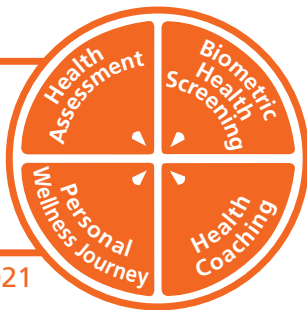




WELLNESS PROGRAM 2021



Our voluntary 2021 Slice of Life wellness program offers you resources to achieve and maintain optimal health, and rewards you when you make smart lifestyle choices.

\$575 VALUE!

Earn up to \$475 in wellness incentive rewards plus a \$100 fitness device credit!



866.564.5237

www.healthtrustnh.org

To start earning rewards, log in to your secure online account at www.healthtrustnh.org and click the Onlife Health button.

Please note: The amount of any cash and the value of any other wellness incentive rewards received from HealthTrust are taxable to the recipient for federal income tax purposes. The Slice of Life program begins on January 1 of each year and is available to Employees, Retirees and Spouses covered under a HealthTrust medical plan.



Health Assessment (HA) – “Know Yourself”

\$25/year

Your choice! Earn \$25 when you:

- Answer the questions in the first module of the confidential Health Assessment to receive a “snapshot” report of your current health *or*
- Complete a longer version to receive an in-depth Personal Wellness Report.



Biometric Health Screening – “Know Your Numbers!”

\$75/year

- Confidential
- Three options for screening:
 - Attend a HealthTrust screening event.
 - Have your screening at a ConvenientMD location.
 - Complete a screening with your Primary Care Provider.*
- Learn the vital health numbers that impact your health.

*Enrollees with Medicomp Three coverage are not eligible to receive rewards for screenings with a PCP, but can qualify for a \$75 reward by having a Biometric Health Screening at a HealthTrust-sponsored screening event or at a ConvenientMD location.



Health Coaching – Support for Healthy Habits

up to \$75/year

- \$25 per completed Health Coaching engagement, up to 3x/year, maximum of one in any quarter.
- Goals need to be at least 30 days long.



Personal Wellness Journey – Challenge Yourself!

Quarterly Rewards for Healthy Activities - up to \$75/quarter, \$300/year

- Earn a minimum of \$40 in a quarter to receive a wellness incentive reward for that quarter. The maximum reward available in any quarter is \$75.
- Choose the activities you want to do! Here are just a few ways to earn rewards.
 - **Healthy Habits Rewards** – Earn up to \$25 per quarter toward your quarterly maximum when you or your covered dependents complete a healthy activity – e.g., a class in yoga, nutrition, or CPR; running in a road race; skiing, hiking, or other activity. No receipts or paper forms to submit!
 - **Tracking** – Use a connected app, fitness tracker, blood pressure monitor, smart scale, or log in to your secure account at www.healthtrustnh.org and click the Onlife Health button to track nutrition, steps, or other activity.
 - **Challenges** – Participate in a personal challenge and/or join a quarterly group challenge.
 - **Learn!** – Complete a self-guided program online.

Order a Device - up to \$100/year toward the purchase of a fitness device

- Always wanted a fitness tracker, blood pressure monitor or smart scale? Log in to your secure account at www.healthtrustnh.org, click the Onlife Health button and follow the prompts to choose and order your device.

For more expensive devices, \$100 will be deducted from the cost and you will need to provide a credit card to pay for the balance.





HealthTrust 360

HealthTrust 360 programs support you through everyday life and difficult times. These total well-being resources are voluntary, confidential, and available to qualifying individuals covered by a HealthTrust medical plan. HealthTrust 360 programs go beyond helping you stay healthy, they help you thrive!

Medical Advocacy and Consumerism

- **SmartShopper***
866.319.3706 | www.healthtrustnh.org
Earn rewards** by making informed healthcare decisions.
- **Grand Rounds***
855.633.8341 | www.healthtrustnh.org
Help for complex medical care: Expert second opinions, treatment decision support, referrals to local experts for in-person visits.
- **ConvenientMD, www.convenientmd.com**
Biometric Health Screenings, free flu shots - no appointment needed.

24/7 Access

- **LiveHealth Online, www.livehealthonline.com**
See a doctor anytime or a behavioral health expert by appointment without leaving your home.
- **Anthem 24/7 NurseLine, 800.337.4770.**
Speak to a registered nurse 24/7 for non-emergency medical help.

**Individuals covered by a Medcomp Three plan are not eligible to participate in this program.*

*** The amount of any cash and the value of any other wellness incentive rewards received from HealthTrust are taxable to the recipient for federal income tax purposes.*

**** Requires enrollment in a HealthTrust medical plan that includes CVS Caremark Prescription coverage.*

Learn more! Create an account on HealthTrust's Secure Enrollee Portal (SEP) at www.healthtrustnh.org and log in often! To contact HealthTrust Enrollee Services, call 800.527.5001, or send us a message through the SEP Secure Message Center.

Health Management

- **CVS Transform Diabetes Care®*****
800.945.4355 | www.join.livongo.com/healthtrust/register
Manage your diabetes better with expert help and a free glucose monitor. Available to eligible individuals prescribed medication for diabetes.
- **Solera* Diabetes Prevention Program**
877.486.0141 | www.solera4me.com/healthtrust
Get help preventing prediabetes from progressing. Take a 1-minute quiz to see if you qualify.
- **CVS Caremark® Accordant Specialty Care*****
844.905.0855 | www.accordant.com
Personalized help for managing a complex health condition.
- **Anthem Programs:**
 - **Future Moms, 866.347.8360.**
\$50 reward*, RN phone consultations
(Covered dependent children are not eligible for the \$50 reward.)
 - **ConditionCare, 866.596.9812.**
Support for managing a chronic condition.
 - **ComplexCare.** Help coordinating multiple care providers
- **HealthTrust Flu Vaccine Program:** Free flu shots available right at your workplace!

Support

- **LifeResources Employee Assistance Program:**
800.759.8122 | www.healthtrustnh.org
Complimentary consultations for behavioral health issues, financial or legal guidance, robust online resources.
- **Aware Recovery Care:**
844.AwareRC | 844.292.7372 | 603.769.8463
www.awarerecoverycare.com
In-home recovery care available to individuals age 17 and older with substance use disorders.