In Sound Health
Your Source for How to LiveWell

A little planning today can have a big impact on your health all year long.

2 Get a Jump on Your HRA Funding Plan
3 Disposing of Medications the Right Way
4 Do You Know Your Health Numbers?
6 Healthy Habits in the Digital Age
7 Important Numbers To Know
8 LiveWell Fit Calendar

Look inside for how to avoid a higher deductible in 2020.
With all of the opportunities the Sound Health & Wellness Trust offers participants and eligible spouses to earn Health Reimbursement Arrangement (HRA) funding, you can improve your health today, and avoid a higher deductible next year.

You can earn your HRA funding throughout the year by completing health related actions. Get a jump on funding your HRA by beginning a LiveWell wellness program, having active gym attendance, tracking your fitness activity, or scheduling a preventative visit. You can also take advantage of these seasonal events to maximize your annual HRA funding opportunities:

**Spring:** Participate in a LiveWell Fit sponsored event. Find the list of events on the Trust’s website at [www.soundhealthwellness.com](http://www.soundhealthwellness.com).

**Summer:** Complete your PPO Personal Health Assessment (PHA) or Kaiser Health Profile to earn the maximum HRA funding for 2020.

**Fall:** Sign up for the LiveWell Health Coaching program (PPO) to get help managing high blood pressure, back pain, stress, or setting exercise and nutrition goals. Finish three calls with your coach by December 31, 2019 to earn HRA funding.

**Winter:** Boost your health and your HRA funding by getting a covered flu shot or certain adult immunizations.

Use the chart on the right to create your plan for actions to take in 2019! You can also download a version just for PPO Participants or for Kaiser Participants at [www.soundhealthwellness.com](http://www.soundhealthwellness.com).

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**MY HRA FUNDING PLAN**

- **Complete the PHA or Health Profile, update your information and confirm your PCP when offered in the summer of 2019.**
- **Get a Covered Flu Shot**
  - Earn up to $200 towards your maximum amount by choosing from the following.
  - All Health Related Actions must be completed between Jan. 1 and Dec. 31, 2019.
  - *Get A Jump On Your 2020 HRA Funding Plan* Make Time For Your Health And Wellness In 2019
- **Choose one of these options:**
  - Well-Adult Annual Physical
  - Preventive Mammogram, Pap Smear, or Prostate Exam
  - Certain Adult Immunizations
  - Biometric Screening
  - Preventive Colon Cancer Screening
- **Participate in Health Coaching (PPO only)**
  - Complete three calls with your coach.
- **Participate in a Weight Loss Program**
  - Actively participate in Weight Watchers®, Jenny Craig®, NutriSystem®, 3010 Weight Loss for Life®, or 2020 Lifestyles® for at least three consecutive months.
  - Earn up to $300 towards your maximum amount.
- **Join Quit For Life®**
  - Complete five calls with your Quit Coach.
- **Participate in LiveWell Fit**
  - Choose from a list of approved events.
- **Have Active Gym Attendance**
  - Have 20 or more visits within a consecutive 3-month period. Or 40 visits in a consecutive 6-month period.
- **Track Your Fitness Activity**
  - Wear your fitness or activity tracker and complete 10,000 steps per day or 5 miles of running/walking for 30 or more days in consecutive 3-month period. Or 60 or more days in a consecutive 6-month period.
- **Join the Wellness Volunteer Network**
  - Complete an orientation, meet with your Wellness Coordinator once annually, and meet other participation requirements.
- **Participate in Chronic Conditions Workshops (KP only)**
  - Complete one of the Living Well six-week courses offered by Kaiser Permanente on topics like diabetes or chronic pain.
  - Earn up to $300 towards your maximum amount.
- **Participate in Condition Management (PPO only)**
  - Actively participate or graduate from the program in 2019. For participants who have been diagnosed with diabetes, heart disease, asthma, and other pulmonary chronic diseases, and are invited to the program.

**MY TOTAL:**

- Earn up to $500 depending on the event
- Add an additional $50 depending on the event
- Add an additional $50 per PPO Participant
- The maximum you can earn in 2020 HRA funding is $500 for Kaiser Participants at [www.soundhealthwellness.com](http://www.soundhealthwellness.com).

For March 2019

Spring is a natural time to contemplate healthier habits. By taking advantage of this natural energy, we can take actions now to plant the seeds for a healthier year.

In this issue of In Sound Health, we’re kicking off a four-part series on the ways our digital devices are impacting our health and happiness – for better and worse. Learn ways to avoid unnecessary screen time, while still taking advantage of the latest technical advances in virtual care for you and your family.

