

Get Social with Wellness in the Slice of Life program! – By Kerry Horne

Getting healthy is more fun when you do it with friends and family. On July 1, 2023 HealthTrust will launch the social feature of the Slice of Life program (SOL) on the Virgin Pulse platform. Here are some of the fun things you'll be able to do once this new feature becomes available:

- Add friends participating in the Slice of Life program.
- Invite up to 10 friends and family (non-SOL individuals, like your Mom or BFF) to join you on your wellness journey.
- Create your own personal challenges and invite others to join you.
- Participate in other challenges and connect with people you know who are also participating.

As with all of the components of Slice of Life, the social component is completely voluntary – but don't be surprised if you find yourself having fun and stepping up your wellness game by participating. At HealthTrust, we believe that fostering social connections and supporting social wellbeing spreads better health, and we are excited to introduce this new feature of Slice of Life. Stay tuned for more information, coming soon!

Kerry Horne is HealthTrust's Assistant Wellness Manager.



Slice of Life
WELLNESS PROGRAM

Powered
by:  pulse

Slice of Life and Virgin Pulse: New Ways to Earn Points toward Pulse Cash

– By Krista Bouchard

Staying up to date on the latest wellness news is important to achieving optimal health. That's why Slice of Life awards you points toward your quarterly Pulse Cash reward for attending HealthTrust and Virgin Pulse webinars and HealthTrust wellness trainings:

Activity	Points Earned Toward Pulse Cash Rewards
Attend a Virgin Pulse webinar	300 points
Attend a HealthTrust wellness webinar	200 points
Attend a wellness training or Benefit Education at your workplace	200 points

After each event, you will receive a unique voucher code. To earn your points in the Slice of Life portal, open the Virgin Pulse app or **log in** to your SEP account, click the Slice of Life button, and then, once on the Virgin Pulse home page, click on Rewards > Redeem a voucher.

Krista Bouchard is HealthTrust's Wellness Coordinator.



Points and Prizes for Creating an Included Health Account!



Included Health is a valuable program that can help you find top quality, local doctors of all specialties, provide you with a second opinion from a top expert in the expert's field, and/or connect you with a clinician to help you understand a new diagnosis, medication, or treatment for an existing condition.

We have exciting news! If you are covered by a HealthTrust medical plan and you create an account with Included Health on or after April 1, you will earn 500 points toward your quarterly Pulse Cash rewards* in the Slice of Life program. Points will be added automatically to your Virgin Pulse account. Please allow at least seven days for your points to process. In addition, the names of all covered individuals who have created an account by May 31, 2023 will be entered into a raffle to win one of five \$100 Visa gift cards!

Included Health is available through HealthTrust to individuals enrolled in a HealthTrust medical plan (except Medcomp Three) and their covered spouses – at no cost to you!

To Register with Included Health:

1. Download the Included Health app or **log in** to your Secure Enrollee Portal and click the Included Health button, enter your email and password, then enter the requested information to create your account.
2. Call Included Health at **1.855.633.8341** to speak with a care coordinator.

Learn more in one minute! Click the link to watch the video: ***Getting an Expert Medical Opinion with Included Health.***

**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.*

How to Redeem Pulse Cash: 3 Easy Steps

Pulse Cash can be redeemed at any time you choose, 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 or through your Virgin Pulse app:

1. Scroll to the top of the Rewards page and click **Spend**.
2. Choose from these three options: **Shop the Store, Get a Gift Card, Donate It**.
3. Complete the easy steps provided.

