 20 seconds



WHAT IT DOES:
Reduces your risk of heart disease and diabetes

When your meal contains protein, fiber, and even fat, your body's insulin response slows, stabilizing your blood sugar. Munch bread with some butter or olive oil, or make a PB&J sandwich with more PB and less J.



Take 6 little, calming, slow breaths

HOW LONG IT TAKES: 30 seconds



WHAT IT DOES:
Lowers your blood pressure

Six calming breaths in 30 seconds can reduce your systolic blood pressure, Japanese research has found. Even occasional blood pressure spikes—like those during a nonstop day—might put you at increased risk of stroke.



Add more ice to sugary drinks

HOW LONG IT TAKES: 40 seconds



WHAT IT DOES:
Cuts a junk food craving

If you just can't give up your soda—a known contributor to obesity—here's one way to lessen the impact of all that sugar and phosphoric acid: Take a glass that's twice as big as your can, pack it with ice, and then pour in the soda. It will last longer and, by the time you're finished, you'll have an extra helping of hydrating water as well. Try it with any sweetened drink.



Keep track of your good deeds

HOW LONG IT TAKES: 5 minutes



WHAT IT DOES:
Makes your mood soar

When people were asked to track kindnesses they showed others, their own happiness skyrocketed. Leave a more-than-generous tip for waitstaff or let someone cut in front of you in line at the supermarket. Jot down your good deeds every evening, and you may act more kindly simply to lengthen your list.



Strength-train during commercials

HOW LONG IT TAKES: 4 minutes



WHAT IT DOES:
Boosts your brainpower

A known metabolism jump-starter, resistance training just once a week can improve your ability to resolve conflicts and focus your attention. Luckily, you don't need the gym; just use your own body weight. Do as many push-ups or crunches as you can during commercials while watching your favorite TV show.



Plan a getaway

HOW LONG IT TAKES: 15 minutes



WHAT IT DOES:
Stave off a heart attack

When on a tight budget, it's easy to postpone vacations. But people with a higher risk of heart disease who take a trip every year are 32 percent less likely to die from their condition. Research a quick weekend getaway online, and consider it a health investment.

IF YOU USE TOBACCO, ARE YOU READY TO QUIT?

Every person who uses tobacco has their own personal motivation for quitting. Here are some common reasons.

Your Health – According to the Surgeon General, quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life. As soon as you quit, your body begins to repair the damage caused by smoking. Of course it's best to quit early in life, but even someone who quits later in life will improve their health.

Your Wallet – It's expensive to use tobacco. In some places, a pack of cigarettes costs more than \$10—and prices keep rising. Even if a pack costs “only” \$5 where you live, smoking one pack per day adds up to \$1,825.00 each year.

Your Convenience – Using tobacco is a hassle. More and more states and cities have passed clean indoor air laws that make bars, restaurants, and other public places smoke-free. Are you tired of having to go outside many times a day? Wouldn't it be easier if you could choose to go outside only when you want to and not when you need to?

Your Friends and Family – Cigarette smoke harms everyone who inhales it, not just the smoker. Whether you're young or old, in good health or bad, secondhand smoke is dangerous and can make you sick.

Both you and the people in your life will breathe easier when you quit. Better breathing can mean better sleep at your

house: Not only are smokers more likely to snore, so are non-smokers who breathe secondhand smoke on a daily basis. Your sense of smell also improves, so get ready to really enjoy the scent of flowers or fresh-cut grass. You'll also be able to make it through a long movie or an airplane flight without cravings.



Are you ready to be free from tobacco? Call **1.866.QUIT.4.LIFE (866.784.8454)** or enroll online at **www.soundhealthwellness.com**. You'll work one-on-one over the phone with a certified Quit Coach®. You could even qualify for free nicotine patches or gum.

Source: American Lung Association



FIND THE WEIGHT LOSS PROGRAM THAT WORKS FOR YOU ... AND HELP FUND YOUR HRA

As of January 1, 2017 the Trust now offers more ways to fund your HRA, while you work on reaching your weight loss goals. A key to success is finding a program that works for you. Do you work best when you have a group to help hold you accountable? Or when you receive pre-made meals? Do you work best on your own with online resources?

