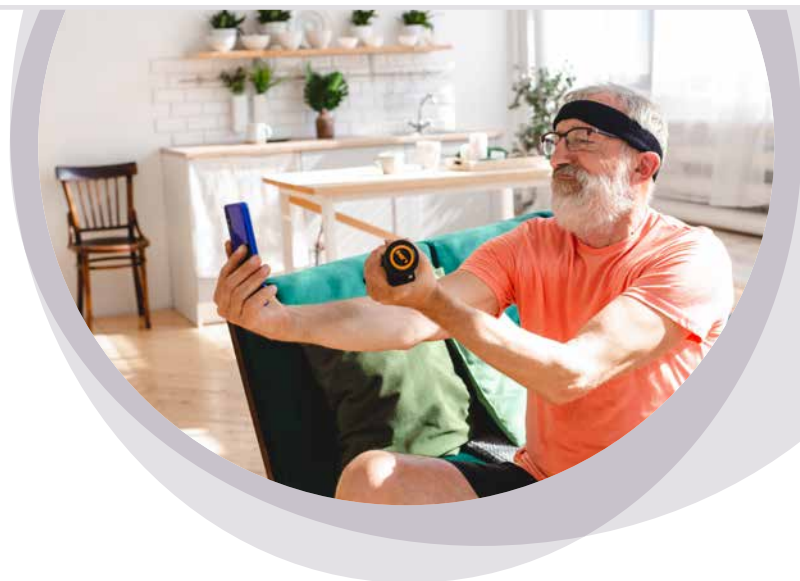


Coming July 5: HealthTrust Launches Slice of Life Social on the Virgin Pulse Platform! – By Kerry Horne

On July 5, 2023 HealthTrust will launch the social feature of Slice of Life on the Virgin Pulse platform. Once this feature goes live, you will be able to add friends from your workplace or even outside friends and family, initiate and participate in challenges, and more!



Slice of Life
WELLNESS PROGRAM

Powered by:  pulse

Key Features

Have fun while you get healthy! The following new social wellbeing and networking features in the Virgin Pulse platform will help you broaden your social network to stay engaged and achieve your goals.

- **Add Friends:** You can add other participants within your workplace or anyone participating in the Slice of Life program to be friends on the Virgin Pulse portal. Remember – you have the option to accept or decline friends!
- **Friends & Family:** Beyond connecting with other Slice of Life program participants, you can invite up to 10 outside friends and family members to



join you on Virgin Pulse. Outside friends and family do not earn incentives and will have access to a limited program design, but you can keep each other motivated, support each other and compare activities.

- **Group and Individual Challenges:**

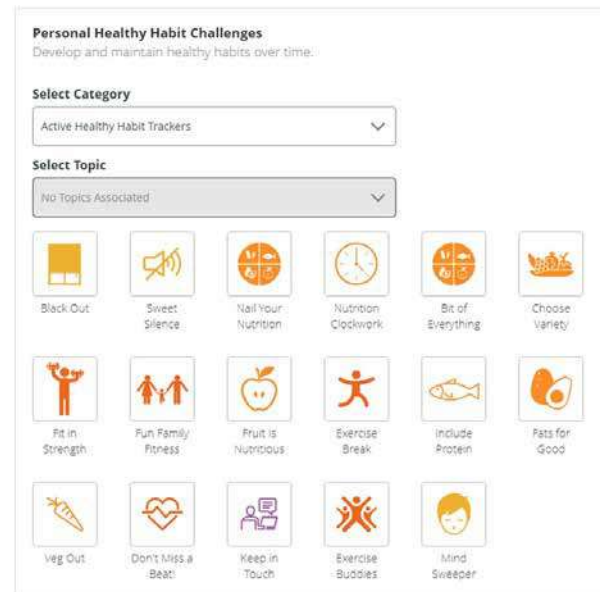
- **Healthy Habit Challenges:**

Compete against one another in fun week-long events that you can initiate or challenges started by Virgin Pulse or HealthTrust.

- **Step and Activity Challenges:**

You and your friends can challenge each other to a 1-day Throwdown, a Weekend Rumble, or a Weekday Step-off.