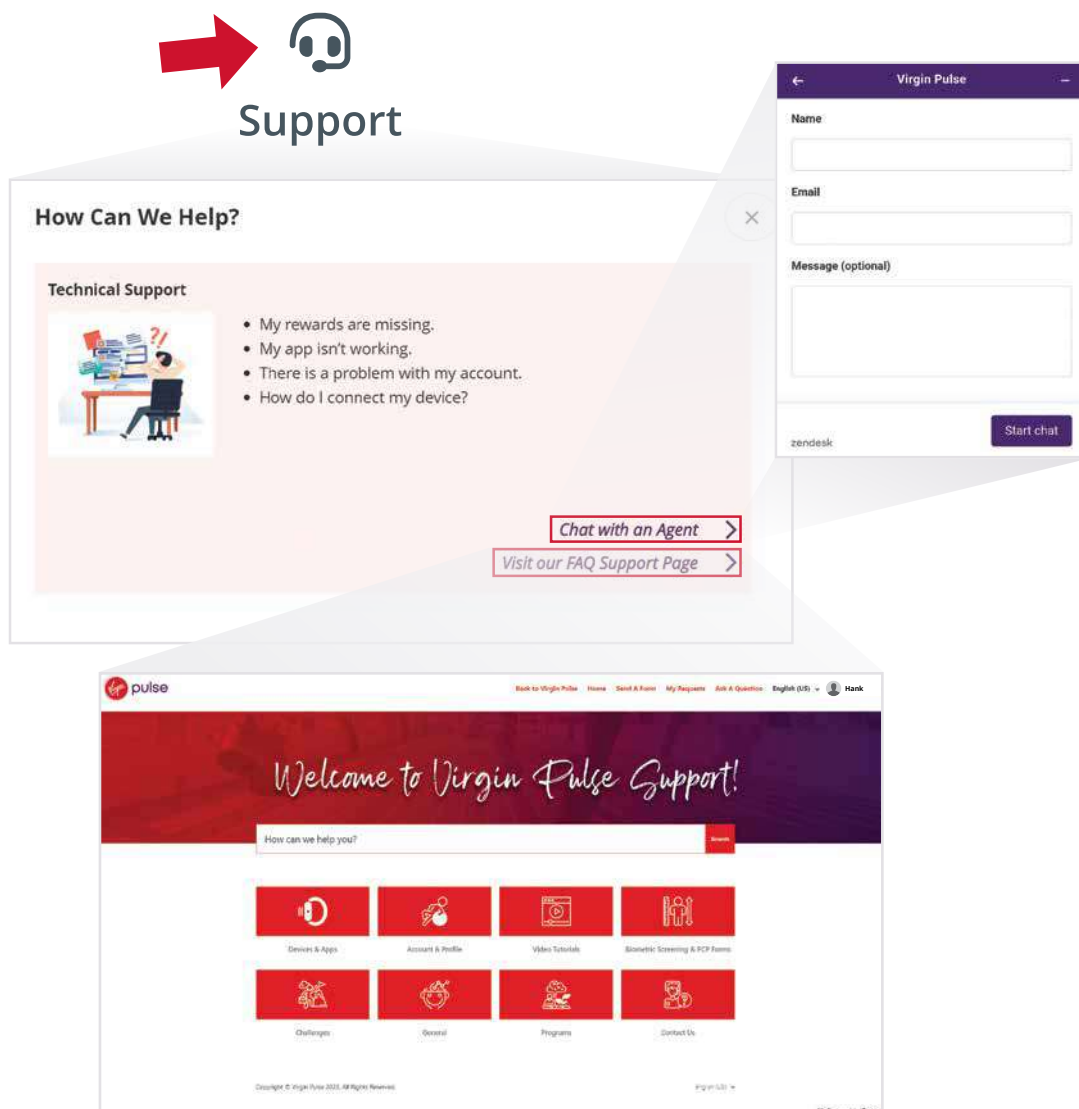
Pulse Cash does not expire as long as you are eligible for the Slice of Life program. To learn more, watch a brief video on the Slice of Life program by **logging in** to your SEP account and clicking Watch-Read-Learn.

**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.*



Quick Answers to Your Slice of Life Questions

Whether you are unsure how to use Pulse Cash, connect a device, complete a journey or challenge, or have other questions related to Slice of Life, the answers you need are likely available right in the Virgin Pulse portal. To find answers in the Virgin Pulse web portal, click on Support (look for the headset icon) on the home page. You will be directed to a page that says **How Can We Help?** Click on “Chat with an Agent” or “Visit our FAQ Support Page” to ask your question or enter it into the FAQs search field. For the Virgin Pulse Mobile App, click on More at the bottom right on your screen, click on Support from the menu, and you’ll have options there for technical assistance and FAQs.



Important Change to CVS Caremark® Prescription Plans

If you are enrolled in a medical plan that includes CVS Caremark prescription coverage, HealthTrust will implement a new managed prescription drug formulary beginning July 1, 2023. (Note: If you are enrolled in a medical plan with prescription coverage provided by Anthem CarelonRx, your plan already has a managed formulary in place, so this change does not apply to your prescription plan.)

A prescription drug formulary is a list of preferred drugs established to encourage the use of safe, effective generic and brand-name medications while helping to control prescription drug costs. A prescription drug may not be covered through the formulary if the prescription drug has a generic version, is considered less effective than other similar prescription drugs, or the prescription drug is as effective as other, similar drugs but costs much more. The formulary will be reviewed quarterly and may be amended from time to time.

