

2 Easy Ways to “Get Social” with Slice of Life

Want to get social with Slice of Life? Start by opening the Virgin Pulse app or **logging in** to your Secure Enrollee Portal (SEP) account and clicking the Slice of Life button.

On the Virgin Pulse home page, select the Social tab.

1. Select “Challenges” to:

- Participate in challenges run by Virgin Pulse and HealthTrust, when available, such as the Striding for Connection challenge that starts October 23.
- Click the “Create” button to challenge friends to a 1-day Throwdown, a Weekend Rumble, or a Weekday Step-off.
- Check your standings on the Friends Leaderboard.

2. Select “Friends” and under “Build Your Support Group” select:

- **Add Friends** to send Friend requests to people “suggested” by Virgin Pulse, those in your office or in your department.
- **Invite Friends** to send Friend requests to up to 25 peers who are also Slice of Life participants and to invite up to 10 friends and family who are not eligible to earn incentives through Slice of Life but can support and motivate you to achieve your wellness goals.

Have fun while you improve your health by getting social with Slice of Life.



Slice of Life
WELLNESS PROGRAM

Powered by:  **pulse**

Time to Get Your Flu Shot!

Flu season is around the corner! The flu vaccine is the best protection against the influenza virus and it is covered under your HealthTrust medical plan. You have several options for getting the vaccine:

- Receive your flu vaccine from your own primary care provider.
- Visit ConvenientMD. Just walk in 8 am to 8 pm any day of the week.
- Visit a CVS retail pharmacy or any network pharmacy.

Click on the link to read about other ways to reduce your risk of getting or spreading the flu:

Prevent the Spread of Colds and Flu flyer.



Don't Miss Out!

7,056: Number of individuals who earned Pulse Cash rewards in the Slice of Life program in the first half of 2023. That's 88% of participants! Of those, 1,617 earned the maximum reward of \$100 per quarter. Many participants have already used their Pulse Cash to purchase merchandise on the Virgin Pulse portal, to exchange for gift cards to major retailers, and to donate to charity. Even more important, they received support and help to reach their well-being goals. It's not too late to participate; click the link to ***download the Virgin Pulse app*** or ***log in*** to your Secure Enrollee Portal account and click the Slice of Life button to begin today!

Find the Help You Need When You Need It – *By Kerry Horne*

Have you or a family member been diagnosed with a chronic or complex health condition? Are you struggling to find the right doctor, treatment plan, benefits or resources to help you?

HealthTrust is here for you. In addition to our many preventive well-being resources, HealthTrust provides benefits and services to help individuals manage ongoing conditions. We believe it's so important to ensure you can access the benefits you need that we have recently teamed with some of our vendor partners to help them reach out to those who can benefit most from the following programs.

CVS Caremark® Accordant Specialty Care

This program provides personalized help to adults or parents of children with an autoimmune disease, genetic condition or other complex or rare condition including but not limited to epilepsy, cystic fibrosis, multiple sclerosis, chronic kidney disease and rheumatoid arthritis.



If you are covered by a HealthTrust medical plan that includes prescription coverage from CVS Caremark, you may be eligible for 24/7 phone access to an Accordant Specialty Care nurse to answer your questions, connect you with resources in your community, and provide information to help you set goals and stay on track – all at no cost to you. If you or a covered family member has one of the covered conditions you may receive an email or phone call from the Accordant Care team to help connect you with the services and resources you need.

For more information, click the link to read the **Accordant Specialty Care flyer**.

CVS Caremark® Weight Management Program

In August, HealthTrust joined a CVS Caremark Weight Management pilot program designed to help participants succeed in achieving a healthy body weight. If you or a covered family member are currently taking a weight loss medication and are enrolled in a HealthTrust medical plan that includes CVS Caremark prescription coverage, you may be eligible for this program at no cost to you. No need to enroll!

If you are eligible, you will receive a phone call and/or email with information about how to join this voluntary program that could assist you in reaching your health goals through:

- Connecting you to a nutritionist and other providers
- A personalized nutrition plan and a weight coach app with helpful guides, recipes, goal setting and more
- A connected body weight scale or other device to help you track your progress

As an organization, HealthTrust will continue to work proactively with our vendor partners to make sure we are connecting you and your family with the programs and services that will assist you in maximizing your benefits and living a healthy life.

Kerry Horne is HealthTrust's Well-Being Manager.





Ask **HealthTrust**

Q: Do HealthTrust's Prescription Drug plans cover the Respiratory Syncytial Virus (RSV) vaccine for adults?

A: Your question is timely! In June 2023, the Centers for Disease Control and Prevention (CDC) issued a recommendation that adults age 60 and older receive the RSV vaccine. The CDC estimates that every year, RSV causes approximately 60,000–160,000 hospitalizations and 6,000–10,000 deaths among older adults. A one-time shot, which may help prevent lower respiratory tract disease caused by RSV, has been recommended by the CDC and the American Academy of Pediatrics for infants and some young children.