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If you are like most people, you might have some leftover, unopened, or unused medications in the house. Promptly disposing of unneeded medications can help prevent accidental exposure of family members – even the furry kind – to harm. Nearly 60,000 children in the United States are accidentally poisoned by medicines each year. At the same time, more than 4 in 10 teens who have misused or abused a prescription drug took it from their parent’s medicine cabinet at least once.

If you need to get rid of expired, unused or dangerous medication, follow one of these methods to keep your family and community safe.

**DROP IT OFF**

This is the safest and best way to ensure that medications will be disposed of properly, and not end up in our water sources or soil. You can easily find a secure drop-off location near you at [www.takebackyourmeds.org](http://www.takebackyourmeds.org). Drop-boxes are located throughout Washington at participating retail pharmacies, hospital and clinic pharmacies, and law enforcement offices. You can also ask your pharmacy if they take back unused medications. Most prescription and over-the-counter medicines are accepted unless specified, though not all pharmacies accept controlled substances such as pain medications.

For a complete list visit [www.fda.gov/Drugs/ResourcesForYou/Consumers/](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/).

**BAG IT UP**

If a drop off location is not available to you, mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, cat litter or used coffee grounds. Place the mixture in a container, such as a sealed plastic bag, and put it in your household trash. Remove all personal information on prescription labels, then dispose of the container.

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**Funding Amount**

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<th>Amount Earned</th>
<th>Employee</th>
<th>Spouse</th>
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<tr>
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<td>$150 for a consecutive 3-month period</td>
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<td>Add an additional $50 for a consecutive 6-month period</td>
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<tr>
<td>$150</td>
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<tr>
<td>$50, $100 or $150 depending on the event</td>
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<td>$150 for a consecutive 3-month period</td>
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<td>Add an additional $50 for a consecutive 6-month period</td>
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<td>$100</td>
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<tr>
<td>$200</td>
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</tbody>
</table>

**MY TOTAL:**

HRA funding not to exceed annually: $500 $500

employee-only coverage and $1,000 for family coverage. All steps HRA funding in 2020. You must be eligible on Jan. 1, 2020 to

Sources: Food and Drug Administration, Washington Poison Control, SafeKids.org, Washington Health Alliance
DO YOU KNOW YOUR HEALTH NUMBERS?
KNOWING – AND TRACKING – THESE FOUR NUMBERS CAN IMPROVE YOUR HEALTH.

Key markers of health like cholesterol, blood pressure, blood sugar and body mass index (BMI) can tell you and your doctor about your risk for many illnesses, including heart attack, stroke, kidney disease, and diabetes.

Here are the healthy numbers to strive for:

**TOTAL CHOLESTEROL = 200 OR LESS**

Cholesterol levels help indicate heart health.

It is recommended to start having your cholesterol checked every five years, beginning at age 20. If an elevated level is detected, it should be checked more frequently.

- **HDL (good cholesterol) should be above 60**
- **LDL (bad cholesterol) should be below 130**

**BLOOD PRESSURE = LESS THAN 120 OVER 80**

Blood pressure is another indicator of hearth health.

It is recommended to get your blood pressure checked at least once a year.

- **Hypertension, or high blood pressure, is a condition where resting blood pressure is consistently measured at 140 over 90 or greater.**

**BLOOD SUGAR = BELOW 100**

Glucose is sugar that is stored in the blood as our main source of energy.

It is recommended to get your blood sugar tested every 3 years, unless you have pre-diabetes, in which case it should be checked yearly.

- **Hyperglycemia - when glucose levels are too high, you can develop diabetes.**
- **Hypoglycemia - when glucose levels are too low, you can develop diabetes.**

**BODY MASS INDEX (BMI) = BETWEEN 18.5 AND 24.9**

BMI is regarded as the most useful tool to determine and classify obesity – it measures body fat.

This information can be used to assess your risk for a number of conditions.

- **BMI under 18.5 – classified as underweight**
- **BMI over 25 – classified as overweight**
- **BMI over 30 – classified as obese**

Source: American Heart Association

HOW TO USE YOUR NUMBERS

Having these numbers on file helps your doctor better understand your health, monitor your progress and advise you on treatment and lifestyle changes. Knowing your levels can help you choose specific health goals (like lowering your cholesterol) and can be a motivating factor in making new healthier habits.

In addition, these numbers can help you earn Health Reimbursement Arrangement (HRA) funding. This summer, when you and your covered spouse are asked by the Trust to complete your annual PPO Personal Health Assessment (PHA) or Kaiser Health Profile, knowing your numbers will help you get better results, and direction on what wellness sponsored programs (like Health Coaching for PPO or Quit For Life®) might be good for you. And just for completing your PHA you can earn up to $300 toward your annual HRA and avoid a higher deductible in 2020.
VIRTUAL CARE CORNER
SEASONAL TIPS FOR MAKING THE MOST OF YOUR VIRTUAL CARE OPTIONS

Spring brings a host of seasonal illnesses from allergies and insect bites to more serious conditions like sinus infections and asthma – all of which can be addressed virtually. Whether you’re a PPO Plan participant or a Kaiser Permanente Plan participant, you can get convenient, confidential virtual care – fully paid for by the Trust, without any co-insurance costs for your visit.