- **Friends Leaderboard:** The Friends Leaderboard is an easy, fun, and social competition between you and your friends in the Virgin Pulse portal! There is no need to join; everyone is automatically included once you become friends through Virgin Pulse.



What Will Your Friends Be Able to See?

Your friends will be able to see only a limited amount of information from your profile including:



- Your photo (if you upload one)
- Your work details – where you work, your title, department and location.
- The “About Me” section of your profile, if you have completed it.

- The devices you have connected, your most recently earned trophy and the number of steps you have taken in the last seven days.
- Your first and last name, which will be visible to other HealthTrust Slice of Life program participants as part of the friends search. If you would prefer that your name not be visible, you have the option to change your profile name to a nickname so that your real name is not visible on a leaderboard or searchable in the friends function. For instructions on how to create a nickname, please click the link to read the ***Social Frequently Asked Questions (FAQs)***.

No other information is available or viewable by your friends. As with all components of the Slice of Life program, the social component is completely voluntary.

Your Data is Protected!

The terms in the *Wellness Program Member Privacy Notice* (which you accepted the first time you signed in to the Virgin Pulse platform) outline how your personal data is protected. To view this document:

- **On the Virgin Pulse app:** Scroll to the bottom of your screen, click on “More,” then “Settings” and scroll to the bottom of that page and click on *Wellness Program Member Privacy Notice*.
- **On the Virgin Pulse site:** Scroll to the bottom of the home page and click on *Wellness Program Member Privacy Notice*.

The social component of Slice of Life will open new doors to challenges, social connections and earning more points toward quarterly Pulse Cash rewards*. Using the social features is a great way to interact with your friends and to motivate each other! ***Are you ready to get SOCIAL?***

Kerry Horne is HealthTrust’s Assistant Wellness Manager.

Secret Double Points Days have begun!

On one day of each month, when you log in to the Virgin Pulse portal or app, you will see a message announcing that it's "Double Points Day"! On that day only you can earn double points toward quarterly Pulse Cash rewards* for completing certain activities! The day will be different each month, so make sure you're logging in to your Virgin Pulse account daily to start each day on a positive note with inspiring and informative Daily Cards, activity tracking, and more.

Pulse Cash Reminder!

Is your HealthTrust medical coverage ending soon because of a job change or other reason? Make sure to redeem your Pulse Cash within 30 days after your last day of coverage. After that, you will no longer be able to access your account on the Virgin Pulse portal.

Pulse Cash can be redeemed for gift cards, donations to charity or to purchase items in the Virgin Pulse store. To redeem your Pulse Cash in the Virgin Pulse portal:

1. Open the Virgin Pulse app or visit www.virginpulse.com and enter your username or password. [Note: As long as your HealthTrust Secure Enrollee Portal (SEP) account is active, you can also access the Virgin Pulse website by clicking the Slice of Life button on the SEP home page. Your SEP account will be de-activated at midnight on your last day of coverage.]
2. On the Virgin Pulse website, scroll to **Rewards** and click **Spend**.
3. Choose from these three options: **Shop the Store, Get a Gift Card, Donate**.
4. Complete the easy steps provided.

If you have questions or need assistance, please contact Virgin Pulse at **888.671.9395** Monday-Friday, 8:00 am – 9:00 pm or send an email to support@virginpulse.com.

