



Slice of Life WELLNESS PROGRAM

Powered
by:



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

Let's Do This Together

The voluntary HealthTrust Slice of Life wellness program provides you with fun, engaging experiences and resources at your fingertips to help you achieve and maintain optimal health and live your best life.

Who can participate?

HealthTrust Medical Enrollees, covered spouses and Retirees are eligible to participate.

How to join

Log in to your Secure Enrollee Portal (SEP) account at www.healthtrustnh.org and click on the Slice of Life button. Or simply download the Virgin Pulse App.

Getting started

You've signed in and registered—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time.

Personalize your experience

Go to the **Profile** tab and discover the many ways you can customize your wellness program. Choose your email preferences, connect your activity tracker or well-being app and upload a profile picture. Then set your interests by going to **More > Topics of Interest**. Click the **Social** tab to invite friends and family to join you in the portal.

See a clear picture of your health

Personalize your experience by taking the Health Check and participating in a health coaching session.

Start earning rewards

You can earn up to \$110 in rewards* **each quarter, or \$440 per year**, for participating in activities. See the next page for specific ways to start earning rewards.

You can also **earn an additional \$35** by completing the key action steps listed on the next page.

Quarterly earning opportunities

	Points	Pulse Cash
LEVEL 1	3,000	\$10
LEVEL 2	8,000	\$20
LEVEL 3	15,000	\$35
LEVEL 4	24,000	\$45

**Maximum rewards
per quarter** **\$110**

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.

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

Don't miss out!

Scan the QR code to download the Virgin Pulse mobile app



How to earn rewards

IT'S SIMPLE! Do healthy things, earn points and get rewards! The points you earn will accumulate each quarter. As you reach a new level, your rewards grow.

Examples of ways to earn

	Complete activity	Earn points
Daily	Take 7,000 steps in a day	70
	Do your Daily Cards	20/card
	Track your Healthy Habits	10/habit
Monthly	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps (20 days during the month)	400
	Complete 10 Daily Cards in a month	100
Quarterly	Join the HealthTrust challenge	100
	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Set a well-being goal	200
	Add 5 friends	250
	Complete Nicotine-Free Agreement	100

2024 Annual Key Action Rewards

- Complete the Health Check for \$10 Pulse Cash & 500 Points**
 The Health Check asks questions about your current health status and well-being habits. Complete the survey by visiting **Health Check** under the **Health** tab.
- Complete three Health Coaching Sessions to earn \$25 Pulse Cash**
 A coach can be a helping hand when you need it offering resources to keep you accountable and focused. Schedule a coaching session by visiting **Coaching** under the **Health** tab.
- Complete a Biometric Screening* and earn 1,000 points**
 To access the biometric screening PCP form click on **Reward** from the **Home** tab and scroll down to **Participation**.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday - Friday, 2 am - 9 pm ET
- Give us a call: **888.671.9395**
Monday - Friday, 8 am - 9 pm ET
- Send us an email:
support@virginpulse.com

**Enrollees with Medicomp 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.*

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and check out the Medical Exceptions section under **My Account**.