Help Identifying Allergies
Not sure if that persistent sniffle is a cold or allergies? It can be hard to tell the difference, especially if you or a family member have never experienced allergies before. Through a quick virtual care consultation, a physician can answer your questions, and help you get the relief you need – including prescribing medications if necessary.

Bug Bites and Skin Rashes
Warmer weather and longer days mean increased time outside – and exposure to bugs like spiders and ticks, and plants like poison oak. Virtual care physicians can help identify common bites and rashes through pictures and video consultation from your PC, tablet or smart phone – all from the convenience of your home.

Sinus Infections
Allergies and spring colds can sometimes turn into more serious conditions like a sinus infection. Some sinus infections clear up on their own, but often antibiotics are necessary. How do you know if you need antibiotics? A virtual care physician will go over your symptoms with you, help determine if antibiotics are needed, and call in the prescription to your local pharmacy.

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.

PARMESAN YOGURT CHICKEN
Creamy, delicious and low fat too.

INGREDIENTS
4 chicken breasts approx. 5 ounces each
1 container (5 ounce) plain Greek Yogurt
1/2 cup freshly grated Parmesan cheese
1 tsp. seasoning salt
1 tsp. garlic powder
1/2 tsp. ground black pepper

INSTRUCTIONS
1. Preheat oven to 375° F. Spray baking dish with non-stick cooking spray.
2. Combine yogurt, Parmesan cheese, and seasonings.
3. Spread over chicken breasts. Bake for 45 minutes, or until chicken is cooked through and topping is browned. Serve immediately.

MAKES 4 SERVINGS
(SERVING SIZE: 1 CHICKEN BREAST)
280 calories 3 g carbs
10 g fat 0 g fiber
4.5 g saturated fat 46 g protein

Source: https://www.tablespoon.com/

For PPO Plan participants and eligible family members:
The Trust has partnered with Doctor On Demand™ to provide convenient and confidential virtual medical care services right from your computer or smart phone. Visit www.soundhealthandwellness.com/benefits/ for more information.

For Kaiser Permanente Plan participants and eligible family members:
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.

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

NURSE LINE 24/7: PPO (877) 362-9969 KAISER (800) 297-6877
TIPS FOR REDUCING YOUR SCREEN TIME

It’s easy to see how we can easily lose track of time – one quick check on our device can result in hours of lost time. Digital devices are addictive. We get a dopamine release in our brains when we feel connected, and this false form of connection can lead us to reach for our devices over and over. But there is hope. With a little discipline and practice, it’s possible to better manage daily screen time.

- **Take a break** – stretch or walk away from screens now and then.
- **Use the technology** – download apps that can help limit screen time, like Offtime, Moment, or Freedom, or set your phone alarm or a reminder to help you remember to step away.
- **Stand up** – moving while using your device is better than being sedentary.
- **Don’t eat in front of screens** – we all do it, but try to limit this to a few times a week instead of everyday.
- **Make it routine** – try not checking your phone after you’ve brushed your teeth at night, and before you brush them in the morning.

Putting a few healthy habits in place can help keep your screen time in check, while improving your health and productivity.

**American Screen Time By The Numbers**

- **11** the number hours an adult spends looking at a screen each day. That’s the equivalent of nearly two full time jobs a week!
- **10** the average adult checks their phone every 10 minutes.
- **80%** the percentage of adults who use digital screens in the hours before bed.
- **26%** the percentage of adults who are online “almost constantly”.
- **90%** the number of U.S. households that have at least one of these devices: smartphone, desktop/laptop computer, tablet or streaming media device. The typical American household has five of these!

**Source:** Centers for Disease Control and Protection (CDC) and Pew Research Center
**CONTACT INFORMATION**

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- PPO (877) 362-9969
- KAISER (800) 297-6877

**SOUND HEALTH & WELLNESS TRUST**

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

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### IMPORTANT NUMBERS TO KNOW

