

In Sound Health

Your Source for How to LiveWell

Accessing care is now
easier than ever.

**New healthcare
tools mean new
and better ways to
manage your health**

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KNOW YOUR HEALTHCARE RESOURCES

September 2018

Fall is a great time to think back on any health goals you had at the beginning of the year, and reflect on what you wanted to achieve. The Trust can help you re-commit to your goals with innovative wellness programs and healthcare tools that give you personalized support and virtual healthcare options so you can get care anytime and anywhere.

In this issue of *In Sound Health*, we'll talk about how the resources offered and fully paid for by the Trust, and a little self-knowledge with an openness to change, can improve your health and help you reach your goals.

WITH VIRTUAL HEALTHCARE, THE DOCTOR IS ALWAYS IN ADVANCEMENTS IN TECHNOLOGY IMPROVES ACCESS TO MEDICAL CARE.

Technologies like smartphones and high speed wireless have changed so many aspects of our lives – from the way we shop and pay bills, to how we stay connected to friends and family. They're also bringing big changes to the way we access medical care.

According to the American Telemedicine Association, being able to be seen virtually by a certified practitioner via a call—and now video chat on your PC, tablet or smartphone—has been around for more than 50 years. Technology advancements have helped doctors be able to do things like monitor a cardiac patient's vitals remotely, and helped groups like Doctors Without Borders by being able to bring specialists to remote locations around the world. NASA even uses telemedicine to care for astronauts in space!

Closer to home, new virtual healthcare services like the Trust-sponsored program Doctor On Demand® (for PPO Plan participants) and Kaiser Online Visits (for Kaiser Permanente Plan participants) are quickly connecting doctors and patients 24/7, 365 days a year. These virtual medical care services provide a new level of quality and increased convenience for busy people.

While virtual care offers an unprecedented convenience in getting care, average Americans are slow to use this type of service. Many people don't know if their healthcare plan covers the cost, how to connect with a doctor, or are confused about how to use virtual care.

Thankfully Trust participants don't have to be astronauts to join the virtual healthcare revolution! Services like Doctor On Demand or Online Visits are covered in full by the Trust, quickly connect you to a doctor and are easy to use.

WHEN SHOULD YOU TURN TO VIRTUAL CARE?

When you need non-emergency care and can't get in to see your primary care physician, or don't have time to visit Urgent Care, that is a great time to turn to **Doctor On Demand** if you are on the PPO plan or **Kaiser Online Visits** for Kaiser participants.

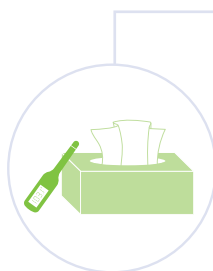
- ➔ Cold & Flu,
- ➔ Headache & Migraines,
- ➔ Skin & Eye Conditions,
- ➔ Allergies, and more.

You can be seen for a wide variety of common non-emergency medical conditions, and if necessary be prescribed medications for:

Please remember: If the issue is life-threatening, call 911 or visit your local emergency room.

Source: Washington Health Alliance; National Institute on Drug Abuse

VIRTUAL CARE MAKES LIFE EASIER GETTING YOU THE CARE YOU NEED, WHEN YOU NEED IT.



Help During Flu Season

If you're stuck in bed with the flu, or your child is and you can't miss work to visit your primary care physician, a virtual care visit can make sure you see a doctor without leaving the house (or even your bed).



While on Vacation

Don't waste your valuable vacation time trying to find a doctor. With virtual or online services you can get care quickly, without worrying about the cost of going out of network when illness strikes.



Prescription Questions

Can I take these medications together? What are the side effects? Can I eat this while on this medication? If you have prescription questions after the pharmacy closes, you can get answers you can trust, at any time.



Outside Office Hours

When it is the middle of the night or the weekend, but your child is sick, or you aren't sure if you should go to the ER or Urgent Care, you don't need to wait until Monday morning to get answers.

These are just a few examples of how you can use Doctor On Demand (PPO) or Online Visits (Kaiser) for convenience and peace of mind. If needed, schedule a follow-up with your Primary Care Physician at a later date.



Doctor On Demand

The Sound Health & Wellness Trust has partnered with Doctor On Demand® to provide convenient and confidential virtual medical care services to all PPO Plan Participants and their covered family members.

Once registered, you can schedule a live video consultation on your PC, tablet or smart phone at any time that is convenient for you. This virtual care service is fully paid for by the Trust, without any co-insurance costs for your visit.

Visit www.soundhealthandwellness.com/benefits/dod for step-by-step instructions on how to register.



Kaiser Online Visits

When you can't see your Primary Care Physician, Kaiser Permanente's Online Visit, gives you access to quick online care for many common conditions.

Visit Kaiser at www.kp.org/wa, sign in and then select "Get Care From Home" in the lower right corner.

