

Think healthy. Act healthy. Stay healthy.

SoundLivingnews

JUNE 2006

The Sound Partnership— Working Hard for You

Over the last three years, The Sound Partnership has implemented a number of wellness and health management programs through *Sound Living*. To make sure these programs are appropriate and having a positive impact, The Sound Partnership has asked for feedback from members in small group discussions (focus groups) on two separate occasions. Since then, The Sound Partnership has been busy finding the best ways to bring you the tools, information and resources you need to pursue a healthier life.

What Employees are Saying

Here's what we learned from our members who participated in the October 2005 focus groups. Overall, participants agreed:

- The *Sound Living* program is beneficial and that it should continue.
- The Sound Partnership staff is an important resource (for health and benefit information).
- Communications need to come from many different sources, such as paycheck stuffers, posters, short newsletters, e-mails with links to the *Sound Living* website, etc.
- Information about *Sound Living* tools, resources and programs, (i.e., nurse advice lines, *Sound Living* website, health risk assessment (HRA), disease and case management) needs to be repeated and sent out on an on-going basis.
- Self care is beneficial and focus group participants have seen positive results in their own health through this lifestyle practice.
- Any exercise program, such as a walking campaign, is a good way to build awareness.

What is Self Care?

Self care is one aspect of being accountable for your health care. It includes everything from:

- Awareness
- Prevention
- Early detection
- Personal safety
- Self-treatment

Tip: *Based on a study done by Vanderbilt University, laughing 10 to 15 minutes a day can help you lose four pounds over the course of a year.*

Think healthy.



Sound Living Program Stats

The Sound Partnership did an analysis of all of the *Sound Living* programs including the Health Risk Assessment (HRA) and related health coaching, nurse advice lines and case management services. Here's what we found based on those employees participating in the *Sound Living* programs:

- The Sound Partnership is an older (age 48.5), mostly female population (72%).
- Over 600 members have taken the HRA since May 2004.
- About 30% of program participants have moderate to high health risks that can be modified, such as obesity, stress and high blood pressure.
- 40% of participants are overweight and 30% are classified as obese.
- The majority of participants desire to increase physical activity and lose weight.
- The most reported health issues include allergies, back pain and symptoms related to menopause.
- 9% of participants do not use safety belts 100% of the time.

Sound Living Keeps Living

Based on what was heard in the focus groups and what was learned about the *Sound Living* programs, The Sound Partnership will be moving ahead in the next few months to offer new and exciting ways to help you lead a healthier life in 2006, 2007 and beyond.

Here's a short list of what you can expect for the rest of this year and beyond:

- A Healthy Tips section added to the *Sound Living* website at www.tsp-soundliving.com. Updates will be made over the summer.
- Information on physical activity will be coming out in September. Look for communication from the District and The Sound Partnership in your in-box and e-mail about a District-wide walking challenge between the schools.
- There will be a Pilot Program in two Tacoma schools focusing on physical activity education and promotion for faculty and staff. The participating schools will be announced over the summer and in late September.

Act healthy.

What is Sound Living?

The Sound Partnership introduced the *Sound Living* Program in November 2003. *Sound Living* is:

- The Sound Partnership's approach to health management
- A long-term strategy that results in employees taking more responsibility for making smart health care decisions and leading a healthy life
- Is a process that involves changing behaviors—breaking old habits and developing new, healthier ones

Ultimately, *Sound Living* helps manage the increasing cost of health care for the Tacoma School District and employees.

Tip: *UV rays can cause skin damage during any season or temperature. So protect yourself on cloudy and hazy days as well as sunny days.*

www.tsp-soundliving.com

Updates will be made to the *Sound Living* website over the summer. Be sure to check out the new Healthy Tips section in August. You can access the *Sound Living* website from anywhere you have Internet access.

Stay healthy.