

In Sound Health

GET THE FACTS ABOUT VACCINES

4 Finding Success
with Naturally Slim®

6 Healthy at Work:
Check out our new
2021 series!



SPRING RENEWAL

March 2021

Spring is a great time for new beginnings. While the challenges of the pandemic continue, there is hope on the horizon. Two COVID-19 vaccines have been approved, and others are looking promising. LiveWell Fit events are starting back up, and warmer weather will bring the return of more outdoor get-togethers. Spring is a natural time to re-focus on your health — both physical and mental — and take advantage of all the Sound Support programs the Trust has to offer.

In this issue of *In Sound Health* we take a look at the effectiveness and importance of vaccines, and we learn from Trust members on how they've improved their health and found new confidence with the Naturally Slim program. We also kick off a new four-part series for 2021 called Healthy at Work, focusing on the small ways you can improve your health and avoid injury while at work, and have energy to have fun on your days off!



THE COVID-19 VACCINE

What you need to know

Two COVID-19 vaccines have been proven safe and effective by the FDA and are now in distribution across the state — and a third from Johnson & Johnson was approved, and arriving this month. Because the vaccines are still in short supply, the Washington State Department of Health has created a phased approach, with people who are at the highest risk of serious health complications being offered the vaccine first.

Eventually there will be enough vaccine for everyone who wants it, but right now both vaccine supply and appointments are limited. This will improve as providers receive more doses and high-volume vaccine sites open.

When to get it

As of January 18, 2021, Washington State Department of Health has opened vaccine distribution through Phase 1-Tier B1. Visit www.soundhealthwellness.com/vaccine to see the chart of phases and estimated timeline.

To find out when you are eligible you can use the State's **PhaseFinder** tool at FindYourPhaseWa.org. If you are not currently eligible you can enter your information to be alerted when it is your turn.

Where to get it

Whether you are a PPO Plan participant or a Kaiser Permanente Plan participant, the first thing you will want to do is complete the State's **PhaseFinder** tool at PhaseFinderWa.org. **When you are eligible, you will be able to print a copy of the confirmation page to share with your vaccine provider as proof of eligibility.**

Both PPO and Kaiser Plan Participants can visit www.soundhealthwellness.com/vaccine to get the latest information on when and where to go to get you and your family vaccinated. We will work to keep this page updated as new information becomes available!





VACCINE FACTS

Vaccination is the most effective way to prevent infectious diseases, and for more than two centuries vaccines have saved countless lives. The first vaccine was created in 1796 for Smallpox, but evidence shows that inoculation methods date back hundreds of years before then. The COVID-19 vaccine is the 29th vaccine approved for use in the United States. Others include Anthrax, Polio, Hepatitis, Tuberculosis, Influenza, Pertussis, Rabies, HPV, Shingles and more.

How do they work?

Vaccines work by teaching your immune system how to create antibodies that protect you from diseases. Once your immune system knows how to fight a disease, it can often protect you for many years.

Are they safe?

All vaccines undergo rigorous safety testing before being introduced to the public — and are constantly monitored for side effects after being released. The most common side effects are mild, such as soreness at the injection site or feeling run down for a few days. More serious side effects are very rare.

Why should I get vaccinated?

Vaccines can lower your chance of getting and spreading certain diseases, and because it is impossible to predict who will become seriously ill, getting vaccinated is one of the best ways to protect yourself and those you love. Vaccines can even lower your risk for some forms of cancer.

Be sure to talk to your health care provider about what vaccines you should receive based on your health or other conditions.

THE LATEST PLAN INFORMATION AT YOUR FINGERTIPS

Visit our online document library for forms, notices and up-to-date documents regarding your benefits — including the latest COVID-19 related plan changes.

PPO Plan Participants

To access the latest forms and plan information, go to www.soundhealthwellness.com/ppo/ and click on Forms & Documents.

Kaiser Plan Participants

To access the latest forms and plan information, go to www.soundhealthwellness.com/kp/ and click on Forms & Documents.



EARN HRA FUNDING WHEN YOU GET CERTAIN VACCINES.

If you are eligible for a Health Reimbursement Arrangement (HRA) account, you can earn funding just by getting vaccinated — including the COVID-19 vaccine! Visit www.soundhealthwellness.com for more information.

