

## Program Overview for Retiree 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.



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

Program	What is It?	How to contact?	Any additional details?
<b>LiveWell Personal Health Assessment (PHA)</b>	A questionnaire that gives a snapshot of your health and health risks and gives you a personal plan for healthy living.	Call (877) 362-9969, option 3 or go online for more information.	To avoid a higher deductible you will need to take your PHA annually when specified.  You will be notified by the Trust when the PHA is available to you.
<b>LiveWell Nurse Line Plus</b>	A free 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>	A phone-based health coaching program designed to help you set and meet goals to improve your health and well-being in these areas: <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>	Custom-tailored services for participants diagnosed with chronic conditions such as diabetes, heart disease, asthma and other pulmonary diseases.	Call (877) 362-9969, option 2 or go online for more information.	If enrolled, you can receive \$20 a month, up to a total of \$180 per year.
<b>Weight Watchers®</b>	Attend Weight Watchers meetings with a Monthly Pass or manage your weight loss online with the Online subscription.	Call (800) 767-5154 to enroll or go online for more information.	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.
<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>	Get reimbursed for registration fees for local fitness events each season.	Call the Wellness Coordinator at (800) 225-7620, option 2 or go online for more information.	The Trust will reimburse participants and family members for entry fees for one event per season from a selected list
<b>LiveWell Online</b>	Online health & lifestyle information, tools and resources.	Go online for more information.	
<b>LiveWell Behavioral Health Online</b>	Online mental health information, tools and resources.	Call (866) 763-0466 or 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.

