

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



It's almost here! 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:**

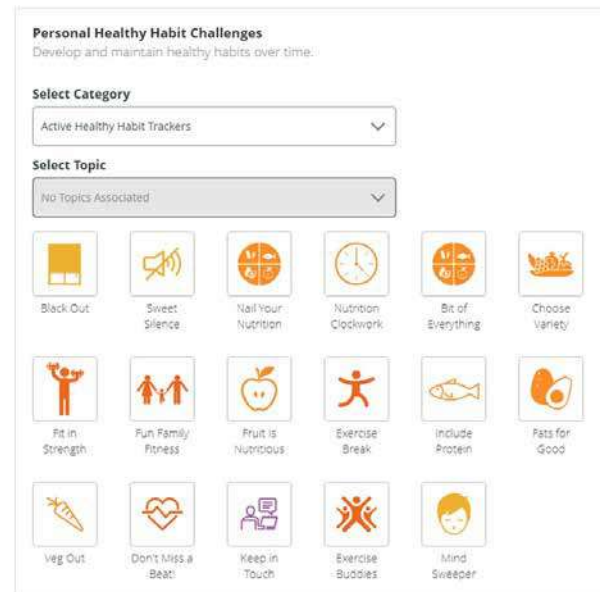
- **Healthy Habit Challenges:**

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 co-workers 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.*

Get Reimbursed Faster with Direct Deposit! – By Amy Albarano

Reminder to Benefit Advantage Enrollees! Did you know you can sign up for direct deposit to get your Flexible Spending Account (FSA) and Health Reimbursement Account (HRA) reimbursements faster? Reimbursements are made payable to you by direct deposit and issued five days a week, typically within three to five business days of claim submission. Skip the hassle of a physical check and click the link to complete our **Direct Deposit Authorization Form**. This form stays on file with your Benefit Advantage account and will continue with each new enrollment year.

Amy Albarano is Assistant Manager, HealthTrust Enrollee Services.

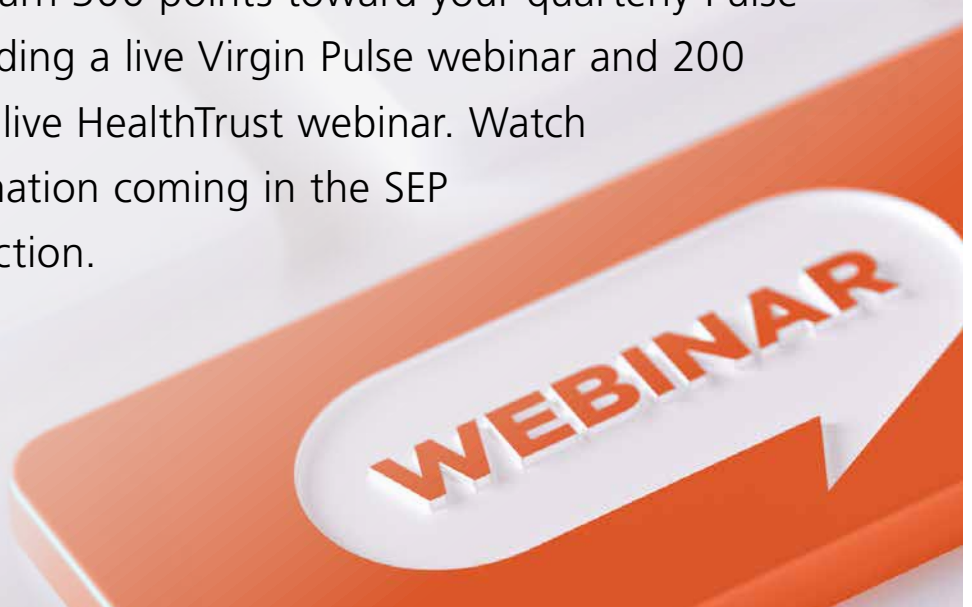
Earn While You Learn! – By Krista Bouchard

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**

Q: My child's pediatrician recommended having an eye exam completed. Do I have benefits for this?

A: Routine vision exams are covered under your medical plan and allow one exam each year for Enrollees age 18 and younger, and one exam every two years from the date of the last exam for those 19 and older. If your provider participates, you may also be able to utilize Anthem's **Vision Discount Program**.

Q: Can children participate in the Corigen® Medication Safety Program? My son was just diagnosed with ADHD and his doctor suggested a few possible medications as treatment.

A: Yes, medically covered dependents, including children, are eligible for the Corigen Medication Safety Program, a voluntary program provided by Coriell Life Sciences (CLS) and available through HealthTrust at no cost to you. Medications to treat ADHD and other behavioral health conditions are among the most common prescription drugs affected by a person's individual DNA. To find out if the medications your son takes now – or may take in the future – are safe and effective for him, follow the three simple steps below.

- 1. Enroll your child in the program.** Visit coriell.com/healthtrust or call **888.456.9184** to complete the short 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 helping your child provide a saliva sample, and for returning the kit in a pre-paid mailer.
- 3. Mark your calendar!** Specially trained CLS pharmacists will analyze the 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 child's provider.

The 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 click the link to read the [digital brochure](#).

Q: I'm 45 and 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 have two options for having a Biometric Health Screening and earning 1,000 points toward your quarterly Pulse Cash Rewards.* You can have a screening by your own Primary Care Provider. Complete the *Virgin Pulse Biometric Verified Form* from the Virgin Pulse portal with your doctor, and follow the instructions for submitting it. Your second option is to 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 the points in your Virgin Pulse portal. Have your screening and learn the vital numbers that impact your health!

**Enrollees with Medcomp Three coverage are not eligible to receive rewards for screenings with a PCP, but can qualify for points toward their quarterly Pulse Cash reward by having a Biometric Health Screening at a ConvenientMD location.*

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**.
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.

Included Health Spring Promotion – The Results Are In!

This spring, HealthTrust ran an Included Health promotion in the Virgin Pulse portal to encourage engagement in this valuable program that can help covered individuals find top quality, local doctors of all specialties, get a second opinion from a top expert in the expert's field, and connect with a clinician to help them understand a new diagnosis, medication or treatment for an existing condition. Slice of Life participants who created an account with Included Health from April 1 - May 31 earned 500 points toward their quarterly Pulse Cash reward. In addition, the names of all individuals who had an Included Health account by May 31 were entered into a drawing to win one of five \$100 Visa gift cards.

A total of 1,030 medically covered individuals created Included Health accounts in April and May. Congratulations to the five lucky winners of a \$100 Visa gift card in the Included Health raffle! The winners came from the following Member Groups: Nottingham School District, SAU #39 (Amherst), SAU #57 (Salem), SAU #95 (Windham) and the City of Lebanon.

Going forward, 500 points will continue to be a one-time reward for any Slice of Life participants who create a new Included Health account. If you haven't created your Included Health account yet, you can create one in just a few minutes by logging in to your Secure Enrollee Portal account and clicking the Included Health button, using the Included Health app, or calling Included Health at **1.855.633.8341**. To learn more about this valuable program, click the link to watch a brief video: **Getting an Expert Medical Opinion with Included Health**

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.
- **On the SmartShopper site:** Shop for medical services in your area and earn rewards ranging from \$25 to \$500 for having your medical procedure at a cost-effective facility.

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 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