WHAT'S YOUR WELLNESS TYPE? KNOWING YOUR PERSONALITY TYPE CAN HELP YOU SUCCESSFULLY MANAGE YOUR HEALTH.

The medical community has long studied the connection between personality and health, and research has found that personality can be an overall health predictor. While there's still disagreement about whether your personality sets you up for certain health risks, it CAN help you figure out how to develop a strategy for maintaining good health. Working with your natural tendencies instead of against them can help you be more successful in reaching your goals. See if any of the common personality types sound like you.



The Motivator

Sometimes called Type A, this personality type thrives on working hard, achieving goals and are highly organized. They are often outgoing and sometimes competitive. While they can go, go, go they can sometimes be impatient with others, and stressed out by ambiguity.

How to approach your health goals if you're a motivator type:

- ➔ Appeal to your own need for accomplishment and set attainable and clearly defined goals. A LiveWell Health Coach for PPO participants can help you do this!
- ➔ Remove discouraging ambiguity by learning about your health and healthcare options. Get the most out of your doctor visits by writing down questions beforehand, and taking notes during your appointment.

The Dreamer

Considered the opposite of Type A, Type B personalities are more relaxed in their approach. They tend to be creative, and enjoy exploring ideas and concepts over completing tasks. They are less competitive, and do not tend to feel physical or mental stress when they fail to achieve a goal.

How to approach your health goals if you're a dreamer type:

- ➔ Consistency is key to maintaining healthy behaviors. Don't let your relaxed attitude cause you to skip exercise, or indulge in too many sweets.
- ➔ Join a LiveWell Fit event – it'll provide structure but is also social, fun, and lets you try out a new activity.

The Caretaker

This personality type tends to go with the flow in social situations. They enjoy being part of a group and making others happy. They often put the needs of others before their own, and can sometimes feel hopeless when they can't live up to other's expectations.

How to approach your health goals if you're a caretaker type:

- ➔ Don't ignore your own needs. Get your annual physical, get a flu shot, and if you're sick, seek care. You can take better care of others when you're healthy and fit.
- ➔ Find a fitness buddy and take walks or a class together at the gym. Having a partner will give you a great reason to show up and stay committed, and you could even earn HRA funding for your gym attendance or recorded steps.

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Speaking with a LiveWell Health Coach really helped me feel empowered to take control of my weight management, and even though I'm still on my weight loss journey, I now feel like I have the tools I need to be successful, thanks to my coach.”

- BONNIE RASMUSSEN, TRUST PARTICIPANT



SCRUMPTIOUS CHICKEN SOUP

A hearty bowl of immune-boosting goodness

INGREDIENTS

- 2** tbsp olive oil
- 1** onion, chopped
- 3** large celery stalks, chopped
- 2** large carrots, peeled and chopped
- 1** cup mushrooms, sliced
- 10** cloves garlic, minced
- 8** cups chicken stock
- 2** bay leaves
- 1/2** tsp. turmeric
- 1/2** tsp. crushed red pepper
- 1 1/2** tsp. sea salt
- 1** (15 oz) can chickpeas, drained and rinsed
- 3** cups shredded rotisserie chicken
- 2** cups baby kale leaves

INSTRUCTIONS

- 1.** In a large pot or Dutch oven, heat oil over medium-high heat and sauté onion, celery and carrots, stirring occasionally, about 5 minutes. Add mushrooms and garlic, cooking another 3 minutes.
- 2.** Stir in the chicken stock, bay leaves, turmeric, crushed red pepper, salt and chickpeas; bringing to a boil. Mix in shredded chicken, cover and turn down heat to a simmer for 15 to 20 minutes.
- 3.** Add kale, cover and simmer an additional 5 minutes. Discard bay leaves, serve and enjoy!

MAKES 8 SERVINGS
(SERVING SIZE: 1 1/2 CUPS)

253 calories **6 g** fiber
6.5 g fat **28 g** protein
0.8 g saturated fat **3.5 g** sugars
20.6 g carbs

Source: www.eatyourselfskinny.com








The Go-It-Alone-er

Introverts are often reserved and reflective. They take pleasure in solitary activities such as reading, writing and fishing. While large group gatherings can feel draining, they often develop close relationships and enjoy one-on-one time with friends and family.

How to approach your health goals if you're a go-it-alone type:

- ➔ Enjoy alone time but don't let yourself get lonely. It's easy to go long periods of time alone, but studies have shown that lack of strong social support can lead to decreased immunity and increase risk of some diseases.
- ➔ Don't keep it to yourself. Work one-on-one with a LiveWell Health Coach if you are on the PPO plan and also share your health goals with friends and family. They can help keep you accountable, and celebrate your successes.

KNOW WHERE TO GO INCORPORATE ALL YOUR HEALTHCARE OPTIONS WITH THIS QUICK REFERENCE GUIDE.

