

# In Sound Health

## LISA'S SUCCESS STORY with LiveWell Fit and Health Coaching

- 4** Beat the winter blues — make a joy list!
- 5** The link between gum disease and heart disease





## A WINTER OF WONDER

December 2022

The holiday season is in full swing, and you may be feeling the pressure to choose between conflicting celebrations, added obligations, and time to care for yourself. Finding the right balance — with a little inspiration from others — can make all the difference between a stress-filled or a wonder-filled winter.

In this issue of *In Sound Health* we share Lisa's story of how two Sound Support programs, LiveWell Fit combined with Health Coaching, helped her achieve her running goals. We also share tips for beating the winter blues and keeping your heart healthy. In the final article of our four-part series on Where to Turn for Sound Support, we share the many ways you can take advantage of virtual care this winter. And, if you are feeling overwhelmed, Sound Support programs and the medical care you receive through the Trust are here for you.

## LISA'S SUCCESS STORY

Her journey began with a single step — and a bit of competition.



When she saw her chance to change her life for good, Lisa Jamieson didn't hesitate. By taking advantage of two of the Trust's Sound Support programs, Lisa was able to build new, healthier habits — and earn some cool rewards.

### HOW DID YOU HEAR ABOUT THE LIVEWELL FIT PROGRAM?

While working at Haggen, I heard about LiveWell Fit. I recently remembered the program from one of my old coworkers and wanted to see if it was still offered. Soon after, I got something in the mail from the Trust mentioning the LiveWell Fit program. When I looked more closely, I saw that the Trust had sent me a list of races that I really wanted to try.

### WHAT MOTIVATED YOU TO PARTICIPATE?

I really wanted that reimbursement to go towards a new pair of shoes, or a fitness tracker. But also, I wanted to see how I could do competitively against other racers. So why not give it a shot? Since I would get reimbursed for my entries, I didn't have any reason not to go ahead with it.

### WHAT HELPED KEEP YOU MOTIVATED?

I always had another competition to look forward to, since the program reimburses for up to four events. I also participated in the Health Coaching program, and my health coach was a valuable motivator for me. We set goals together to help me improve my speed, workout, and nutrition. I just wanted to see how well I could do going forward.



“ I also participated in the Health Coaching program, and my health coach was a valuable motivator for me. We set goals together to help me improve... ”

## WHAT ARE YOUR KEYS TO SUCCESS?

I focused on forming healthy habits. I tried to get out and run every day, even if I didn't feel like it, because I knew it would make me feel better physically and mentally. I also tried to form healthy nutrition habits so that my exercises would help me even more!

## ANY ADVICE FOR OTHERS CONSIDERING LIVEWELL FIT?

Try it! Every journey begins with a single step. I was eating poorly, and I didn't have the motivation to change myself. If you can start just by getting off the couch and walking to the mailbox and back, you're headed in the right direction.

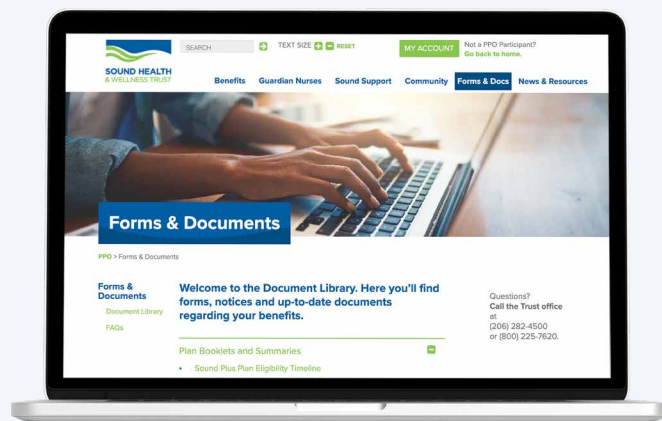
## WHAT ARE YOU DOING DIFFERENTLY TODAY?

