

In Sound Health

Your Source for How to LiveWell

Manage your health
care during these
uncertain times.

**Take charge of
your emotional and
physical wellbeing.**

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While Staying Home**
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WE'RE HERE FOR YOU

June 2020

During these uncertain times it is easy to feel overwhelmed, especially when you need to seek medical care. Staying healthy and safe has never been more important. That's why we've dedicated this issue of In Sound Health to sharing the resources, programs and information you need to make the most of your benefits and giving you pointers on how to access care – including mental health support – during this public health crisis.

IN THE NEWS

STAYING HEALTHY WHILE STAYING HOME

You probably know the drill – eat a balanced diet, exercise regularly, and get enough sleep. It can be difficult to manage all three of these when times are good, but during a pandemic like COVID-19 it can feel impossible. How do you maintain a healthy diet when the foods you enjoy are out of stock? How do you work out when you're stuck at home, or sleep well when you're anxious?

Here are some tips on how to stay healthy while staying home:

➔ Make Healthy-ish Food Choices

Food can be comforting, and with so many of our other comforts limited, it can be easy to turn to our favorite snacks and sweets. And that's ok – in moderation. Still shoot for a balanced diet, but when you need to splurge, try buying smaller quantities like single serving chips, ice cream bars instead of gallons, and mini size sodas. You can also make healthier versions of your favorite foods – like the healthy mac & cheese recipe on page 5.

➔ Keep Moving

While national Physical Activity Guidelines still recommend at least 75 minutes of vigorous exercise or 150 minutes of moderate aerobic activity each week, recent research shows that even 30 minutes a day of simple activities like walking, gardening and housework have real health benefits. You can keep track with apps like Map My Fitness that now let you log regular activities like vacuuming and walking the dog as part of your daily goals.

➔ Make Sleep a Priority

The choices we make all day long can impact our ability to sleep at night. Increasing daily exercise; and limiting caffeine, alcohol, and screen time have all been proven to help people sleep better. If you're having trouble sleeping occasionally, try a relaxation app like Inscape before you go to bed. If you're experiencing poor sleep three nights a week or more, consider talking to your doctor about what treatments might be right for you.



NOW MORE ONLINE!

Are you interested in learning more about how to stay healthy while staying home? Visit the new News & Articles section at www.soundhealthwellness.com to find links to the apps and resources mentioned in this article.



Source: www.hhs.gov, www.nih.gov

THANK YOU

TO OUR FRONT-LINE WORKERS

To every Trust participant on the front lines of this crisis, thank you for making sure residents across Washington get the food, supplies and healthcare they need! We are stronger together, and the Sound Health & Wellness Trust is here to support you and the important work you do.

THERE'S AN APP FOR THAT!

Regardless what your health and wellness goals are, there is most likely an app or online program that can help you achieve it. Here are a few ideas:

IMPROVE YOUR MOOD

From meditation and mindfulness to cultivating gratitude and mood-tracking, apps like **Calm**, **Smiling Mind**, and **Pacifica** can help you manage life's stresses.

