

In Sound Health

EARL'S SUCCESS STORY WITH GUARDIAN NURSES

4 Reduce allergens in your home and breathe easier!

6 Don't fall for fad diets



OUT WITH THE OLD AND IN WITH THE NEW

April 2023

Flowers are blooming, and longer, warmer days are just around the corner. Do you feel inspired by the change in seasons? Or does Spring bring challenges — like seasonal allergies and the temptation of Easter candy in the stores? Whether you are ready to change it up or need help staying on track, we've got you covered.

In this issue of In Sound Health we share Earl's success story with the Guardian Nurses program and how asking for help made all the difference while recovering from his heart attack. We also explore the dangers of fad diets and the importance of annual eye exams. In the spirit of Spring, we have a great recipe loaded with spring veggies, and tips for trying new technology to manage chronic conditions. As always, if you are looking to make a change in your health, Sound Support programs and the medical benefits you receive through the Trust are here for you.



EARL'S SUCCESS STORY

Living more confidently thanks to Guardian Nurses

“ My Guardian Nurse was able to ask questions that I didn't even think to ask. I became really comfortable with him by my side to help me with anything that I had questions about. ”

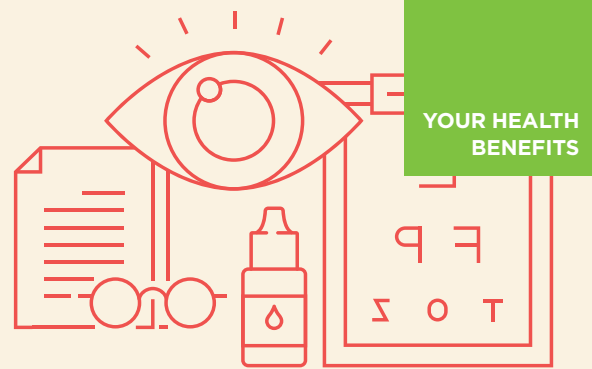
Last year, Earl Greenlaw experienced the unthinkable when he suffered a heart attack. Recovery has been long and slow and has required regular visits to his cardiologist. With little experience in managing recovery from a major illness, Earl found it difficult to get the answers he needed from his appointments.

“I was having issues during my visits to the cardiologist. Sometimes, there's just too much going on, and you really have to push for answers. The whole experience can be so overwhelming, and you can even forget what you were going to ask in the first place.”

These difficulties pushed Earl to turn to the Guardian Nurses program. Earl has been a Trust participant for many years and regularly received the newsletter, which is where he learned about the program. After he completed the annual health assessment from the Trust and filled out an additional questionnaire, Earl was connected with a Mobile Care Coordinator (MCC) from Guardian Nurses who could help him get the most out of every appointment.

The Mobile Care Coordinator Program from Guardian Nurses is fully paid for by the Trust for PPO Plan participants and their covered dependents. Mobile Care Coordinators are Registered Nurses who provide personal care management and support to help Trust participants safely and effectively navigate the healthcare system. MCC nurses can also provide support for behavioral health issues such as depression, anxiety, or addiction.

“My Guardian Nurse was able to ask questions that I didn't even think to ask. I became really comfortable with him by my side to help me with anything that I had questions about. I can even call him whenever I have questions I need answered about my medication.”



Now, with the help of his Guardian Nurse, Earl is living life a lot more confidently. Seeking help can be intimidating, but for Earl, taking that step made a huge difference for his health and peace of mind. When asked what advice he has for Trust participants who could benefit from a Mobile Care Coordinator nurse, Earl had this to say:

“It’s a free, accessible service that’s there for you, so don’t be afraid to use it. Guardian Nurses go to your appointments, they ask questions, and they get the answers you need. On top of that, they are always there for you when you need them. Sound Health & Wellness Trust participants should be on the lookout for all the programs that are there for them and their health. Sometimes, you just have to be proactive and take initiative with your health by joining a new program, which can be a scary experience.”

Guardian Nurses services are voluntary, confidential, and are fully paid for by the Trust for PPO Plan participants and their covered dependents. To learn more about the Guardian Nurses Mobile Care Coordinator program, visit www.soundhealthwellness.com/ppo/guardian-nurses.

EYE EXAMS ARE ABOUT MORE THAN JUST YOUR VISION

If you don’t wear glasses or have never experienced any problems with your eyes, it may not have occurred to you to get an eye exam, but a comprehensive eye exam is just as important as an annual physical to your overall health and well-being.

