



Slice of Life 2022: Your Way to Optimal Health

Think of the last time you felt your absolute best, mentally and physically.

Whatever you're thinking is specific to you and your wellness journey. Each individual's path to optimal health is unique. Whether you want to maintain or improve your current good health, minimize risk factors for mental or physical health issues, or prevent progression of a condition you have, the Slice of Life program can help.

Slice of Life provides the resources you need and offers you four essential steps to optimal health. Continue reading to find out what they are and begin your 2022 Personal Wellness Journey.

See the Wellness Incentives Available This Year!

Complete your Health Assessment	\$25 (1x/year)
Have a Biometric Health Screening	\$75 (1x/year)
Complete a Health Coaching Engagement	UP TO \$75 (\$25/quarter up to 3x/year)
Challenge Yourself on Your Personal Wellness Journey	
• Quarterly Rewards for Healthy Activities	UP TO \$75 (per quarter, \$300/year)
• Order a Fitness Tracker, Smart Scale or Blood Pressure Monitor	UP TO \$100 (toward the purchase)

TOTAL AVAILABLE INCENTIVES: UP TO \$575!*

SLICE OF LIFE 2022

Four Easy Steps to Stay Healthy and Achieve Your Goals!

HealthTrust teams with Onlife Health to offer the Slice of Life program to Enrollees, Retirees and spouses with HealthTrust medical coverage. This voluntary program provides support and resources for your Personal Wellness Journey, and rewards* for making healthy choices.

- 1** **Log in to or create your account on HealthTrust's Secure Enrollee Portal (SEP)** and click the Onlife Health button on the SEP home page to participate in Slice of Life. We suggest using your personal (not work) email address for your SEP account to ensure you receive all our communications.



2 Get a Clear Picture of your Current Health – and use it to create goals – with these Slice of Life resources:

 **Complete Your Health Assessment (1x/year) | Earn \$25!**


 **Have a Biometric Health Screening (1x/year) | Earn \$75!**

– At a ConvenientMD location in NH

– With your own Primary Care Provider (PCP)

NOTE: Enrollees with Medicare 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 ConvenientMD location.

3 Set Yourself up for Success – and reach your goals by taking these two key actions:


 **Contact a Health Coach (\$25/quarter up to 3x/year) | up to \$75!**

Get support and resources on your Personal Wellness Journey. Click the “high-five” coaching image on your Onlife home page to message your Health Coach.

 **Track Your Progress: Order and Connect a Health Device | up to a \$100 value!**

Click on the “Order a Device” tile on the Onlife home page to order a fitness tracker, smart scale or blood pressure monitor. Connect it to your Onlife portal to earn dollars toward your quarterly rewards!

4 Have Fun and Receive Rewards!

 **Earn Quarterly Rewards (up to \$75/quarter up to 4x/year) | up to \$300!**

Healthy activities should be fun – or you may not do them! Slice of Life lets you choose what you want to do to earn rewards. If you earn at least \$40 in any quarter you can receive a reward (maximum reward per quarter is \$75). See the rewards chart for a list of eligible activities.

Total Value: up to \$575!

**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.*

STAY HEALTHY WITH HEALTHTRUST 360!

The perfect complement to Slice of Life, HealthTrust 360 helps you manage health conditions, access healthcare services when and where you need them, and make informed decisions. The following HealthTrust 360 resources and programs are voluntary, confidential, and available to qualifying individuals covered by a HealthTrust medical plan.



● **Medical Advocacy and Consumerism**

***New program!* Corigen[®] Medication Safety Program[†] 888.456.9184**

coriell.com/healthtrust. Discover if the medications you take now – or could take in the future – are right for you, based on your DNA and lifestyle factors.

SmartShopper^{} 866.319.3706.** Earn rewards* by making informed healthcare decisions and choosing cost-effective providers.

Grand Rounds^{} 855.633.8341.** Help for complex medical care: Expert second opinions, treatment decision support, referrals to local experts for in-person visits.

● **24/7 Access**

LiveHealth Online, *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.

● **Health Management**

Lark^{} Diabetes Prevention Program.** Determine if you are at risk for prediabetes and, if needed, take steps to address it. Take a 1-minute survey at ***lark.com/anthem*** to see if you could benefit from this digital program.

Newly enhanced program!* CVS Caremark[®] Transform Diabetes Care^{®} 888.726.1631.** Manage your diabetes with expert help and a free glucose monitor, test strips and lancets.

STAY HEALTHY WITH HEALTHTRUST 360! (CONT'D)

CVS Caremark® Accordant Specialty Care* 844.905.0855, [accordant.com](https://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 at your workplace or other nearby location.

● **Support**

LifeResources Employee Assistance Program (EAP): 800.759.8122.

Complimentary consultations for behavioral health issues, financial or legal guidance, robust online resources.

Aware Recovery Care: 844.292.7372 or 603.769.8463, [awarerecoverycare.com](https://www.awarerecoverycare.com).

In-home recovery care available to individuals age 17 and older with substance use disorders.

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

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

†Available to individuals covered by a HealthTrust medical and prescription drug plan. Enrollees in a Medcomp Three Plan without prescription drug coverage are not eligible for this program.

2022 Personal Wellness Journey Rewards Chart

Earn up to \$75 per quarter! See the chart below for ways to earn.