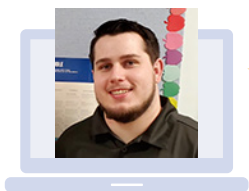
FINDING SUCCESS WITH NATURALLY SLIM®

What does success feel like to you? Each of us has our own reasons and motivations for wanting better health. The Naturally Slim® program is the key to lasting weight loss that doesn't include starving, counting calories or eating diet food. The simple, online program helps you change how you eat instead of what you eat. But don't take our word for it — listen to what these Trust participants have to say:



RETHINK HUNGER

"Instead of doing a lot of snacking, [the program has] varying levels of hunger and this helps you really be conscious of 'am I hungry?' or 'am I just bored and I'm eating my emotions?'" says participant Jamie, who has lost about 20 pounds. "A few coworkers also engaged in the program, so that helped a lot," she says.



CHANGE HOW YOU EAT

Jonathan says it was really easy to get started—you even get a starter kit. "It puts you in a mindset that you don't need to change a lot of what you're eating, but how you're eating." Since starting the program, he's lost 40 pounds, feels more energetic and his mood has lifted.



LOWER YOUR RISK

For Anita, the program drew her in because it seemed like a good way to lower her diabetes risk—something she'd seen impact her father's health. "It's much easier than the other programs I've been on," she says. "They send you the tools to help you do it better. They send you a diary so you can keep track of your food, and a measuring tape so you can track your results." She has lost 25 pounds and is feeling better about herself—it has even brought her closer to her son, since they're now cooking together and making food that's better for both of them.

Visit the Naturally Slim page on the Trust website to watch Jamie, Jonathan and Anita talk about what success looks like for them. Visit www.soundhealthwellness.com → **Sound Support** → **Naturally Slim**



SPACE IS LIMITED

Apply between March 22 — April 2, 2021.

The next Naturally Slim program session starts April 19, 2021.



EARN HRA FUNDS

If you're accepted into this clinically proven program and complete 9 out of the 10 weekly video sessions, you may earn \$150 in 2022 HRA funding.





LEMON SHRIMP PASTA WITH ORZO AND ASPARAGUS

Lighten up dinner time with this healthy pasta dish. Serves 4-6.

INGREDIENTS

- 1 1/4 lb large fresh or dethawed shrimp (peeled and deveined)**
- 1/2 tsp black pepper**
- 1/4 tsp kosher salt**
- 1 tbsp olive oil**
- 1 small yellow onion, diced**
- 4 cloves of garlic, minced**
- 1 lb asparagus, trimmed and cut into 2-inch pieces**
- 8 oz uncooked whole wheat orzo pasta**
- 2 cups chicken broth**
- 1 large lemon, zest and juice**
- 1/2 cup grated Parmesan cheese**
- 2 tbsp fresh parsley, chopped**

Lemon wedges for serving

PREPARATION

- 1.** Preheat the oven to 400 degrees.
- 2.** Place shrimp in a bowl with salt and pepper, set aside.
- 3.** Heat olive oil in a large, oven-proof pan with lid over medium heat. Add onion and cook until onion is soft and translucent—about 3-4 minutes. Stir in garlic and cook until fragrant, add orzo.
- 4.** Cook until orzo is toasted and light brown in color. Add chicken broth and 1/2 cup water. Bring to a boil, stirring frequently so pasta does not stick. Cover, reduce heat, simmer, after 5 minutes, add the asparagus and continue cooking until the pasta is tender, about 10 minutes.
- 5.** Stir in lemon zest and juice, 1/4 cup of the Parmesan, parsley, and the seasoned shrimp. Sprinkle the remaining 1/4 cup Parmesan over the top.
- 6.** Put in oven and bake uncovered, until the shrimp are cooked through, about 8-10 minutes. Sprinkle with additional chopped parsley and garnish with lemon wedges. Serve immediately.

NUTRITIONAL INFORMATION

Serving Size: 1 cup

354 calories **9 g fiber**
9 g fat **28 g protein**
47 g carbs

Source: modified from www.wellplated.com

IN SOUND HEALTH—YOUR WAY

We all have different preferences when it comes to media, that's why the Trust makes our quarterly *In Sound Health* newsletter available to you in four different formats! Whether you prefer print, digital or email, you can get the latest Trust news your way.