STAY SHARP

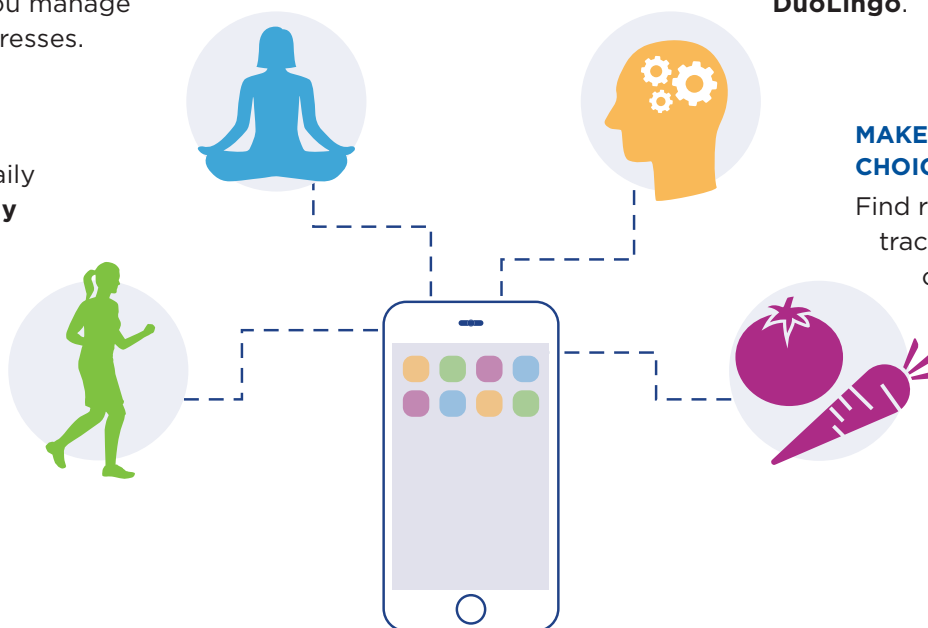
Improve memory and concentration with apps like **Luminosity** or learn a new language with **DuoLingo**.

GET FIT

Track almost any daily activity with **Map My Fitness** or watch workouts right on your phone with apps like **The Daily Burn** and **Aaptiv**.

MAKE HEALTHIER CHOICES

Find recipe inspirations, or track your consumption of food, water or alcohol with **AllRecipes**, **AquaAlert**, and **DrinkControl**.



IS IT ALLERGIES? GET TO KNOW THESE COMMON SYMPTOMS

Spring is over, but you're still congested, sniffing and sneezing? Welcome to summer allergy season. While trees are usually done pollinating by late spring, grasses and weeds are just getting started.

According to the Northwest Asthma & Allergy Center, June and July are peak months for grass allergies throughout the state. Pollen from grasses and weeds can travel hundreds of miles, so even if these common allergens don't grow in your area, you could still be exposed to them.

Experiencing seasonal allergies during a pandemic can make every throat tickle, nose drip or cough nerve-racking. On top of allergies, summer brings its own cold and flu viruses. Knowing the symptoms and getting the right care can help ease your suffering and your worries.

We've provided a list of the most common symptoms for allergies, the common cold, and seasonal flu in a convenient chart. Cut this out and keep it somewhere handy.

If you are experiencing any of these symptoms and have questions or concerns, contact your primary care provider, or use one of the virtual care options provided by the Trust to get the answers you need.

Visit www.soundhealthwellness.com to find a provider if you don't already have one.

Please remember: If you're having a medical emergency, call 911 or go to the nearest emergency room.

COMMON SYMPTOMS FOR Seasonal Allergies, Cold & Flu

Keep this list of typical symptoms handy to help you identify the best course of care for you and your family.

SYMPTOM	Seasonal Allergies	Common Cold	Seasonal Flu
Runny Nose	✓		✓
Itchy eyes, mouth or skin	✓		
Sneezing	✓	✓	
Stuffy Nose	✓	✓	✓
Sore Throat		✓	✓
Chest Discomfort		✓	✓
Cough		✓	✓
Fever			✓
Muscle or Body Aches			✓
Headache			✓
Fatigue			✓

Note: these are the most common, symptoms can vary from person to person. You should always check with your health care provider for a diagnosis.

Source: www.health.harvard.edu



HEALTHY MAC AND CHEESE

Enjoy this classic comfort food without the guilt.