Now, I've gotten to the point where I can add strength training to my exercise routine. While I primarily run and walk, using a Bowflex machine three times a week has really helped me realize my goals more efficiently.

To learn more about the Trust's Sound Support programs, visit [www.soundhealthwellness.com/soundsupport](http://www.soundhealthwellness.com/soundsupport).

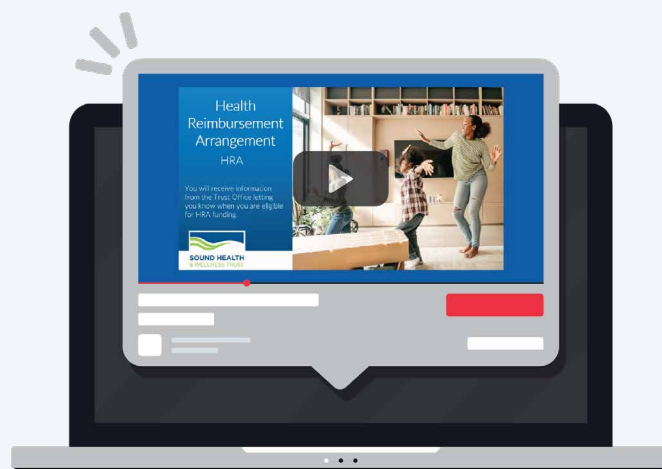
## DOWNLOAD YOUR 2023 PLAN SUMMARIES!

Updated 2023 Sound and SoundPlus Summary of Benefits and Coverage have been uploaded to the Trust website. You can find them under Forms & Documents on the PPO and Kaiser sites.



## NEW HEALTH REIMBURSEMENT ARRANGEMENT (HRA) VIDEO!

Are you confused or do you have questions about your HRA? Visit [soundhealthwellness.com/hra](http://soundhealthwellness.com/hra) to watch a new video that explains all the details about the program!



## BEAT THE WINTER BLUES: MAKE A JOY LIST

With busy lives, we can find ourselves always on the move, and the hustle and bustle of our day-to-day activities can keep us from taking the time to really think about what brings us joy. Some people even experience “winter blues” when the days get shorter and there’s less natural light. As the holidays approach, challenge yourself to make a “joy list”. It’s just as easy as it sounds: a list of simple things in life that make your day just a little bit brighter.

Here’s an exercise to get you started!

Three activities that make me feel **good** and **energized**, or bring me **peace** and make me feel **relaxed**:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three **places** that make me happy:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three **people** who bring me joy when I spend time with them:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three times I **laughed out loud** this week:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

And that’s it! It’s a simple yet rewarding process. We hope this helps you fight off the winter blues and enjoy the season. Visit [www.soundhealthwellness.com/soundsupport](http://www.soundhealthwellness.com/soundsupport) to download a Joy List worksheet!



### HERE ARE SOME THINGS TO CONSIDER AS YOU MAKE YOUR LIST:



#### Comfy clothes.

Winter is the time for pajamas and sweatpants. Being comfortable, cozy and warm can be joyful.



#### Music.

Whatever genre of music is your favorite, consider giving it a spot on your joy list. Nothing nourishes the soul like a good tune.



#### A comfort show.

We all have that show or movie that makes us feel better when we watch it. Movie night, anyone?



#### A good book.

Screen fatigue is real. It might be time to visit your local library or bookstore to find a great story to get immersed in.



#### A creative activity.

Do you have creative activities that fulfill you and bring you joy? Crafts, woodworking, baking or something else?



#### The great outdoors.

Spending time in nature is a natural anti-depressant. A little time in a park or on a hiking trail can be energizing and help reduce stress at the same time.



## SLOW COOKER BUTTERNUT SQUASH MAC AND CHEESE

Lighten up this common holiday side dish with butternut squash. Serves: 8.