#### PPO PLAN PARTICIPANTS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trust Office – Benefits, Eligibility, HRA</td>
<td>(206) 282-4500 or (800) 225-7620</td>
</tr>
<tr>
<td>Delta Dental PPO &amp; Schedule Plan</td>
<td>(800) 554-1907</td>
</tr>
<tr>
<td>DeltaCare</td>
<td>(800) 650-1583</td>
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<tr>
<td>VSP (Vision Service Plan)</td>
<td>(800) 877-7195</td>
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<tr>
<td>Optum Rx—for Prescription Coverage</td>
<td>(877) 629-3126</td>
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<tr>
<td>Nurse Line</td>
<td>(877) 362-9969 Option 1</td>
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<tr>
<td>Health Coaching</td>
<td>(877) 362-9969 Option 3</td>
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<tr>
<td>Quit For Life®</td>
<td>(877) 362-9969 Option 4</td>
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<tr>
<td>LiveWell Fit</td>
<td>(800) 225-7620 Option 2, then 5</td>
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<tr>
<td>Condition Management</td>
<td>(877) 362-9969 Option 2</td>
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#### KAISER PLAN PARTICIPANTS

<table>
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<th>Service</th>
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<tbody>
<tr>
<td>Trust Office – Eligibility, HRA</td>
<td>(206) 282-4500 or (800) 225-7620</td>
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<tr>
<td>Kaiser Permanente - Benefits and Claims Status</td>
<td>(888) 901-4636</td>
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<tr>
<td>Delta Dental PPO &amp; Schedule Plan</td>
<td>(800) 554-1907</td>
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<td>DeltaCare</td>
<td>(800) 650-1583</td>
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<tr>
<td>Consulting Nurse Helpline</td>
<td>(800) 297-6877</td>
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<tr>
<td>Quit For Life®</td>
<td>(877) 362-9969 Option 4</td>
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<tr>
<td>LiveWell Fit</td>
<td>(800) 225-7620 Option 2, then 5</td>
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<tr>
<td>Chronic Conditions Workshops</td>
<td>(800) 992-2279</td>
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**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.*
THE OUTDOORS IS FOR EVERYBODY

March is a great month to try something new. With more than 10 events that are three miles or less, you can take the first step towards a new hobby, and LiveWell Fit will reimburse your registration fees for your first four eligible events.

Download the current list of LiveWell Fit events at www.soundhealthwellness.com, and check back often for newly added events.

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT NAME &amp; DESCRIPTION</th>
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<tbody>
<tr>
<td>MARCH</td>
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<tr>
<td>2</td>
<td>Redmond</td>
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<tr>
<td>2</td>
<td>Lake Sammamish Half Marathon - 13.1 mile run</td>
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<td>2</td>
<td>Olympia</td>
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<tr>
<td>2</td>
<td>Mtn. Marathon &amp; Hillbilly Half - 26.2, 13.1 or 3.1 mile run/walk</td>
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<td>2</td>
<td>Wawawai Landing</td>
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<td>Snake River Canyon Half - 13.1 mile run/walk</td>
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<td>Gold Bar</td>
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<td>Wallace Falls Trail Run - 31, 22.4 or 13.1 mile trail run</td>
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<td>Seattle</td>
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<td>2</td>
<td>Mardi Gras Mayhem 5k - 3.1 mile run/walk and kids dash</td>
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<td>Seattle</td>
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<tr>
<td>3</td>
<td>Hot Chocolate Run - 9.3 or 3.1 mile run/walk</td>
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<td>9</td>
<td>Lake Stevens</td>
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<tr>
<td>9</td>
<td>C-Trail 5k &amp; 10k - 6.2 or 3.1 mile run/walk and kids run</td>
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<td>Poulsbo</td>
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<td>St. Paddy's Day Poulsbo Beer Run - 4 miles</td>
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<td>Leavenworth</td>
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<td>O’Grady’s St. Paddy’s 5k - 3.1 mile run/walk</td>
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<td>Bellingham</td>
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<td>St. Paddy’s Day Run Tacoma - 13.1 run/relay, 6.2 or 3.1 mile run/walk and kids dash</td>
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<td>Donut Dash - 3.1 mile run/walk and kid’s dash</td>
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<tr>
<td>17</td>
<td>Seattle St. Patrick’s Day Dash - 3.1 mile run/walk and kids dash</td>
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<td>23</td>
<td>Run to Pieces 5k/10k - 6.2 or 3.1 mile run/walk</td>
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<td>23</td>
<td>Spring Into Action - 9.3, 6.2 or 3.1 mile run/walk or duathlon and kids dash</td>
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<td>23</td>
<td>Steilacoom</td>
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<td>Ft. Steilacoom Resolution Run 20 mi/20k/5k - 20, 12.4 or 3.5 mile run/walk</td>
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<tr>
<td>23</td>
<td>Woodinville</td>
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<tr>
<td>23</td>
<td>Run or Wine - 3.1 mile run/walk</td>
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Several events left the Lake Stevens C-Trail 5k & 10k - 6.2 or 3.1 mile run/walk and kids run.

Trust participant Rose Tyler at the Resolution Run 5K / Polar Bear Drive on January 1, 2019.