**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.*

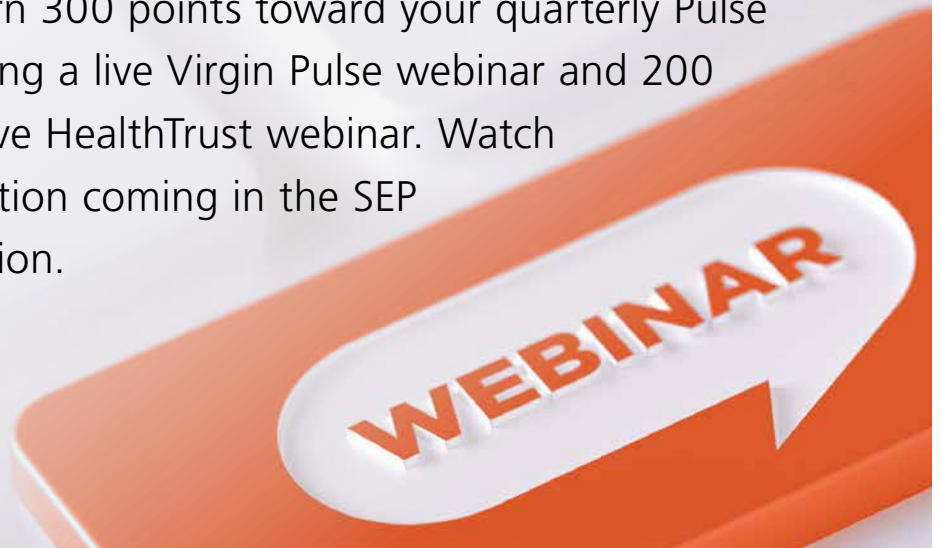
Earn While You Learn! – *By Krista Bouchard*

Mark your calendar to join HealthTrust and Virgin Pulse for a webinar:

Wednesday, September 20, 2023 at Noon: Virgin Pulse Webinar – *Connect Through Empathy*. Watch for more information coming later this summer.

Remember, you can earn 300 points toward your quarterly Pulse Cash reward by attending a live Virgin Pulse webinar and 200 Points by attending a live HealthTrust webinar. Watch for registration information coming in the SEP Watch-Read-Learn section.

*Krista Bouchard is
HealthTrust's Wellness
Coordinator.*



***Coming in June!* Your CVS Caremark® Prescription Coverage Information – At Your Fingertips!**

If you are enrolled in a medical plan that includes CVS Caremark prescription coverage, you can get quick answers to your prescription coverage questions right in your own Secure Enrollee Portal (SEP). Just log in to your SEP account, click Enrollment/Membership Info > Medical/RX to read your new *HealthTrust Prescription Benefit Summary*. This updated document contains detailed information about your coverage with quick-access bookmarks to help you find the answers you need with a click of your computer mouse. You can look up your prescription copayments, learn about medications covered under your prescription plan, read about the managed formulary, explore your options for filling your prescriptions, and much more. All the information you need is now in one convenient place!



Ask *HealthTrust*

– By Katrina Manning

Q: *I am enrolled in a Medcomp Three plan. Am I eligible to participate in the Corigen® Medication Safety Program?*

A: If your Medcomp Three plan includes prescription coverage provided through HealthTrust, you are eligible to participate in the Corigen Medication Safety Program,* a voluntary program provided by Coriell Life Sciences (CLS) and available through HealthTrust at no cost to you. To find out if the medications you take now – or may take in the future – are safe and effective for you based on your DNA and lifestyle factors, follow the three simple steps below.

- 1. Enroll in the program.** Visit coriell.com/healthtrust or call **888.456.9184** to complete the quick and easy enrollment form. Or simply log in to your account on HealthTrust's Secure Enrollee Portal and click on the Corigen Medication Safety Program tile.
- 2. Complete and return the test kit.** CLS will send you a DNA test kit in the mail with instructions for providing a saliva sample, and for returning the kit in a pre-paid mailer.
- 3. Mark your calendar!** Specially trained CLS pharmacists will analyze your saliva test results and once that analysis is complete you will receive

notification to schedule a phone call with a CLS pharmacist who will review the results and may make recommendations to you and your medical provider.

Your DNA testing results are confidential and maintained by CLS securely, just like any other medical record, in accordance with the Health Insurance Portability and Accountability Act (HIPAA). To learn more, visit coriell.com/healthtrust or read the [digital brochure](#).

*Enrollees in a Medcomp Three plan that does not include prescription coverage through HealthTrust are not eligible to participate in the Corigen Medication Safety Program.

Q: My doctor recently recommended I have a screening test for colon cancer; is this screening covered under my plan?

A: Yes, all HealthTrust medical plans include coverage for the following colorectal cancer screening tests: fecal occult blood test (such as [Cologuard](#)), barium enema, flexible sigmoidoscopy, screening colonoscopy and related prep kit, and computed tomography (CT) colonography (as appropriate). The U.S. Preventive Services Task Force **recommends** that healthy adults have a first colorectal screening at age 45 (a **recent change** from the previous recommendation of age 50) and continue regular screening through age 75 or as recommended by your medical provider.