### INGREDIENTS

- 1 lb butternut squash, diced
- 5 fresh sage leaves
- 2 tsp fresh thyme
- 1 small onion, chopped
- 3 cloves of garlic, chopped
- 1/2 cup vegetable stock
- 1 lb dry elbow macaroni, cooked and drained
- 1 tsp salt
- 8 oz light shredded cheese
- 4 oz light cream cheese

### PREPARATION

1. Place squash, sage, thyme, onion, garlic and vegetable stock in slow cooker. Cover and cook on high for 4 hours, or low for 8 hours. Use an immersion blender or regular blender to puree.
2. Make sure slow cooker is set to warm, then combine puree, pasta, salt, and cheese in slow cooker. Stir until cheese has melted. Season with salt and pepper to taste.

### NUTRITIONAL INFORMATION

Serving Size: 1/2 cup

**312 calories**      **3.5 g fiber**  
**5.8 g fat**      **13.9 g protein**  
**52.7 g carbs**

Source: modified from [thepioneerwoman.com](http://thepioneerwoman.com).

## HEALTHY SMILE, HEALTHY HEART

According to a study by the Centers for Disease Control and Prevention, nearly half of Americans ages 30 and older have some stage of gum disease.

### What is gum disease?

Gum disease, or periodontitis, is a serious gum infection that, if left untreated, can damage your jawbone and lead to other health concerns. There are several warning signs. Be sure to see your dentist if you have the following:

- Red, swollen, or tender gums
- Bleeding while brushing, flossing or eating hard food
- Loose or separating teeth

### The link between gum disease and heart disease

According to research, the chronic inflammation caused by gum disease can lead to inflammation in other parts of your body, including your heart valves and blood vessels. While gum disease is not the only cause, there is a strong link between gum disease and increased risk of heart attacks, strokes, and other vascular events. Taking care of your teeth and gums can help reduce your chances of these serious health issues — especially as you age.

### Preventing & treating gum disease

Gum disease can be prevented with regular flossing and brushing habits, but if you have any of the above symptoms, don't wait to see your dentist. If caught early, gum disease is easier to treat.

Dental health is an important part of your overall health and wellness. Be sure to take full advantage of your dental benefits offered by the Trust.

Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com).



Source: [penmedicine.org](http://penmedicine.org)

### GET TO KNOW YOUR DENTAL BENEFITS

Dental coverage is provided to PPO and Kaiser Permanente Plan participants through Delta Dental of Washington. Coverage details and provider networks vary depending on your plan.

You can find the details of your dental coverage in your Summary Plan Description booklet. Booklets are located on the PPO and Kaiser Permanente Benefits pages on the Trust website in the green right-hand sidebar.

*To determine whether you are covered under the "Sound" or "SoundPlus" plan, look at the front of your Sound Health & Wellness Trust ID card. It is printed on the far left-hand side under the Trust logo.*



# WHERE TO TURN FOR SOUND SUPPORT:

Your Virtual Care Options from the Trust

## GET QUICK, CONVENIENT, CONFIDENTIAL MEDICAL CARE FOR COMMON WINTER ILLNESSES.

The use of virtual health care or “telehealth” increased dramatically during the pandemic. According to a recent study, 64% of households with internet reported using a telehealth service during the pandemic, and 43% want to continue to use telehealth services in the future.

Whether you are traveling over the holidays, get sick during a winter storm, or just don’t feel like leaving your house, virtual care options from the Trust are a great way to get care that’s covered under your plan.

The next time you need care for one of these common winter illnesses, consider taking advantage of the variety of virtual care options provided to you by the Trust. The convenience and quality of care may make telehealth your new favorite way to get care!

Visit [soundhealthwellness.com/virtualcare](https://www.soundhealthwellness.com/virtualcare) to learn more.

This is the fourth and final article in our “Where to turn for Sound Support” four-part series for 2022. You can view past series online at [www.soundhealthwellness.com](https://www.soundhealthwellness.com).