INGREDIENTS

- 2 cups uncooked elbow macaroni (whole wheat or gluten-free)**
- 1 tablespoon butter**
- 1 small yellow onion**
- 1 small butternut squash (or 4-5 cups cubed)**
- 5 cups chicken or vegetable broth**
- ¾ cup milk**
- 1 teaspoon salt**
- ⅔ cup shredded cheese (choose your favorite)**
- parsley for topping**
- salt and pepper to taste**

PREPARATION

- 1.** Cook the macaroni according to package directions. Drain and set aside. Heat the butter in a large skillet over medium low heat. Cut the onion into thin rings and add to the butter in the pan, sautéing over low heat until fragrant and golden, about 20 minutes.
- 2.** Meanwhile, remove the skin and the seeds from the squash. Cut the flesh into small cubes. Bring the broth to a boil and add the squash. Cook for 5-7 minutes or until fork tender. Drain, reserving 1/2 cup broth, and transfer squash to the blender. Add the onions, milk, salt, and reserved broth and puree until completely smooth and creamy. This should yield about 4 cups sauce.
- 3.** Pour the pureed sauce over the cooked noodles and add the shredded cheese. Stir to melt the cheese; add water or milk to adjust consistency as needed. Serve with parsley, salt, and pepper to taste.

NUTRITIONAL INFORMATION

Serving Size: 1 heaping cup

393 calories **9.3 g fiber**
7.9 g fat **14.8 g protein**
69.8 g carbs

Source: modified from www.pinchofyum.com

VIRTUAL CARE CORNER TIPS FOR USING ONLINE THERAPY FOR YOUR MENTAL HEALTH

If you're feeling anxious or depressed, or you are struggling to manage day-to-day activities, help is available. The Trust offers virtual care with licensed mental health providers for both PPO and Kaiser Permanente Plan participants. These programs are confidential, and fully paid for by the Trust.

Talking with a therapist or counselor from the comfort of home has many benefits, but there are a few things you should keep in mind to make the most of your session and get the care you need.

- 1.** Know it will be an adjustment and give it some time.
- 2.** Take a few minutes to write down your goals before each session.
- 3.** Get dressed and treat it like a regular appointment.
- 4.** Minimize distractions.
- 5.** Be honest.
- 6.** Take advantage of other resources like health coaching between sessions.

If you are already meeting with a therapist or counselor, see if they offer online services. If not, consider trying one of these options:

FOR PPO PLAN PARTICIPANTS

The Trust has made Doctor On Demand's mental health services available to plan participants through June 30, 2020. Visit www.soundhealthwellness.com/ppo -> Benefits -> Doctor On Demand to sign up.

FOR KAISER PERMANENTE PLAN PARTICIPANTS

You can call the KPWA Mental Health Access Center at 1-888-287-2680 or (206) 901-6300 to schedule a phone or video visit.

Please remember: If you're having a medical or mental health emergency, call 911 or go to the nearest emergency room.



PHONE SUPPORT WHEN YOU NEED IT!

If you're feeling stressed, the Trust offers **Health Coaching** to all PPO plan participants and their eligible spouses. Fully paid for by the Trust, this phone-based health education program helps you set and meet goals to improve your health and well-being—including managing your stress.

Source: www.psychcentral.com

HABITS FOR GOOD HEALTH AT EVERY AGE: WHAT TO DO IN YOUR THIRTIES

Our thirties are when we start to see the effects of the habits we started when we were younger. This can be a good thing or a bad thing, depending on whether those habits are along the lines of a daily jog or a daily carton of ice cream. Make sure you're doing all you can to stay well during this time of your life to keep your youthful vigor. Here are some tips to help.



Stay Focused on Nutrition

Focus on eating more vegetables and fewer fats and sweets, but don't overthink it. If you need support, the Trust offers programs for qualifying PPO and Kaiser Permanente participants that can help you learn mindful eating strategies and make better choices.



Move More, Sit Less

At least 30 minutes of physical activity every day is recommended. Being busy makes it hard. Try a walk during your lunch break or an after-dinner stroll in the neighborhood. It doesn't take much to get your body going, and small amounts of exercise add up.



Take Time for Yourself

Time doing what you love can be restorative. Schedule time to check in with friends and family, take up a new hobby or try a new online class. Whatever you do, make sure it's something that meets your needs.



Unplug to Reduce Anxiety

Turn off notifications or put the phone down when you can. If you can't completely disconnect from time to time, at least turn off your ringer and turn off any unnecessary apps and useless notifications. Being always available can contribute to anxiety and other mental health issues.