For more information about coverage for preventive care screenings, click the link to read the Anthem flyer, [Take Care of Yourself](#).

Q: What are my options for having a Biometric Health Screening?

A: You can have your biometric screening at any ConvenientMD location in New Hampshire. Just walk in anytime from 8 am to 8 pm – no appointment needed! No need to bring a form; just show your Anthem ID card and when your claim is processed, you'll receive 1,000 points toward your quarterly Pulse Cash reward in your Virgin Pulse portal. Have your screening and learn the vital numbers that impact your health!

5 Fun Ways to Get Out and Exercise in New Hampshire This Summer

– By Taylor Bowse

Summer is a perfect time to get outside and explore our beautiful state with its trails for walking, hiking and biking, breathtaking views, and wonderful lakes and rivers. Exercising outdoors in nature can improve your physical health, your mood and mental health, according to the [*American Psychological Association*](#). You do not need to go to a gym to get a good workout. Let New Hampshire be your gym! When planning your outdoor activity, remember to check the temperature, choose activities appropriate to your fitness level, drink plenty of fluids, dress appropriately, wear sunscreen and pack accordingly. Try the activities below to stay fit and have fun this summer.

1. **Hiking** is a great way to explore New Hampshire's beautiful vistas and wildlife while getting a full body workout. Find places to hike for all fitness levels by clicking these links: [*New Hampshire State Parks*](#) or [*AllTrails*](#).
2. **Canoeing and Kayaking** are low-impact activities that can improve your aerobic fitness, strength and flexibility. New Hampshire's Lakes Region offers 273 different bodies of water to enjoy. For more information, go to [*www.visitnh.gov*](http://www.visitnh.gov).
3. **Biking** is a low-impact exercise that can help you burn calories, build strength, increase balance and more. New Hampshire has many scenic bike routes paved and unpaved. To find some that are right for you, visit the Department of Transportation's website: [*Bicycle Routes*](#)

Continued...

4. **Gardening** for 30 to 45 minutes a day can increase your heart rate and burn calories. Tasks like weeding, digging, planting, raking, hoeing offer a great upper body workout that you can do anywhere. For more ideas, visit the University of New Hampshire Cooperative Extension website: **Growing Vegetables**.
5. **Recreational Sports** offer friendly competition and social interaction while exercising outdoors. Try swimming, tennis, soccer, baseball, handball, disc golf, flag football, Frisbee, rock climbing, beach volleyball, archery and more. Find more resources by visiting your local town or city Parks & Recreation Department.

Taylor Bowse is a HealthTrust Wellness Advisor.



★ BONUS ARTICLES

1. ***Self-Care: An Often-Missed Men's Health Need***, from ComPsych Guidance Resources.

2. ***Anthem Wellness Newsletter, June 2023 issue***, with articles on Early Signs of Alzheimer's Disease, Preventive Health Care, Social Determinants of Health, and a crowd-pleasing potato salad recipe.

3. **Get Healthy for Less**

Did you know your HealthTrust medical coverage gives you access to discounts on wellness products through our vendor partners' websites? Depending on your coverage, you can click on the single sign-on buttons on the SEP home page to view the discounts below – and many more!

- **On the Anthem site:** Click **Care > Discounts** for bargains on contact lenses, pet insurance, baby-proofing items, hearing aids, vitamins, and more!
- **On the Virgin Pulse site:** Click **Rewards > Spend > Shop the Store** to use your Pulse Cash to purchase discounted items including fitness devices, computers, smartwatches, sunglasses and blue light glasses, travel accessories and many other products.
- **On the CVS Caremark site:** Click **Plan & Benefits > Drug Savings Opportunities** to find out how to save on your prescription medications.
- **On the Delta Dental site:** Click **Patients > Plan Options > EyeMed Discounts** to learn how to save up to 35% off eyewear and 40% off hearing exams through your dental coverage.

Make the most of your HealthTrust coverage by visiting our vendor partners' websites regularly for the resources you need to stay healthy.

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