After the formulary becomes effective on July 1, your medical provider will check the formulary (online, through a medical record platform, or by calling CVS Caremark) when prescribing medication. You can access up-to-date formulary information on or after July 1 by **logging in** to your SEP account, clicking the CVS Caremark button and selecting “Plan & Benefits,” then “Check Drug Cost & Coverage,” or “Covered Drug Lists.”

Watch your mailbox! CVS Caremark will be sending letters in late April to covered individuals (and their prescribing doctors) who are taking prescription medications that are not included on the CVS Caremark Managed Prescription Drug Formulary as of July 1, 2023. The letters will include information about the preferred alternative medication options.



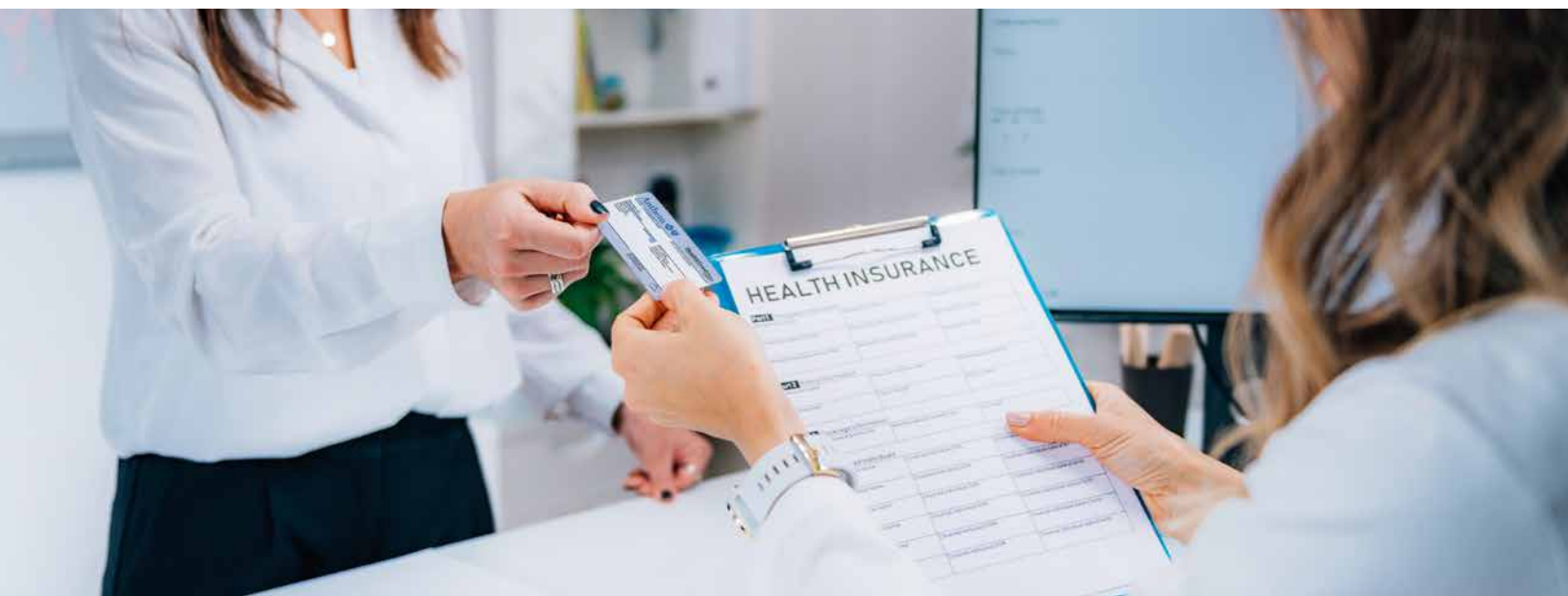
COVID-19 Services: Coverage Update

On February 9, 2023, the *Department of Health and Human Services* declared the federal Public Health Emergency for COVID-19 would expire at the end of the day on May 11, 2023.

If you are a HealthTrust medical Enrollee, you and your covered family members remain covered for services related to the COVID-19 disease – including vaccines, lab testing and treatment – should you need them. After May 11, the coverage of these services will fall under your regular plan benefits, including your regular cost-share, as applicable.