Make Annual Checkups a Priority

If you weren't already, now's the time to get serious about having an annual checkup with your primary care provider. Having someone who knows your medical history can help monitor your overall health, make recommendations that match your health goals, and catch any problems early.

OUR FOUR-PART SERIES:

This year we're focusing on choices we all can make for better health—no matter what age we start.

- ✓ **March:** What to do in your 20s
- ✓ **June:** What to do in your 30s
- **September:** What to do in your 40s
- **December:** What to do in your 50s and beyond



Have Necessary Screening Tests

Work with your doctor to determine any risks you might face due to genetics or your own personal medical history. Then, have the screening tests you need on schedule.



If You Haven't Yet...

Quit tobacco and any other harmful habits now – and the Trust has you covered. With tobacco cessation programs for both PPO and Kaiser participants, you can take charge of your health and put nicotine in the past. Both programs are completely voluntary, confidential and fully paid for by the Trust. For more information, visit the Trust's website at www.soundhealthwellness.com.

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
WellDyneRx—for Prescription Coverage	(888) 479-2000
Nurse Line	(877) 362-9969 Option 1
Health Coaching	(877) 362-9969 Option 3
Quit Tobacco Coaching	(877) 362-9969 Option 4
LiveWell Fit	(800) 225-7620 Option 2, then 5

KAISER PLAN PARTICIPANTS

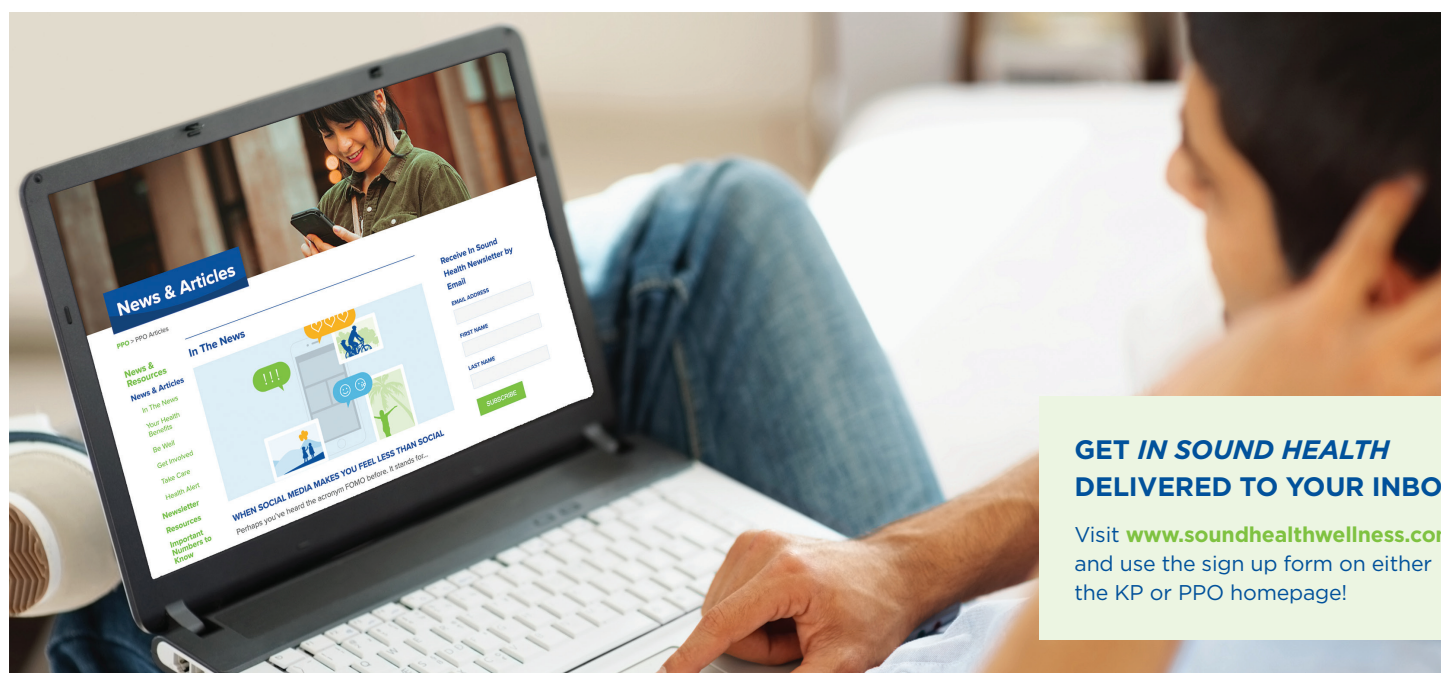
Trust Office—Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente—Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit for Life® Tobacco Cessation	(800) 462-5327
LiveWell Fit	(800) 225-7620 Option 2, then 5
Chronic Conditions Workshops	(800) 992-2279

