









## Program Overview for PPO Plan Participants

These programs are open to all eligible Sound Health & Wellness Trust participants and their covered spouse or same-sex domestic partner, age 18 or older.

**LiveWell**

A PROGRAM OF THE SOUND  
HEALTH & WELLNESS TRUST

For more information please visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com)

Program	What is It?	How to contact?	2013 HRA funding amount?
<b>LiveWell Personal Health Assessment (PHA)</b>	<p>A questionnaire that gives a snapshot of your health and health risks and gives you a personal plan for healthy living.</p> <p>The PHA is available to newly eligible participants and is taken annually when specified. You will be notified by the Trust when the PHA is available to you.</p>	Call the Trust Office at (206) 282-4500 or (800) 225-7620 option 2 then option 1. Or go online for more information.	 <p>When completed as instructed in the specified time period.</p>
<b>LiveWell Nurse Line Plus</b>	A 24/7 nurse line with live registered nurses to help you resolve any health concerns and navigate the healthcare system.	Call (877) 362-9969, option 1.	
<b>LiveWell Health Coaching</b>	<p>A phone-based health coaching program designed to help you set and meet goals to improve your health and well-being in these areas:</p> <ul style="list-style-type: none"> <li>• Back care</li> <li>• Cholesterol</li> <li>• Nutrition</li> <li>• Weight control</li> <li>• Blood pressure</li> <li>• Exercise</li> <li>• Stress</li> </ul>	Call (877) 362-9969, option 3 or go online for more information.	
<b>LiveWell Condition Management</b>	<p>Custom-tailored services for participants diagnosed with chronic conditions such as diabetes, heart disease, asthma and other pulmonary diseases.</p> <p>If enrolled, you can receive \$30 a month into your HRA account, up to a total of \$270 per year.</p>	Call (877) 362-9969, option 2 or go online for more information.	
<b>Weight Watchers®</b>	<p>Attend Weight Watchers meetings with a Monthly Pass or manage your weight loss online with the Online subscription.</p> <p>The Trust will pay half of your cost of membership for up to nine months—and will reimburse the other half if you meet active participation requirements.</p>	Call (800) 767-5154 to enroll or go online for more information.	
<b>LiveWell Quit For Life®</b>	A tobacco cessation program with free patches or gum (if recommended by your coach). Program features one-on-one phone coaching.	Call (866) 784-8454 to enroll or go online for more information.	
<b>LiveWell Fit</b>	<p>Get reimbursed for registration fees for local fitness events each season.</p> <p>The Trust will reimburse participants and covered family members for entry fees in one event per season from a selected list.</p>	Call the Wellness Coordinator at (800) 225-7620, option 2, then option 5 or go online for more information.	  
<b>LiveWell Online</b>	Online health & lifestyle information, tools and resources	Go online for more information.	

By law, your health information cannot be used to determine or deny health care coverage. Your health information is **completely confidential**, protected by federal law, and cannot be shared with the Trustees, your union or your employer without your permission. Please know that information on your health status and health conditions is used only by the independent service providers. You may be contacted by phone, email, or U.S. mail to let you know about and ask you to participate in a number of voluntary LiveWell programs that are relevant to your situation and health status. Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) and go to "About LiveWell" to find out more about these and other LiveWell wellness programs.



See the chart for a complete listing of health actions and details about what counts for 2013 HRA funding.



**SOUND HEALTH  
& WELLNESS TRUST**

# Health related actions that qualify for up to **\$150\*** in 2013 HRA funding

*Deadline for all activities is November 30, 2012 - but you can get started now!*

## PREVENT ILLNESS

### Annual Physical | \$150 in 2013 HRA Funding

by getting your covered annual physical between December 1, 2011 - November 30, 2012. Physicals are covered under your Prevention @ 100% benefit.\*\*

### Mammogram, Pap smear, or Prostate exam | \$50 in 2013 HRA Funding

by having a covered preventive mammogram, Pap smear, or prostate exam (these tests that are performed for a medical condition are not included) between December 1, 2011 - November 30, 2012. These preventive procedures are covered under your Prevention @ 100% benefit.\*\*

### Flu Shot | \$50 in 2013 HRA Funding

by getting a covered flu shot between January 1 - November 30, 2012.

### Pneumonia Shot | \$50 in 2013 HRA Funding

by getting a covered pneumonia shot between January 1 - November 30, 2012.

### Biometric Screening | \$50 in 2013 HRA Funding

by having your blood pressure, cholesterol, blood glucose & BMI (height/weight) checked in a single visit to your physician or pharmacy between January 1 - November 30, 2012. You will be asked to complete and sign a Trust provided form that is also signed by the physician or pharmacist who completed the tests.

### Preventive Colonoscopy | \$150 in 2013 HRA Funding

by having a covered preventive colonoscopy (colonoscopies performed for medical conditions are not included) between January 1 - November 30, 2012. This preventive procedure is covered under your Prevention @ 100% benefit.\*\*

## STAY ACTIVE

### LiveWell Fit | \$50, \$100 or \$150 in 2013 HRA Funding

by participating in events between January 1 - November 30, 2012. Visit [www.soundhealthwellness.com](http://www.soundhealthwellness.com) for a listing of eligible events and their HRA funding values.

### Active Gym Attendance | \$150 in 2013 HRA Funding

by having 20 or more visits within a consecutive three month period between January 1 - November 30, 2012. Attendance documentation is required, through a form provided by the Trust.

## MAKE HEALTHY CHANGES

### Health Coaching | \$150 in 2013 HRA Funding

by enrolling between January 1 - September 1, 2012 and completing three calls with your coach by November 30, 2012.

### Weight Watchers® | \$150 in 2013 HRA Funding

by enrolling then actively participating for three consecutive months between January 1 - November 30, 2012. This means that, for 10 of a 12-week period, attending one in-person meeting a week for Monthly Pass subscribers or by logging your weight online for Online subscribers.

### Quit For Life® | \$150 in 2013 HRA Funding

by enrolling between January 1 - July 1, 2012 and completing five calls with your coach by November 30, 2012.

## MANAGE YOUR MEDICAL CONDITIONS

### Condition Management | \$150 in 2013 HRA Funding

by enrolling between January 1 - November 30, 2012, and either graduating in 2012 or continuing to be actively engaged on November 30, 2012.

### Personal Care Team | \$150 in 2013 HRA Funding

by enrolling anytime before September 30, 2012 and being active (not dis-enrolled) in the program through November 30, 2012. Participation is by invitation only for people who have been identified as being medically appropriate for the program based on existing health conditions and other factors.

## GET INVOLVED

### Wellness Volunteer Network | \$50 in 2013 HRA Funding

by volunteering between January 1 - November 30, 2012. This includes completing an orientation or existing Volunteer review with your regional Wellness Coordinator and completing one break room activity or LiveWell Fit Empowerment Event.

\* Maximum funding to be earned is \$150

\* To receive funding you must be covered by the Sound Health & Wellness Trust when the health action is completed

\*\* Subject to limitations stated in your Summary Plan Description booklet.



Look for these icons throughout the year to see what counts towards 2013 HRA Funding.

**To earn the remaining \$350 in HRA funding for 2013**, you will need to do *all* of the following: Complete your annual Personal Health Assessment when offered, update or confirm your contact information and maintain or select your PCP online.