

2020



WELLNESS PROGRAM



Our 2020 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!



**Health Assessment (HA) – “Know Yourself”**

**\$25/year**

- Confidential.
- No longer required for program participation, but strongly encouraged!
- Your choice – Earn \$25 for answering the questions in the first module of the Health Assessment to receive a “snapshot” report of your current health, or 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 Medcomp 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.



**\$100 Toward the Purchase of a Fitness Device – Stay Connected!**

**Up to \$100 value**

- Always wanted a fitness tracker, blood pressure monitor or smart scale? Log in to your secure account at [www.healthtrustnh.org](http://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.



**Personal Wellness Journey— Challenge Yourself!**

**Up to \$75/quarter, \$300/year**

- Activities = Dollars! You must 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](http://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.



**866.564.5237**  
[www.healthtrustnh.org](http://www.healthtrustnh.org)

To start earning rewards, log in to your secure online account at [www.healthtrustnh.org](http://www.healthtrustnh.org) and click the Onlife Health button.



# Your Health, Your Choice

Use these programs to help you be a smarter consumer on your Personal Wellness Journey



**800.870.3122**  
[www.healthtrustnh.org](http://www.healthtrustnh.org)

## Health Management

- **Future Moms:** \$50 reward,\* RN phone consultations – **800.769.4896**
- **ConditionCare:** Support for managing a chronic condition – **866.596.9812**
- **ComplexCare:** Help with coordinating multiple care providers
- **24/7 NurseLine:** **800.544.1901**

*\*Covered dependent children are not eligible for the \$50 reward.*

## LiveHealth Online

- Connect to board-certified doctors 24/7 from anywhere you have a computer or mobile device with internet access and two-way camera for medical visits.
- Copay for a medical visit is \$10 or less for individuals covered by most HealthTrust medical plans\*\*.
- Visit with a licensed psychologist/therapist or board-certified psychiatrist by appointment for the cost of your office visit copay\*\*.
- Covered by all HealthTrust medical plans (except Medicomp Three).
- Register at [www.livehealthonline.com](http://www.livehealthonline.com)

*\*\*High Deductible Health Plan Cost (Lumenos): Up to \$59 per medical visit, or up to \$95 per visit with a therapist/psychologist, and up to \$175 for the initial evaluation visit with a psychiatrist, \$75 per follow-up visit.*

## Aware Recovery Care

- In-home recovery care for individuals with substance use disorders
- Up to 52 weeks of services from a multidisciplinary treatment team
- Coordination of additional services – legal, physical therapy, more
- Daily recovery guidance and support
- **844.AwareRC (844.292.7372) / 603.769.8462**  
[www.awarerecoverycare.com](http://www.awarerecoverycare.com)

## SmartShopper®

**866.319.3706**  
[www.healthtrustnh.org](http://www.healthtrustnh.org)



- Earn \$25 to \$500 for choosing a cost-effective option for your medical service.
- Shop online or by phone (866.319.3706) in less than 5 minutes.
- Personal Assistant Team to help with referrals, scheduling appointments, more
- Learn about medical costs in your area.

*Note: Enrollees with Medicomp Three coverage are not eligible to participate in SmartShopper.*



## LifeResources

**800.759.8122**  
[www.healthtrustnh.org](http://www.healthtrustnh.org)

## Employee Assistance Program

- Help with personal problems that may affect your job, health and well-being. Includes complimentary:
  - Behavioral health therapy
  - Consultations with an attorney
  - CPA consultations
- 5,000+ online resources
- **800.759.8122**; or log in to your secure account at [www.healthtrustnh.org](http://www.healthtrustnh.org) and click on the LifeResources 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.

For additional program and eligibility details, call **800.527.5001** or visit [www.healthtrustnh.org](http://www.healthtrustnh.org).