	Activity	Dollar Value**	Max Frequency
ENGAGE!	Earn Healthy Habits Rewards	\$25	1x/Quarter
TRACK!	Track 8,000 Steps or 45 Minutes of Activity Using a Fitness Device or Mobile App	\$1	3x/Week
	Device Stretch Goal (Hit 50,000 Steps or 300 Minutes in One Week)	\$2	1x/Week
	Track with your Nutrition App	\$1	3x/Week
	Self-Track your Progress	\$1	2x/Week
	Track with your connected Smart Scale	\$1	3x/Week
	Track with your connected Blood Pressure Monitor	\$1	3x/Week
CONNECT!	Join any Personal, Group or Team Challenge	\$5	1x/Quarter
	Complete a Group or Team Challenge	\$15	2x/Year
	Complete a Personal Challenge	\$20	1x/Quarter
LEARN!	Read an Article, Listen to a Podcast or Watch a Video on the Onlife Site	\$5	1x/Month
	Complete a Self-Guided Program	\$20	1x/Quarter
	Participate in a Webinar, HealthTrust Wellness Program or LifeResources Training	\$10	2x/Quarter
PREVENT!	Complete a Condition Care Program	\$25	2x/Year
	Have an Annual Physical*	\$10	1x/Year
	Have a Preventive Dental Visit	\$10	2x/Year
	Have a Preventive Screening*†	\$10	1x/Year

* Enrollees with Medcomp Three coverage are not eligible to receive rewards for an annual physical or preventive screenings.

† Preventive Screenings include: Prostate Cancer Screening (Men), Mammograms, Pap Test, Bone Density Testing (Women), Colonoscopy (Both).

** You must earn a minimum of \$40 in the quarter to receive a reward for that quarter. The maximum reward available in any quarter is \$75.

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NOTICE REGARDING HEALTHTRUST'S 2022 WELLNESS PROGRAM

HealthTrust's Slice of Life wellness program is a voluntary wellness program available to Enrollees and their spouses covered by a HealthTrust medical plan. The program is administered by HealthTrust and Onlife Health (Onlife) according to federal rules permitting wellness programs that seek to improve individual health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act (HIPAA), as applicable, among others. As part of the wellness program you have the option of completing a voluntary Health Assessment or "HA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). The wellness program also offers a Biometric Health Screening, which includes a blood test for cholesterol, glucose and triglycerides. You are not required to complete the HA or to participate in the Biometric Health Screening tests or other medical examinations.

All components of the wellness program are voluntary. However, individuals who choose to participate in the wellness program will be eligible to receive incentives as described in the relevant Slice of Life wellness program materials. Although you are not required to complete the HA or participate in the Biometric Health Screening, only individuals who do so will receive the applicable incentives. Additional incentives may be available for individuals who participate in certain health-related activities, or achieve certain health outcomes. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthTrust at 1.800.527.5001. The information from your HA and the results from your Biometric Health Screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as health coaching and disease management. You also are encouraged to share your results or concerns with your own doctor.

PROTECTIONS FROM DISCLOSURE OF MEDICAL INFORMATION

We are required by law to maintain the privacy and security of your individually identifiable health information (also known as "protected health information" under HIPAA). Your

NOTICE REGARDING HEALTHTRUST'S 2022 WELLNESS PROGRAM (CONT'D)

individually identifiable health information obtained as part of the wellness program will not be shared publicly or with HealthTrust or your employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Protected health information that is provided by you in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment. However, HealthTrust and/or your employer may be advised of your participation for purposes of incentive administration and may be provided aggregate information not containing any individually identifiable information in order to design a wellness program based on health risks in the workplace. The importance of safeguarding individually identifiable health information is recognized and all organizations involved in this wellness program are obligated to take reasonable steps to protect such information from unauthorized access or use in accordance with applicable HIPAA privacy and security policies.

Your protected health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your protected health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your protected health information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. An Onlife “health coach” and an Anthem “case manager” are the only individual(s) who may receive your individually identifiable health information in order to provide you with services under the wellness program.

Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you in accordance with applicable HIPAA and other privacy law requirements.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, please contact the HealthTrust Privacy Officer at privacyofficer@healthtrustnh.org.

If you are covered by a HealthTrust medical plan, **log in** or **create** an account on HealthTrust's Secure Enrollee Portal (SEP) today!



SECURE LOGIN
Access the SEP, SMP, and WCP

On the SEP you can find:

- **Digital ID Cards** – always on hand when you need them.
- **Secure Message Center** – get help quickly and securely.
- **Expanded Single Sign-On** (depending on your coverage):
 - ◆ **Onlife Health – Participate in Slice of Life!** Check your journey dollars, sign up for challenges, do healthy activities.
 - ◆ **Anthem and Delta Dental** – View claims and download your *Explanation of Benefits*.
 - ◆ **CVS Caremark** – Manage your prescriptions and request refills.
 - ◆ **LifeResources** – EAP resources and COVID-19 support.
- **Wellness Tip Sheets** from the HealthTrust Wellness Team.
- **Coverage documents, newsletters, webinars and videos, forms, recipes, and more.**



Take us with you! Launch the AlwaysOn app right from the home page of HealthTrust's Secure Enrollee Portal (SEP) for easy access to Slice of Life trackers and other resources. Save HealthTrust Mobile to your smartphone home screen for a mobile-friendly version of the SEP.

Questions? Contact HealthTrust Enrollee Services, Mon-Fri, 8:30 a.m. – 4:30 p.m. at 800.527.5001, or enrolleeservices@healthtrustnh.org. Or send us a secure message by clicking “Secure Message Center” on the HealthTrust SEP.



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