



**HealthTrust**

**Slice of Life**  
WELLNESS PROGRAM

Powered by:  **pulse**

**Earn up to \$475 per year!**

## Let's do this together!

The voluntary HealthTrust Slice of Life wellness program will provide HealthTrust Medical Enrollees, covered spouses and Retirees with fun, engaging experiences and resources at your fingertips to help you achieve and maintain optimal health and live your best life.

### It's simple to earn rewards\*:

Do healthy things, earn points and get rewards! The points you earn will accumulate each quarter and turn into Pulse Cash. As you reach a new level, your rewards grow. Participate in activities including reading your daily cards, joining a challenge, taking the Health Check, exploring Journeys, connecting a device or using the Healthy Habit trackers to kick off your journey. There's so many ways to engage and start earning points!

**Earn up to \$475 Pulse Cash this Year** -- up to \$400 Pulse Cash for playing the Quarterly Points Game and up to \$75 for completing Key Actions.

	Points	Pulse Cash
<b>LEVEL 1</b>	1,000	\$10
<b>LEVEL 2</b>	5,000	\$20
<b>LEVEL 3</b>	12,000	\$30
<b>LEVEL 4</b>	20,000	\$40
<b>Maximum rewards per quarter</b>		<b>\$100</b>

Key Actions	Reward
Complete a Next Steps Consult Once Per 2023 Program Year	\$25 Pulse Cash
Health Risk Assessment (Health Check) Once Per 2023 Program Year	\$25 Pulse Cash
Log in to your HealthTrust Secure Enrollee Portal (SEP) account and click on the LifeResources button	\$25 Pulse Cash

## Rewards, your way!

You can redeem your Pulse Cash rewards in the Virgin Pulse store for gift cards or fitness accessories, or you can donate what you earn to charity. Pulse Cash is yours to accumulate and redeem when you're ready, and it doesn't expire. Ready to get started?

On or after January 3, 2023, sign up by going to [www.healthtrustnh.org/virginpulse](http://www.healthtrustnh.org/virginpulse). Once logged in to your Secure Enrollee Account, you will create a username and password, then accept the terms and conditions to get started with Virgin Pulse. Finally, set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more.

\*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.

**What are you waiting for? Let's do this together!**

# LifeResources

EMPLOYEE ASSISTANCE PROGRAM

Powered by:  
**COMPSYCH**<sup>®</sup>

HealthTrust's LifeResources Employee Assistance Program (EAP) is now even better! HealthTrust has teamed up with ComPsych GuidanceResources<sup>®</sup> to provide enhanced tools and resources. To check out the new program on or after Tuesday, January 3, 2023 visit [www.healthtrustnh.org/compsych](http://www.healthtrustnh.org/compsych)

## New in 2023

- **Computerized Cognitive Behavioral Therapy (CCBT)** – an interactive digital program that can help you address feelings of stress, depression, anxiety, insomnia, and more.
- **WellthSource Financial Wellness** – 24-hour access to interactive, guided financial planning programs, tools and resources that can help you create a well-planned, flexible and sustainable lifestyle of healthy financial choices and habits.

### Beginning January 3, 2023, You Can Contact the EAP...

- ✓ **By phone:** 800.759.8122
- ✓ **Through your SEP account:** Log in to your account on HealthTrust's Secure Enrollee Portal (SEP) and click on the LifeResources button.
- ✓ **Online:** Visit [guidanceresources.com](http://guidanceresources.com) and enter the Web ID – LIFERESOURCES – to create your username and password.
- ✓ **By downloading these apps:** GuidanceNow<sup>SM</sup> (for EAP) and Koa Foundations (for CCBT). Enter the Web ID – LIFERESOURCES – to create your username and password.



### Confidential Emotional Support

Trained clinicians are available to help you or your family members with issues including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



### Work-Life Solutions

Referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



### Legal Guidance

Talk to attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts
- Free 30-minute consultation and a 25% reduction in fees.



### Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy
- WellthSource<sup>SM</sup> digital financial



### Online Support

GuidanceResources<sup>®</sup> Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" responses to your questions



### Well-Being Coaching

Connect today with one of our certified personal coaches. Their one-on-one services are available over the phone or via video link and cover a variety of issues, including:

- Tackling burnout and work-life balance
- Developing self-compassion and resiliency
- Improving sleep and more



### Interactive Digital Tools

Our digital self-care platform offers interactive Computerized Cognitive Behavioral Therapy (CCBT) tools and resources. Log in for:

- Guided programs for anxiety, depression, mindfulness, sleep, stress and more
- Personalized, guided resources and motivational support
- Secure access through GuidanceResources<sup>®</sup> Online