Individuals enrolled in a HealthTrust medical plan that includes prescription drug coverage provided by either Anthem or CVS Caremark can receive the RSV vaccine at no charge to them. Individuals age 60 and older enrolled in a Medicomp Three plan that does not include prescription coverage may also be covered for the vaccine if they are enrolled in a Medicare Part D plan.

Other vaccines available at no cost to HealthTrust medically covered individuals include those that protect against: influenza ("flu"); COVID-19; shingles; pneumonia; hepatitis B; human papillomavirus (HPV) - for certain age groups; and tetanus, diphtheria, and pertussis (Tdap vaccine).

– By Erica Bodwell, HealthTrust Benefits and Coverage Counsel/Form.

Q: I enrolled in the Corigen® Medication Safety Program a few months ago but didn't send back my kit right away. Can I still complete the kit and return it for processing?

A: Yes. Simply follow the directions to collect your saliva sample and return it in the pre-paid packaging to Coriell Life Sciences (CLS) for processing. Once your sample has been processed, you will receive an email from CLS letting you

know that your results are ready. Click on the link in the email to set up your consultation with a CLS pharmacist to review your results.

The Corigen® Medication Safety Program is available to individuals enrolled in a HealthTrust medical and prescription drug plan. To learn more about this exciting program and earn points toward Pulse Cash rewards in the Slice of Life program, watch the new video available on the Virgin Pulse portal. Open the Virgin Pulse app, or **log in** to your SEP account and click the Slice of Life button. On the Virgin Pulse homepage, select Benefits > Corigen Medication Safety Program Video. Be sure to watch until the very end to receive your voucher code for redeeming your points in the portal.

– By Krista Bouchard, HealthTrust Wellness Coordinator

Discover, through DNA testing, if the medications you take now - or could take in the future - are right for you with the **Corigen® Medication Safety Program.**

Learn more at **coriell.com/healthtrust** or by calling **888.456.9184.**



CORIGEN™

Available through
HealthTrust

Be a Smarter Snacker: 8 Helpful Tips – By Katrina Manning

Planning nutritious snacks as carefully as you do your meals can make you more likely to eat a healthy diet overall and help you feel energized throughout the day. Here are eight tips for becoming a smarter snacker.

- 1. Plan ahead!** Reflect on when you will eat these snacks and what you will want and pack some healthy snacks you will enjoy.
- 2. How much do you need?** A snack portion should be enough to satisfy but not so much that it interferes with your appetite for a meal. A general rule of thumb is to aim for about 150-250 calories per snack.
- 3. Try a DIY snack.** Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.
- 4. Combine snacks!** Include different food groups (protein, carbs, and fats) to build a satisfying snack such as yogurt and berries, an apple with peanut butter, or whole-grain crackers with turkey and avocado.
- 5. Eat vibrant vegetables.** Try raw vegetables with dips, such as bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.
- 6. Make easy-to-grab healthy sweet treats.** Cleaned and washed fruit is a great go-to snack when you are looking for a quick sweet treat.
- 7. Stock your fridge.** Keep sliced fruits and vegetables visible and within reach in the refrigerator for convenience.
- 8. Portion at home too!** If your family snacks while watching TV, put a portion of the food in a bowl or on a plate for each person. It is easy to overeat when snacking straight from the package.

Katrina Manning is a HealthTrust Wellness Advisor.

Sources: Harvard School of Public Health; USDA; MedlinePlus

A background image showing several wooden and metal bowls filled with different types of nuts, including cashews, almonds, walnuts, and peanuts, arranged on a dark wooden surface.

★ BONUS ARTICLES

1. ***Anthem Wellness Newsletter (October 2023):*** Well-woman Exams, Breast Cancer, National Mammography Day, Emotional Wellness Month, Simple Breathing Exercise, Mammogram FAQs, Health Benefits of Walking, Tomato and Basil Frittata Recipe.
2. **Click on the links below to read the following articles from ComPsych's newsletter and LifeResources Employee Assistance Program:**
 - ***Halloween Safety Tips and Tricks***
 - ***Destigmatizing Mental Health***
 - ***Mindful Eating***
 - ***Benefits of Meditation***

Slice of Life

QUARTERLY



is published four times a year for our Retirees who are eligible to participate in the Slice of Life program. Our goal is to inform, educate and inspire on the journey to better health.

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Mission

To provide high quality, cost-effective employee benefit products and services for public employers and employees in New Hampshire in order to reduce costs through pooling strategies with a commitment to education, health promotion and disease prevention.

Vision

New Hampshire communities' most trusted partner in achieving optimum health through a culture of wellness

Values

Integrity
Service
Collaboration
Innovation