Email — Get Trust news delivered right to your inbox with clickable links to articles, plan information, and the latest LiveWell Fit events. To sign up, go to www.soundhealthwellness.com, scroll to the bottom of the page and enter your email address under “Stay Connected”.



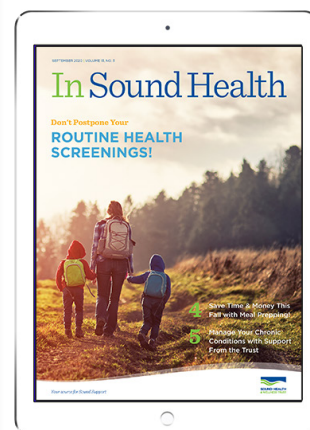
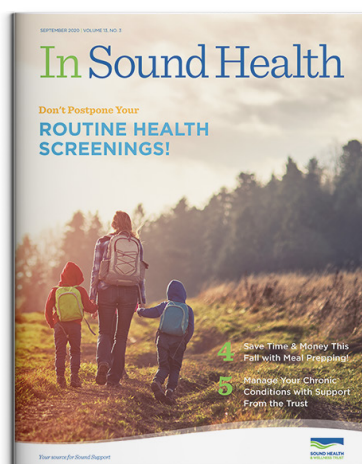
PDF Download — You can find an archive of past Trust newsletters on the Trust website. Select your plan (Kaiser or PPO), then go to News & Resources → Newsletter Archive to download a PDF of the current newsletter to read at your leisure.



Digital & Searchable — Looking for a recipe from a past issue or inspiration on what to make for dinner tonight? All past articles and health alerts are posted online in a searchable format under News & Resources → News & Articles on the Trust website.



Printed & Delivered — Sometimes it's nice to get things in the mail. We send a print version of *In Sound Health* to all members each quarter, but we encourage you to sign up for email, and access the other options when it is convenient.



HEALTHY AT WORK:

The Benefits of Stretching

For some jobs, a typical workday is a real workout. If your job requires standing for long periods or a lot of active or repetitive movement — like bending, lifting or reaching — it's important to approach your work like the exercise that it is. By taking the time each day to warm up and stretch before and after your workday you can not only reduce your risk of injury, but also boost your energy for after work.

WARM IT UP

Getting your body moving before you stretch is important — so start your day with a brisk 5-minute walk before your shift. If you live close by, consider walking to work instead of driving. Plus, walking home is also a great way to decompress from a long day. Warming up will get your blood pumping, loosen tight muscles and help achy joints. It can also re-energize you at the end of the day if you have a long commute home.

GET YOUR STRETCH ON

According to the Bureau of Labor Statistics, overexertion is a leading cause of workplace injury. All of the stress you place on your body from repetitive movements and from being on your feet all day, can lead to permanent damage if ignored. This is where regular stretching can make

This article is the first our new “Healthy at Work” four-part series for 2021. You can view them all online at www.soundhealthwellness.com under News & Articles.

a big difference. One way to help prevent overexertion and other musculoskeletal symptoms of hard physical labor is to stretch.

Just as an athlete needs to warm up and prepare to play, you also need to prepare your body for the day. Stretching improves flexibility, range of motion, posture, blood flow and can even calm the mind. Try taking a few minutes each day to stretch before, during and after work. Here are a few ideas to get you started:

Remember to consult your healthcare provider before beginning any new exercise program.

1. Shoulder Rolls

While inhaling, slowly raise shoulders toward ears and roll backward in a circular motion five times. Repeat in the opposite direction.

2. Upper back stretch

Take one arm across your body. Place the other hand behind and just above the elbow of the arm that is crossed. Hold this position for 10-15 seconds then repeat on the other side.

3. Side stretches

Interlace fingers and lift arms over head, keeping elbows straight. Lean to left and right to stretch out sides.

