

Think healthy. Act healthy. Stay healthy.

SoundLivingnews

FALL 2005

Take the First Step to SoundLiving

Take the **HRA** (Health Risk Assessment) today and receive your free personal health profile designed to assess your health risk factors. Your profile will increase your health awareness and help you manage your health risks. In addition, you'll have the opportunity to talk with a personal health advisor who will help you put a plan together to improve your health. The HRA is completely confidential and administered by the University of Michigan's Health Management Research Center.

As An Added Reward . . .

When you complete the HRA before December 31, 2005, you are eligible to enter a drawing for your chance to win one of 10 \$100 gift certificates.

Note: If you've already taken the HRA, your name will also be entered in the drawing. If your name is drawn, you will receive your gift by January 31, 2006. (Keep in mind your gift is subject to all applicable state and federal taxes.)

In addition, when you complete the HRA, The Sound Partnership will add

\$25

to your paycheck to offset your health care premium. It's an added reward from The Sound Partnership for taking the first step to healthier living.

SoundLiving is Here To Stay!

SoundLiving is The Sound Partnership's program for wellness, healthy living and self-care. It involves breaking old habits and developing new, healthier ones. The focus of SoundLiving is simple—we want you to think healthy, act healthy and stay healthy.

The Sound Partnership continues to provide you with the tools, resources and information you need to help you become more informed as you make health care decisions for yourself and your family.

How Do You Do It?

No preparation is required. If you have the approximate dates of recent preventive services or your blood pressure and cholesterol measurements then great. If not, just by having your height and weight is a great start. Another easy measurement to get is your blood pressure. Many local drug stores offer free blood pressure screenings that you can do yourself with immediate results. And remember, free cholesterol screenings are available at the Benefits Fair coming up in November.

It takes only 15 to 20 minutes. Go to www.tsp-soundliving.com, and

- **Select** the Health Risk Assessment from the home page.
- **Enter** your employee district ID number (your nine-digit ID number begins with 0000 and can be found on your paycheck).
- **Submit** your answers and your personal health profile will be automatically generated for you to print.

The HRA is available to all benefits-enrolled employees.



Think healthy.

What Do You Get?

Based on your health risk profile, you will receive a follow-up call from a trained health advisor. Your advisor will help you develop a customized approach to improve your health and modify your lifestyle by participating in a voluntary Lifestyle Management Program. There are three levels of follow-up calls:

- **High risk results**—Your health advisor will work with you over the next 12 months as you develop a plan for improving your health.
- **Moderate risk results**—Your health advisor will work with you over the next six months as you develop a plan for improving your health.
- **Low risk results**—Your health advisor will work with you through one advising session to identify your good health habits, and develop a plan for continuing them. The health advisor will also help you develop a plan for addressing any poor health habits you may have.

Remember, all personal health information collected through the HRA or any of the follow-up calls is strictly confidential, and will never be shared with the District or The Sound Partnership.

Time For a Reassessment?

Once you have taken the HRA, your next opportunity for an assessment will be no sooner than one year later. If it's been a year since you've taken the HRA, it's time to take it again to measure your progress and reassess any health risks.

If you need a paper HRA form, contact The Sound Partnership at (253) 571-1240.

Act healthy.

A District Employee Speaks Out

Janet (fictional name), a 52 year-old teacher, took the HRA last September. Because her HRA results identified a number of health risks, she received a call from a trained health advisor. Throughout the next 10 months, the health advisor helped Janet begin addressing her weight management issues by starting her on an exercise program, developing a nutrition plan and helping her deal with stress.

Both Janet and her health advisor discovered that she was not consuming enough fruits and vegetables and her portion sizes were too large. The health advisor helped her re-evaluate her daily nutrition, and she lost eight pounds!

She was having a difficult time exercising on a regular basis at the gym because of her stressful schedule. Together, Janet and her health advisor analyzed her schedule and arranged time to exercise at the local gym four days each week. As a result, she was on her way to eliminating another health risk.

Janet's health advisor played a crucial role in helping Janet help herself keep a positive outlook on life. Janet says that she's glad she took the HRA and appreciates the personal outreach made by her personal health advisor.

Stay healthy.