 <p>24-hour Nurseline</p> <p>For when you have questions or need help knowing what level of care is required.</p>	 <p>Virtual Care from Doctor on Demand® or Kaiser Online Visits</p> <p>For when you have a common ailment and need to speak to a doctor and possibly get a prescription, but are unable to see your primary care physician.</p>	 <p>Your Primary Care</p> <p>For ongoing or more severe symptoms, being physically seen by your doctor is best. They can order tests and take an in-depth look at your health and health history.</p>	 <p>Urgent Care</p> <p>For when you are unable to see your primary care doctor, and need an in-person visit right away.</p>	 <p>Emergency Room</p> <p>For severe injuries and emergencies, call 911 or visit the ER.</p>
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TIME'S NEARLY UP!

Complete your annual health assessment to avoid a higher deductible in 2019.

If you are Health Reimbursement Arrangement (HRA) eligible, you and your covered spouse, if married, must complete your Personal Health Assessment (for PPO Plan participants) or Health Profile (for Kaiser Permanente Plan participants) between **July 1 and Sept. 30, 2018** to earn part of your 2019 HRA funding and avoid a higher deductible in 2019.

Why is this important? The funds in your HRA pay for first eligible medical expenses, like office visits and lab tests, and help you avoid a higher deductible in 2019. You save money, and by completing certain health related activities you can also improve your wellbeing.

Sounds good to me! How do I take it? Visit www.soundhealthwellness.com, select your plan (PPO or Kaiser) and click on the ad on the homepage to log in and get started. Just follow the prompts until the end. It's quick and should take you around 15 minutes to complete!



If you and your spouse complete your annual PHA or Health Profile you could earn:

- ➔ Up to \$300* of the \$500 maximum HRA funding, for employee-only coverage
- ➔ Up to \$600* of the \$1,000 maximum HRA funding, for family coverage

**Final earned amount depends on the other Health Related Actions you perform this year. Must be HRA eligible on January 1, 2019.*

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
Optum 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
LiveWell Fit	(800) 225-7620 Option 2, then 5
Condition Management	(877) 362-9969 Option 2

KAISER PLAN PARTICIPANTS

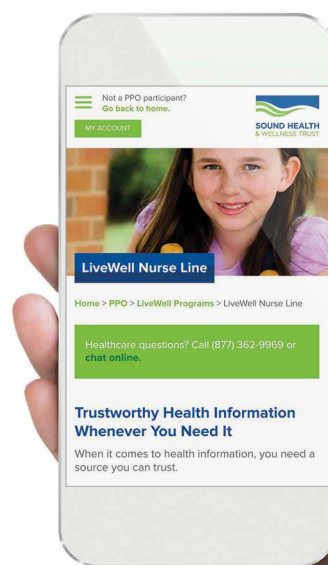
Trust Office - Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente - Benefits and Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit For Life®	(877) 362-9969 Option 4
LiveWell Fit	(800) 225-7620 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
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 healthcare coverage.



**SOUND HEALTH
& WELLNESS TRUST**

201 Queen Anne Ave. N. #100
Seattle, WA 98109

**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.

SHAKE IT UP WITH LIVEWELL FIT

Enjoy cooler days with LiveWell Fit. Shake it up and try something new like an obstacle course, bike ride or run/walk. With events for all fitness levels and family members, there's something for everybody.

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.



Hillary Metzger was one of more than 100 Trust participants at this year's Rhody Run. This is Hillary's 25th year participating in the event!

DATE	EVENT NAME & DESCRIPTION	
SEPTEMBER		
15	Seattle	Night Nation Run - 3.1 mile run/walk
15	Grand Coulee	Run the Dam - 13.1, 6.2 or 3.1 mile run/walk
16	Bellevue	Cycle the Wave - 70, 46, 29 or 12 mile bike ride and 4 mile walk
16	Quilcene	Quilcene Oyster Races - 13.1, 6.2 or 3.1 mile run/walk
16	North Bend	Tunnel Light Marathon - 26.2 mile run/walk
16	Gig Harbor	Race for a Soldier - 10 mile or 3.1 mile run/walk
16	Bainbridge Island	Bike for Pie - 32 mile or 8 mile bike ride
15-16	Carnation	Beat the Blerch - 26.2, 13.1, 6.2 or 3.1 mile run/walk
15-16	Spokane	Cycle the Silver Valley - 100, 75, 50, 35, 25 or 20 mile bike ride
22	Spokane	Happy Girls Run Spokane - 13.1, 6.2 or 3.1 mile run/walk
22	Bonney Lake	Warrior Dash - 3.1 mile obstacle course
22	Redmond	Get Your Rear in Gear - 3.1 mile run/walk and kid's dash
22	Kirkland	Oral Cancer Walk - 3.1 mile run/walk
23	Kitsap	Kitsap Color Classic - 57, 39 or 25 mile bike ride
29	Everett	Run with Heart 5k - 4.97 or 3.1 mile run/walk and kid's dash
30	Bellingham	Bellingham Bay Marathon - 26.2, 13.1, 6.2 or 3.1 mile run/walk