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 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.



GET IN SOUND HEALTH DELIVERED TO YOUR INBOX!

Visit www.soundhealthwellness.com, and use the sign up form on either the KP or PPO homepage!

**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.

HIT THE GROUND RUNNING

While LiveWell Fit events are in short supply, you can still get outside and improve your fitness. Hit the ground running when events start up again by training for a 5k in your own neighborhood. Visit the LiveWell Fit events page at www.soundhealthwellness.com to download the Couch to 5K training guide. If you keep track of your steps, you could earn HRA funding!



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



IT IS EASIER THAN YOU THINK

From the couch to your first 5K
in just six weeks

Depending on your level of fitness, a six-week training program may be enough time to get you ready to walk or run a 5-kilometer (3.1 mile) race. Completing a race can give you a sense of accomplishment, a great day out with the family, as well as a chance to support good causes in your community.

Follow these simple instructions and you'll be off the couch and crossing the finish line in no time!

WEEK 1: Walk/run at a comfortable pace for 20-25 minutes for three days of the week. Remember to slow down; speed is not as important as distance when starting out.

WEEKS 2-6: Follow the same exercise schedule as Week 1, but increase your time by 10% - 15% each week. Increase the running time and distance while gradually decreasing your walk breaks.

Remember to stretch and drink water before and after a run, wear good footwear, and eat a small snack—like half a nutritional bar or half a piece of toast with peanut butter—30-45 minutes before you run. And always check with your doctor before beginning any new exercise.



DATE		EVENT NAME & DESCRIPTION
JUNE		
6	Blaine	Birch Bay Road Race —18.6, 9.3 or 3.1 mile run/walk
6	Gig Harbor	US Bank Family Fun Run —3.1 mile run/walk and kid's dash
7	Cle Elum	Teaway Trail Run —26.2, 13.1, 6.2 or 3.1 mile run/walk
7	Sequim	North Olympic Discovery Marathon —26.2 run/walk/relay, 13.1, 6.2 or 3.1 run/walk and kids marathon
13	Tacoma	Sound To Narrows —7.5 or 3.1 mile run/walk and junior shuffle
13	Seattle	Solstice Run —9.3, 6.2 or 3.1 mile run/walk
14	Snohomish	Evergreen Half —13.1 or 5 mile run/walk
20	Spokane	8 Lakes Leg Aches —75, 45 or 30 mile bike ride
20	Port Angeles	OAT Run —13.1 or 7.5 mile trail run
20	Federal Way	Dash Point Trail Run —13.1 or 6.2 mile run/walk and kid's race
21	Burlington	Berry Dairy Days Run —13.1, 6.2 or 3.1 mile run/walk
27	Bellingham	Padden Triathlon —Olympic or Sprint tri/relay and 10 or 3.1 mile relay
27	Port Orchard	Hot Foot 5k —3.1 or 1 mile trail run/walk
27	Poulsbo	Pets WALK 5k —3.1 mile walk
JULY		
4	Wenatchee	River Run on the Fourth —6.2 or 3.1 mile run/walk
4	Tacoma	Independence Day 5k Point Ruston —3.1 mile run/walk