

Overview of Sound Health & Wellness Programs 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?
Personal Health Assessment (PHA)	A questionnaire that gives a snapshot of your health and health risks and gives you a personal plan for healthy living.	Call the Trust Office at (206) 282-4500 or (800) 225-7620 option 2 then option 1. Or go online for more information.
Condition Management	<p>Custom-tailored services for participants diagnosed with:</p> <ul style="list-style-type: none"> • Diabetes • Asthma • Chronic obstructive pulmonary disease • Coronary artery disease • Congestive heart failure <p>If enrolled, you can receive \$30 a month into your HRA account, up to a total of \$270 per year.</p>	By invitation only.
Doctor On Demand®	Doctor On Demand® provides convenient and confidential virtual medical care services to all Participants and their covered family members.	Visit www.soundhealthandwellness.com/ppo/benefits for step-by-step instructions on how to register.
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 • Blood pressure • Cholesterol • Exercise • Nutrition • Stress • Weight control 	Call (877) 362-9969, option 3 or go online for more information.
LiveWell Fit	<p>Get reimbursed for registration fees for local fitness events. 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 (800) 225-7620, option 2, then option 5 or go online for more information.
Naturally Slim	A 10-week video program with unlimited follow up videos where you will learn how to eat the foods you love while losing weight.	The program is offered occasionally throughout the year. Watch your mail for application times.
Nurse Line	Registered nurses available 24/7 who can confidentially help you find reliable information to make informed healthcare decisions.	Call (877) 362-9969, option 1.
Quit Tobacco Coaching Program	Program features one-on-one phone coaching, online tools and resources. When enrolled, you may receive patches, gum or lozenges to help you quit.	Call (877) 362-9969, option 4 or 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 programs that are relevant to your situation and health status. Visit www.soundhealthwellness.com to find out more about these and other wellness programs.