The Trust now offers funding toward your Jan. 1, 2018 HRA for actively participating in select weight loss programs:

- ➔ Weight Watchers®,
- ➔ Jenny Craig®,
- ➔ NutriSystem®,
- ➔ 3010 Weight Loss for Life®, or
- ➔ 2020 Lifestyles®.

Earn \$150 toward your HRA by actively participating for three consecutive months in one of the programs, or \$200 by actively participating for six consecutive months. Participation documentation is required through a form provided by the Trust. (Membership or program fees are not paid for by the Trust other than for the Trust-sponsored Weight Watchers program.)

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
Catamaran Rx—for Prescription Coverage	(877) 629-3126
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

GHO PLAN PARTICIPANTS

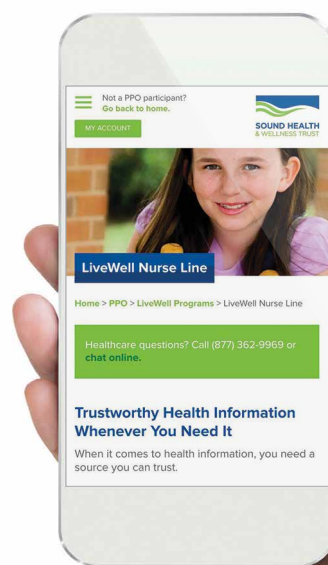
Trust Office - Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Group Health - Benefits and Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Chronic Conditions Workshops	(800) 992-2279

RETIREE PLAN PARTICIPANTS

Trust Office - Benefits, Eligibility	(206) 282-4500 or (800) 225-7620
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit For Life®	(877) 362-9969 Option 4
Weight Watchers®	(800) 767-5154
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

SOUND HEALTH & WELLNESS TRUST

For more information, visit the Trust website at www.soundhealthwellness.com



LiveWell 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 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 deny health care coverage.



**SOUND HEALTH
& WELLNESS TRUST**

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**GET
INVOLVED**

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.

AN INCENTIVE TO GET OUTSIDE AS THE WEATHER WARMS

If it's hard to pull back those blankets and greet the day, you might try signing up for a LiveWell Fit event. Check out the list of events available for reimbursement through the Trust's LiveWell Fit program.

You can download this season's full list of LiveWell Fit events at www.soundhealthwellness.com.

Eligible Trust participants and covered family members can get reimbursed for registration fees for up to four approved events per calendar year.



Earn funds for your HRA with LiveWell Fit. See the full list for details.



Trust Participants get ready for the 2016 Turkey Trot.

DATE	EVENT NAME & DESCRIPTION
MARCH	
4	Spokane Snake River Canyon Half - 13.1 mile run/walk
4	Redmond Lake Sammamish Half Marathon - 13.1 mile run/walk
4	Seattle March Fourth Fun Run - 6.2 or 3.1 mile run/walk
4	Bellingham Stewart Mountain Half/10k - 13.1 or 6.2 mile run/walk
5	Seattle Hot Chocolate Run - 9.3 or 3.1 mile run/walk
11	Bellingham Runnin 'O' the Green - 5 or 3 mile run/walk
11	Tacoma Tacoma St. Paddy's Day Run - 13.1, 6.2 or 3.1 mile run/walk and kid's dash
11	Burlington Shamrock Shuffle - 3.1 mile run/walk
12	Seattle Seattle St. Patrick's Day Dash - 3.1 mile run/walk and kid's dash
18	Seattle Spring Into Action - 13.1, 6.2 or 3.1 mile run/duathlon
19	Mercer Island Mercer Island Rotary Half Marathon - 13.1, 6.2 or 3.1 mile run walk and kid's dash
19	Olympia Friendship Run - 6.2 or 3.1 mile run/walk
25	Spokane Super Hero Fun Run - 6.2 or 3.1 mile run/walk
26	Seattle Big Climb Seattle - Stair climb
APRIL	
1	Blaine Birch Bay Road Race - 18.6, 9.3 or 3.1 mile run/walk
1	Port Angeles OAT Run - 13.1 mile run/walk
2	Spokane Walk MS Spokane - 3.1 mile run/walk
8	Burlington Tulip Run - 5 or 2 mile run/walk
8	Tulalip Walk MS Snohomish - 3.1 mile run/walk