Here are three reasons you should get an eye exam each year:

- 1. Find early signs of chronic diseases.** Many serious health conditions impact the eyes such as diabetes, multiple sclerosis, and hypertension.
- 2. Some eye diseases do not have obvious symptoms.** Glaucoma, cataracts, and macular degeneration have no early warning signs. Catching these diseases early with an eye exam may help preserve your vision.
- 3. Your vision might not be as great as you think.** You may not notice that your vision has changed but an eye exam can reveal if you would benefit from glasses or contacts.

HOW TO USE YOUR VISION BENEFIT

Please note: for some participants, vision benefits become available after working for a participating employer for 12 months. Call the Trust Office to confirm if you are eligible.

PPO Plan Participants

The Trust has an agreement with VSP (Vision Service Plan) to provide vision benefits to you and your eligible dependents. You can use any provider you wish; however, if you use a VSP network doctor, you may receive higher benefits — and they automatically file claims for you.

Kaiser Permanente Plan Participants

You can see any licensed provider you want for most covered services; however, your out-of-pocket costs will be higher. When you choose in-network care, you get access to providers at all Kaiser Permanente facilities.

To find a provider, visit www.soundhealthwellness.com.

YOU DON'T HAVE TO SUFFER THIS SPRING

Take these steps to reduce allergens in your home and breathe a little easier!

We have plenty of allergens here in the Northwest. Tree pollen, grasses, and even wildfire smoke can leave you suffering. While there is not much you can do about outdoor allergens, you can take steps to reduce allergens indoors and make your home more comfortable during allergy season.



Stop pollen at the door

Pollen clings to your shoes, clothes, hair – and even your eyelashes! To reduce the amount of pollen you track indoors, create a spot to remove shoes and jackets in the entryway. Vacuum this area regularly. You can go even further by implementing a no-shoe policy and taking your shoes off outdoors when weather permits.



Wash away allergens

Whenever you return home, wash your face and hands. Before getting into bed at night, rinse your hair to remove any allergens that have accumulated throughout the day.



Deal with dust mites and pet dander

Dust mites and pet dander are the most common indoor allergens.



To tackle dust mites:

- Dust regularly with a lint-free cloth
- Wash bedding weekly in hot water
- Consider buying allergen-proof covers for your mattress and pillows



To reduce pet dander:

- Wash your hands with soap and water after petting or snuggling
- Bathe and groom your pets regularly. Cats may tolerate dander wipes better than a bath
- Wash pet beds and toys regularly



Clean your floors often

Vacuum carpets and mop hard floors weekly – especially the bedroom. You don't need to bust out the scrubber. A Swiffer or other quick mop will do. If your allergies are particularly bad, consider investing in a bagless vacuum with a HEPA filter. They can help filter out pollen and other allergens in your home.



Use an air purifier

Air purifiers have become more affordable over the last few years and are great for keeping your indoor air clean all year round. Look for an air purifier with a HEPA filter, and make sure it is the right size for the room you are going to use it in.



Get help

Severe allergies can make it hard to sleep, work and have the energy to enjoy life. Your doctor can help you determine the cause of your allergies and create a treatment plan that works for you.



BAKED CHICKEN AND VEGGIE QUESADILLAS

Many fruits and vegetables are at their peak in Spring, making it a great time to try something new. Start by adding veggies to meals you're already making – like these Chicken and Veggie Quesadillas. Serves: 8

INGREDIENTS

- 1 tablespoon of olive oil
- 1 large white onion, thinly sliced
- 1 small zucchini, chopped
- 1 small tomato, chopped
- 1/2 lb of frozen grilled chicken breast, thawed
- 1/4 cup of cilantro, minced
- 8 6-inch flour tortillas
- 4 cups of shredded light cheese
- Canola or olive oil cooking spray

PREPARATION

1. Preheat your oven to about 400°. Heat a tablespoon of oil over a medium-high heat stovetop and add your sliced onion, zucchini and tomato. Heat and stir until they become tender and fragrant. Then add your chicken and cilantro. Once everything is mixed, add salt and pepper to taste.
2. Spray one side of each tortilla with cooking spray. Place half of your tortillas on a baking sheet with the oiled side down. Then, sprinkle each tortilla with shredded cheese and your prepared chicken and vegetable mixture. Cover your quesadillas each with another tortilla, oiled side up.
3. Bake your quesadillas until they are golden brown, and the cheese has melted (about 7 to 9 minutes). Serve with Pico de Gallo, salsa, or whatever sides you prefer.

NUTRITIONAL INFORMATION

Serving Size: 1/2 a quesadilla

321 calories **1.5 g fiber**
13 g fat **26.6 g protein**
20 g carbs

Source: modified from Taste of Home at tasteofhome.com.