### Use your virtual care options to treat the following:

- Colds & flu
- Stomach flu
- Sore throat
- Sinus headaches
- Asthma flareups
- Tension headaches
- Seasonal allergies
- COVID-19 concerns
- Seasonal depression

## HOLIDAY STRESS HAVE YOU FEELING ANXIOUS OR DEPRESSED?

**For PPO Plan Participants:** Doctor On Demand’s diverse team of licensed psychiatrists and psychologists can provide the emotional support you need from the privacy and comfort of home.

**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. A trained clinician will ask a few questions and help match you with a counselor or other specialist.



Source: [www.parksassociates.com](https://www.parksassociates.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
WellDyneRx — for Prescription Coverage	(800) 373-1568
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 Trust 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.***



**WE WANT TO HEAR FROM YOU!**

Have a great story to tell about your Sound Support experience? Fill out an interest form today! Visit [www.soundhealthwellness.com/sharemystory](http://www.soundhealthwellness.com/sharemystory) to learn more!



**SOUND HEALTH  
& WELLNESS TRUST**

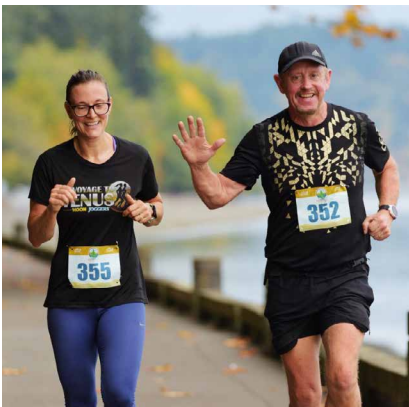
11724 NE 195th St. Suite 300  
Bothell, WA 98011-3145

**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.

## STAY MOTIVATED WITH LIVEWELL FIT

The cold, wet weather of winter can put a damper on fitness goals, but LiveWell Fit events are here for you year-round. The LiveWell Fit program can help you stay motivated all winter long to complete a walk or a race with incentives like reimbursement for event fees, incentives, HRA funding.



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

DATE	EVENT NAME & DESCRIPTION
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**DECEMBER**

10	Maple Valley	<b>Pigtails Run</b> — 31, 26.2 or 13.1 mile run/walk
10	Bellingham	<b>Jingle Bell Run Bellingham</b> — 3.1 or 1 mile run/walk and kids run
10	Anacortes	<b>Anacortes Santa Run</b> — 3.1 mile run/walk
10	Kent	<b>Christmas Rush Fun Run/Walk</b> — 6.2 or 3.1 mile run/walk
11	Seattle	<b>Jingle Bell Run Seattle</b> — 3.1 or 1 mile walk/run and kids run
11	Kirkland	<b>12ks Of Christmas</b> — 7.5 or 3.1 mile run/walk
17	Seattle	<b>Seward Solstice Run</b> — 6.2 or 4.2 mile trail run
17	Olympia	<b>White Elephant Run 5 Mile</b> — 5 mile run/walk
17	Tacoma	<b>Jingle Bell Run 3 Mile</b> — 3 mile run/walk
18	Seattle	<b>It's a Runderful Life 5k</b> — 3.1 mile run/walk
24	Puyallup	<b>Christmas Eve Ugly Sweater 5k Run/Walk</b> — 3.1 mile run/walk and kids run

**JANUARY**

1	Seattle	<b>Resolution Run 5k &amp; Polar Bear Dive</b> — 3.1 mile run/walk and kids dash
1	Kenmore	<b>Absolution Run</b> — 8 or 4 mile trail run/walk
1	Auburn	<b>Resolution 5K &amp; 8K</b> — 5 or 3.1 mile run/walk
15	Puyallup	<b>Mimosa 5k</b> — 3.1 mile run/walk
21	Sammamish	<b>Frost Eagle Trail Run</b> — 13.1 or 5 mile trail run/walk
22	Seattle	<b>Unicorns &amp; Rainbows Fun Run</b> — 3.1 mile run/walk