Please note that over-the-counter (OTC) lab tests are not eligible under regular plan benefits and therefore OTC COVID at-home test kits will no longer be eligible for coverage. They will, however, remain eligible expenses for the purposes of Flexible Spending Accounts (FSAs).

For more information, **log in** to your Secure Enrollee Portal (SEP) account and click on the COVID-19 tile on the home page. For details about the coverage available under your specific plan, click on Enrollment/Membership Info then select Medical/Rx to access your plan's coverage documents.





Q: *Can I earn points in the Slice of Life program for having dental and medical checkups?*

A: Yes you can!* Preventive health visits are important to your overall health. Open the Virgin Pulse app or **log in** to the Secure Enrollee Portal (SEP) and click the Slice of Life button, then on the Virgin Pulse platform, select Health and My Care Checklist to see the list of preventive care visits recommended for you based on clinical guidelines. If you complete three preventive care visits you will receive 300 points toward your quarterly Pulse Cash rewards.

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

Q: *Does the Slice of Life program, powered by Virgin Pulse offer any resources for improving sleep?*

A: Yes! To find resources to help you get a good night's sleep, open the Virgin Pulse app or **log in** to your SEP account and click the Slice of Life button to be directed to the Virgin Pulse website. Once there, click Healthy Habits to track your sleep either manually or with a connected device; click Media to watch brief videos about sleep; go to Health > Sleep Guide to learn more about how to sleep better and to earn points for taking steps to do so.



Q: *How can I track my habits in the Slice of Life Program?*

A: There are two ways to track, manually and with a device. Visit the Virgin Pulse platform using the app or by **logging in** to your SEP account and clicking the Slice of Life button.

- **To track manually:** On the Home page, click Stats, and click on the activities you would like to track. You can also manually track by clicking Healthy Habits.
- **To track through a connected device:** Select More and click on Devices & Apps. Select the device(s) you would like to connect and follow the simple instructions to connect it. If you do not see your device, you may have to track it through another app and connect that app to the Slice of Life program. Be sure to open your device's app and then the Virgin Pulse app or website in order to sync your device properly.

Whether you are tracking manually or using a device, you are able to backtrack up to 14 days, so be sure to **log in** to portal or app at least once every 14 days. **Earn points faster!** Start every day with a quick login to your portal or app to read your daily cards, check your activity stats, and engage in all the valuable features of the Slice of Life program.

Katrina Manning is a HealthTrust Wellness Advisor.

Are You Missing Out? 9 Things You May Not Know About Your Wellness Programs

Exciting new Slice of Life features coming July 1!

It's time to have fun and earn rewards! If you and/or your spouse are covered by a HealthTrust medical plan and you haven't participated in our enhanced Slice of Life program, powered by Virgin Pulse, and our LifeResources Employee Assistance Program (EAP), powered by ComPsych, you are missing out on valuable resources and opportunities.

The Slice of Life wellness program offers a fun, game-like platform that provides resources, support and information to help you on your wellness journey. **Through Slice of Life you can:**



1. **Earn up to \$475 in Pulse Cash** this year to donate to charity, redeem for gift cards, or spend in the Virgin Pulse store.
2. **Complete a Health Check** to get a clear picture of your current health, set health goals, and earn \$25 in Pulse Cash!
3. **Work with a health coach** toward achieving your wellness goals.
4. **Set your interests** to receive tips and information customized to you.
5. **Participate in fun, interactive challenges** to earn points toward Pulse Cash.
6. **Earn \$25 in Pulse Cash** just for visiting the LifeResources EAP site.

The LifeResources Employee Assistance Program (EAP) is available to employees and retirees of Member Groups that offer HealthTrust medical coverage and their eligible dependents and household members.



Through the LifeResources EAP you can:

7. **Get your finances under control** by working with a financial planner and/or using the online financial calculators and other tools available through **WellthSource**.
8. **Feel better emotionally.** Talk to an experienced, caring clinician online or by phone anytime, 24/7. Or use guided Computerized Cognitive Behavioral Therapy programs and tools to better manage anxiety, stress, or sleep problems.
9. **Access free legal guidance from an EAP staff attorney.**

Slice of Life and LifeResources EAP are voluntary, confidential programs available at no cost to eligible individuals. See the other articles in this newsletter for more information and steps to participate in these valuable programs.

★ BONUS ARTICLES

Click the links below to read more.