MANAGING A CHRONIC CONDITION?

THERE'S AN APP FOR THAT!

If you live with a chronic condition like diabetes or asthma you know the amount of time, effort, and energy it takes to stay on top of it all. Thankfully, new apps and devices are being developed to help ease the burden of managing long-term health conditions. Here are just a few ways apps can provide support:



KEEP TRACK OF MEDICATIONS BETTER

Apps like **Medisafe** and **Everydose** create personal reports of when to take your medications, remind you when you are running low, give interaction warnings, and let you set daily reminders. You can even share your report with family members, caregivers, your pharmacist, or doctor.



GATHER YOUR OWN HEALTH DATA

There are many blood pressure apps that, combined with your smart watch or heart rate monitor, can measure and monitor your blood pressure and provide reports in PDF that you can share with your doctor. **Epsy Health** is an app designed to manage seizures and triggers for those living with epilepsy, and **Sleep Cycle** can help you understand your sleep patterns and provides resources for sleeping better.



FIND SUPPORT IN ONLINE COMMUNITIES

You don't have to manage your condition alone. The "We Are Not Alone" — **WANA app** is a group chat just for people with chronic illness. Online communities are a great way for people of similar life experiences to find each other and support one another with genuine connections. By finding others with similar lived experiences, you open yourself up to advice, support, and first-hand information from people who can relate to your issues.

Before you download an app and enter in your personal health information, be sure to research and make sure the company is reputable, has good ratings and has a privacy policy that protects your information. No matter what technology you choose, the library of digital options is always growing to help you get the support you need to manage your health.



Sources: wired.com, parkinsonsnewstoday.com

DON'T FALL FOR FAD DIETS

If you've tried to lose weight, you are not alone. According to the Centers for Disease Control and Prevention, nearly half of all Americans have tried to lose weight in the past 12 months. There are many diets and products out there promising quick and permanent weight loss. Here are some tips to help sort fact from fiction when it comes to achieving your healthiest weight.



KNOW THE FAD DIET SIGNS

How can you evaluate if a diet plan or program is just a fad or a good option for you? Avoid any diets that have any of these telltale signs:



They promise rapid weight loss.

An eating plan or product that promises losses of more than 2 pounds a week should raise alarm bells.



They require eliminating foods.

A balanced, nutritious diet includes a variety of foods. Unless you have been diagnosed with a disease like Celiac (gluten intolerance), beware of diets that claim entire food groups are bad for you or should be eliminated.



They severely restrict calories.

Your body needs a baseline number of calories to function properly. Severely restricting your calories is unhealthy and unsustainable and can lead to disordered eating.



They promote thinness over health.

Thinness is not always a sign of health, and you don't necessarily need to lose weight to live a healthy, happy life. Focusing on positive, health-promoting behaviors such as reducing stress, moving more, getting enough sleep, and eating a well-balanced diet of nutrient-rich foods will be more beneficial to your physical and mental health than dieting for weight loss alone.

RESOURCES FOR HEALTHY WEIGHT LOSS

Be sure to talk to your doctor before beginning any weight loss program. There are many different programs out there, and your doctor may be able to recommend one that is right for you. PPO participants can also speak to a personal Health Coach who can help you set and meet goals around managing your weight.

Visit www.soundhealthwellness.com/soundsupport to learn more.

GET SOUND SUPPORT FOR HEALTHY WEIGHT LOSS

The Trust offers the Wondr Health™ program to all eligible participants and spouses as an alternative to fad diets. The Wondr program can help you achieve lasting weight loss that doesn't include starving, counting calories or eating diet food. Plus, it can help you reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance of living a longer, healthier life. To learn more visit www.soundhealthwellness.com/wondr and watch your mailbox for information on upcoming Wondr sessions.



