



Take control of healthcare costs while avoiding a higher deductible



The Health Reimbursement Arrangement (HRA) — a Trust-funded medical reimbursement plan — covers your first eligible medical expenses covered by the plan each calendar year. You and your covered spouse can earn HRA funding by completing your PHA and health related actions throughout the year to save on healthcare costs in 2027. The maximum HRA funding you can earn each year is \$500 for employee-only coverage, and \$1,000 for family coverage.



STEP 1: Unlock Your HRA

You must complete your annual Personal Health Assessment (PHA) to receive any HRA funding in 2027!

NEW!

That means the health related actions you take throughout the year will only count toward funding your HRA if you complete your annual PHA before December 31, 2026.*

The PHA will take about 15 minutes.



TAKE YOUR PHA TODAY!

To make it easier to complete your PHA and get your full HRA funding, you can now take your Personal Health Assessment any time! Scan the QR code to take yours today!



STEP 2: Complete Health Related Actions

Complete your choice of the health related actions below to fully fund your 2027 HRA. Health related actions are now worth \$100 or \$300. All actions must be completed between January 1 and December 31, 2026**.

➔ **Earn HRA funding up to \$500 for employee-only coverage and up to \$1,000 for family coverage**



The first health related action you complete from this list is worth **\$300**. Additional actions completed are worth \$100:



PREVENT ILLNESS

- ☐ Get a well-adult annual physical
- ☐ Get a covered flu shot



TAKE CARE OF YOUR TEETH

- ☐ Get two dental preventive exams over a 15-month period. Note: newly eligible participants will only need to have one visit to receive funding



MANAGE A CHRONIC CONDITION

- ☐ Join Condition Management, available to participants who have been diagnosed with diabetes, asthma, and other pulmonary chronic diseases, and who are invited to join the program

*To receive 2027 HRA funding you must be HRA eligible on Jan. 1, 2027. For a health related action or the Personal Health Assessment to be counted, you must be covered by the Sound Health & Wellness Trust when the health related action or Personal Health Assessment is completed.

**Earn HRA funding when you get two dental preventive exams over a 15-month period.

***Participate in Weight Watchers®; Jenny Craig®; NutriSystem®; 3010 Weight Loss for Life®; or 2020 Lifestyles® for at least three consecutive months. Earn \$100 for a consecutive 3-month period—add an additional \$100 for a consecutive 6-month period. Membership or program fees are not paid for by the Trust. If approved, complete at least 9 of 10 weekly video sessions for Wondr Health™.

QUESTIONS?

Call the Trust at (206) 282-4500 or (800) 225-7620.
www.soundhealthwellness.com



The following health related actions are worth **\$100**:



PREVENT ILLNESS

- ☐ Get a biometric screening
- ☐ Get certain adult immunizations including shingles vaccine, or COVID vaccine or boosters
- ☐ Get a preventive mammogram, pap smear, prostate exam, or colon cancer screening



MAKE HEALTHY CHOICES

- ☐ Participate in Health Coaching and complete three calls with your health coach
- ☐ Participate in an approved Weight Loss Program or, if approved, in the Wondr Health™ program***
- ☐ Participate in a Quit Tobacco Coaching Program and complete five calls with your coach
- ☐ Participate in LiveWell Fit by choosing from a list of approved events
- ☐ Document your active gym attendance and meet certain attendance criteria (\$100 for a consecutive 3-month period—add an additional \$100 for a consecutive 6-month period)
- ☐ Track your activity by wearing your fitness or activity tracker and completing certain goals (\$100 for a consecutive 3-month period—add an additional \$100 for a consecutive 6-month period)



GET INVOLVED

- ☐ Join the Wellness Volunteer Network and meet certain requirements



SIGN UP FOR VIRTUAL CARE

- ☐ Register for an account with Doctor on Demand (first time registration only)