4. Wrist stretches

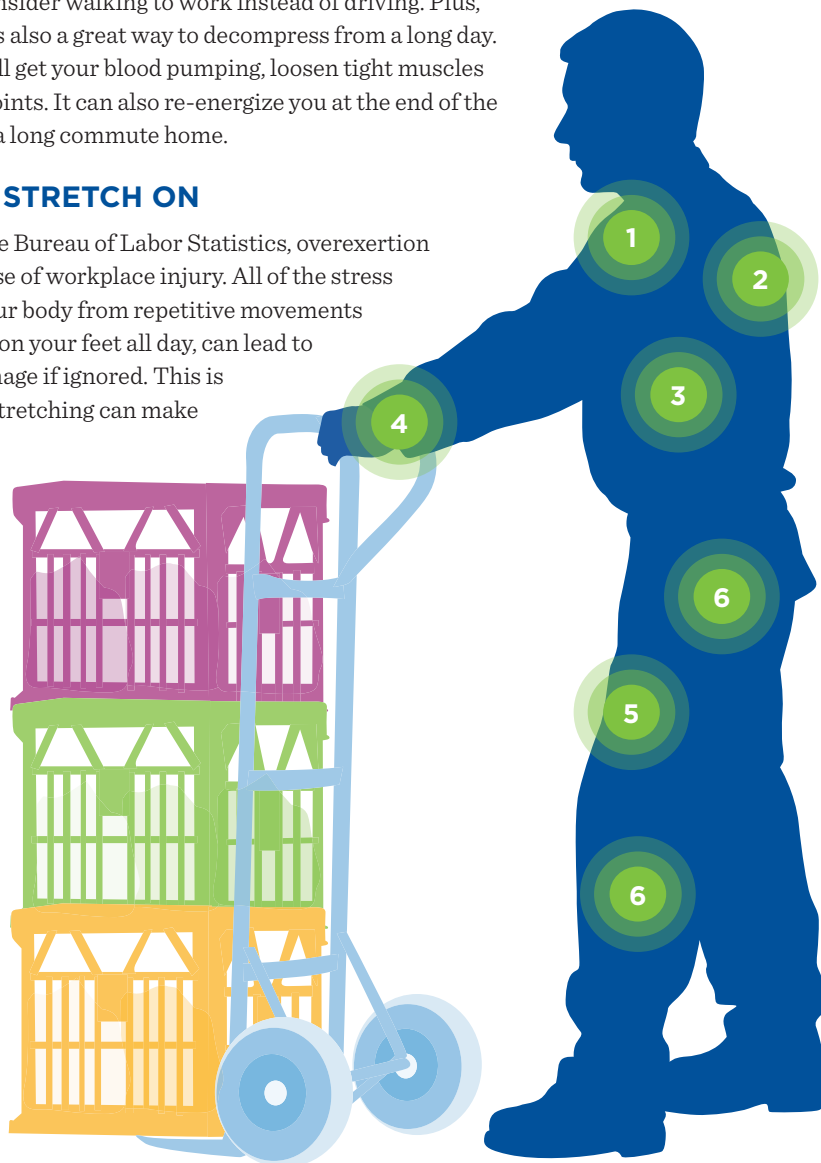
Bend wrist down and grasp with opposite hand to stretch. Bend wrist up by pushing fingers back toward shoulder. Repeat three times.

5. Quad Stretch

While standing, touch a wall or stable object for balance. Grasp the top of your ankle or forefoot and gently pull your ankle upwards towards your buttocks, keeping knees close. Hold and repeat. Do the other side.

6. Glutes, hamstrings, and calves stretch

Stand with your feet hip-width apart, bend forward until your palms touch the floor (or use a low table if you can't reach). Slowly walk your hands out as far as you can in front of you while still maintaining contact with the floor/table. Pause, then walk your hands back. Do this a few times.