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

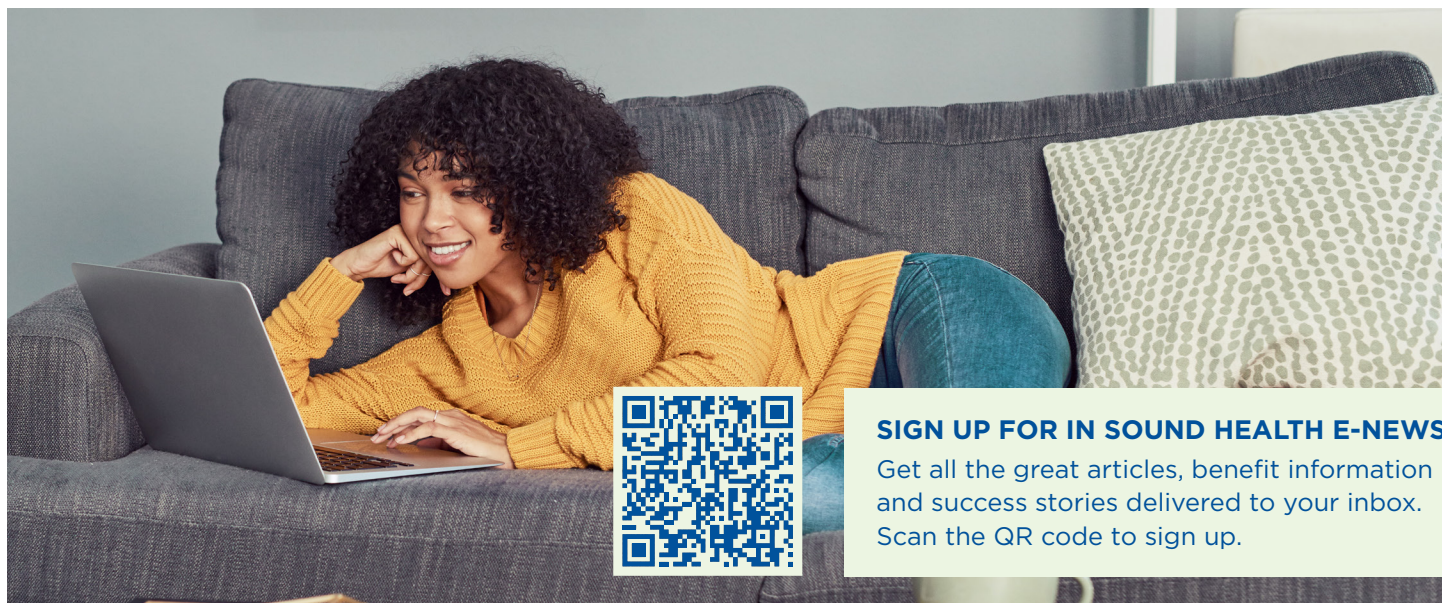
Trust Office — Eligibility, HRA	(206) 282-4500 or (800) 225-7620
Kaiser Permanente — Benefits, Claims Status	(888) 901-4636
Delta Dental PPO & Schedule Plan	(800) 554-1907
DeltaCare	(800) 650-1583
WellDyneRx — for Prescription Coverage	(800) 373-1568
Consulting Nurse Helpline	(800) 297-6877
Quit for 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.



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**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.

SPRING FORWARD TO YOUR FITNESS GOALS

Spring is race and fun run season in the Northwest! Check out the dozens of LiveWell Fit events added each month during April, May and June. There is no better time to sign up for a walk, run, or bike ride and start earning prizes and HRA funding! Plus, the Trust will reimburse you for up to four event registration fees per year.



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

DATE	EVENT NAME & DESCRIPTION
APRIL	
1 Blaine	Birch Bay Road Race — 18.6, 9.3 or 3.1 mile run/walk
1 Olympia	Run Like A Fool 5k — 3.1 mile run/walk and kids run
2 Everett	Mill Town Marathon, Half Marathon & 10k — 26.2, 13.1 or 6.2 mile run/walk
2 Puyallup	Daffodil 8k — 4.97 mile run/walk
8 Spokane	Spokane Superhero Fun Run — 6.2 or 3.1 mile run/walk
15 Wenatchee	Wenatchee Marathon — 26.2, 13.1, 6.2 or 3.1 mile run/walk
15 Seattle	The Tenacious Ten — 10 or 6.2 mile run/walk and kids run
15 Port Angeles	OAT Run — 31, 13.1 or 7.5 mile trail run/walk
15 Orting	The Foothills Dash Trail Run — 13.1, 6.2 or 3.1 mile trail run/walk
15 Bellingham	Fun with the Fuzz 5k — 3.1 mile run/walk
16 Spokane	The Split Half Marathon — 13.1, 6.2 or 3.1 mile run/walk and kids run
22 Burlington	Tulip Run — 6.2 or 2 mile run/walk
22 Seattle	Earth Day Run — 13.1, 9.3 or 3.1 mile run/walk and kids dash
22 Sequim	Railroad Bridge Park Run — 6.2 or 3.1 mile run/walk
22 Olympia	Capital Peak 50 miler/25k — 350 or 15.5 mile trail run/walk
22 Issaquah	Squak Mountain Trail Run — 31, 13.1 or 7.5 mile trail run
22 Redmond	CAT Running 5k — 3.1 mile run/walk
22 Quincy	Caveman Roar n' Pour 5k Trail Run — 3.1 mile trail run/walk