1. **April 2023 issue of Anthem Wellness Newsletter:** Understanding Allergies; Healthy Ways to Cope with Stress; Benefits of Indoor Plants, and more!
2. **Building Exercise into a Busy Schedule** – LifeResources EAP Flyer

May is Mental Health Awareness Month – *By Taylor Bowse*

One in five American adults experiences mental illness in a given year, according to the **National Alliance on Mental Illness**. Here are just some of the many resources HealthTrust offers to help with issues related to mental health.

- **Enroll in the Corigen® Medication Safety Program.** Did

you know your DNA may impact the safety and effectiveness of medications prescribed for depression, anxiety,

ADHD and other mental health issues? Find out if the medications you (or your spouse or children) take now – or may take in the future – are right for you. Visit **coriell.com/healthtrust** to learn more and register. This program is available to individuals enrolled in a HealthTrust medical and prescription drug plan. See how this program has helped others; **log in** to your SEP account and select Watch-Read-Learn to view videos featuring program participants.

The advertisement for the Corigen® Medication Safety Program features a dark blue background. At the top, the title "Corigen® Medication Safety Program" is displayed in white. Below it, a white text box contains the message: "Discover if the medications you take now – or could take in the future – are right for you." and "Learn more at coriell.com/healthtrust or by calling 888.456.9184." To the right of the text is a stylized orange silhouette of a human figure with a DNA double helix at its base. In the foreground, there is a photograph of an orange pill bottle lying on its side, with white and yellow pills spilling out onto a white surface. The Corigen logo and the HealthTrust logo, with the text "Available through HealthTrust", are positioned in the bottom right corner.

- **Join the Virgin Pulse webinar on May 17 at noon: *How to Thrive, Not Just Survive – Balancing Your Wellbeing*.** For details and to register, **log in** to your SEP account and click on Watch-Read-Learn, or simply click on this link: **[Register for the webinar](#)**

- **Keep this HealthTrust flyer handy:** *Mental Health Resources*
- **LifeResources Employee Assistance Program (EAP) offers two important mental health resources:**
 - **Speak to an Expert.** The EAP can connect you with a trained clinician to help you or a family member with anxiety, depression, grief, relationship questions and other issues. **Call the EAP at 800.759.8122.**
 - **Engage in Computerized Cognitive Behavioral Therapy (CCBT).** This digital self-care platform includes guided programs for anxiety, depression, mindfulness, sleep, stress, motivational support, and more. The program asks you about your goals and uses your answers to create an individualized experience through interactive programs and skill-building tools you can access right from your smartphone or tablet. Download the CCBT app – Koa Foundations – or **log in** to your SEP account, click on the LifeResources button, and on the *guidanceresources.com* website, click on “Digital Self-Care Tools.”

To learn more about all the EAP resources available to you, read the **EAP Flyer**.

Taylor Bowse is a HealthTrust Wellness Advisor.

Bonus Recipe: Sweet Potato and Chorizo Hash with Charred Scallions



Servings: Serves 2 to 4. Prep Time: 10 minutes. Cook Time: 20 minutes

Ingredients

1 bunch scallions, cut into 1/2" pieces
4 oz. Mexican (ground) chorizo
1 Tbsp. vegetable oil
1 lb. sweet potatoes, peeled and cut into 3/4" pieces
Salt and pepper
Fried eggs, for serving
Lime wedges, for serving

Directions:

1. If cooking over a campfire, rake coals under one side of cooking grate and set a large cast-iron skillet on top. If using a stovetop, heat skillet over medium. When skillet is hot, add scallions and cook, stirring occasionally, until lightly charred, about 2 minutes, then transfer to a bowl.
2. Add chorizo and oil and cook, stirring often, until chorizo is cooked through, 3 to 5 minutes. Transfer to bowl with scallions, leaving fat behind, then move skillet to cooler side of cooking grate or reduce heat to low.
3. Pour off all but about 1 tablespoon fat, then add sweet potatoes and stir to coat. Spread into an even layer and cover with a lid or a large piece of foil. Cook until potatoes are softened and bottoms are lightly browned, 6 to 8 minutes. (If potatoes are browning too quickly, stir gently and add a splash of water, then return lid.)
4. Season with salt and pepper and stir gently, then cover and continue to cook until potatoes are fully tender, 6 to 8 more minutes. Stir in chorizo and scallions, then season with salt and pepper to taste. Divide hash among plates, top with fried eggs, and serve with lime wedges.

Source: **Hannaford**

Slice of Life

QUARTERLY

is published four times a year for our Enrollees and covered spouses 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