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

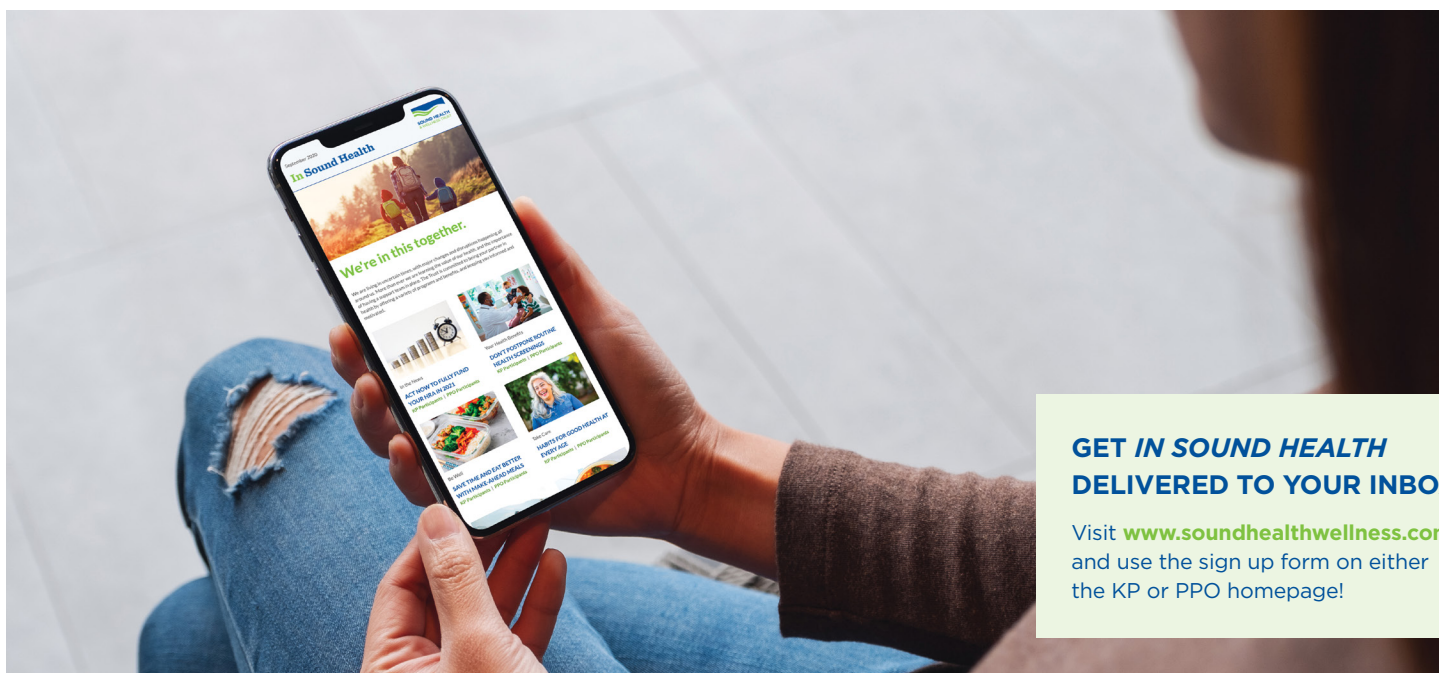
Trust Office—Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente—Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
Consulting Nurse Helpline	(800) 297-6877
Quit for Life® Tobacco Cessation	(800) 462-5327
LiveWell Fit	(800)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

EVENTS ON THE HORIZON!

Grab your running shoes and a sporty mask, because event listings are picking up again! Be sure to check the COVID-19 safety precautions and cancellation policies before registering, just in case.

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.



DATE	EVENT NAME & DESCRIPTION	
MARCH		
20	Federal Way	Dash Point Trail Run —13.1 or 6.2 mile run/walk
20	Seattle	Spring Into Action —6.2 or 3.1 mile run/walk
21	Vancouver	Couve Clover Run —10, 7 or 3 mile run/walk
27-28	Everett	The Everett Half —13.1 or 6.2 mile run/walk
APRIL		
10	Blaine	Birch Bay Road Race —18.6, 9.3 or 3.1 mile run/walk
10	Seattle	The Tenacious Ten —10 or 6.2 mile run/walk
11	Puyallup	Daffodil 8k —5 mile run/walk
17	Port Angeles	OAT Run —13.1 or 7.5 mile trail run/walk
17	Wenatchee	Wenatchee Marathon —26.2, 13.1, 6.2 or 3.1 mile run/walk
18	Spokane	The Split —13.1, 6.2 or 3.1 mile run/walk
24	Sequim	Railroad Bridge Park Run —6.2 or 3.1 mile run/walk
24	Winthrop	Sunflower Trail Marathon —26.2 or 13.1 mile trail run/relay
24	Issaquah	Squak Mountain Trail Run —31, 13.1 or 7.5 mile run/walk
24	Puyallup	Spring Hopper 5k —3.1 mile run/walk
25	Oak Harbor	The Whidbey 1/2 —113.1 mile run/walk
MAY		
8	Burlington	Skagit Spring Classic —100, 64, 48 or 27 mile bike ride
8	Mukilteo	Inspiring Hope Run —6.2 or 3.1 mile run/walk and kids dash