

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.

Slice of Life
WELLNESS PROGRAM

Powered by:  pulse

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 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:

Activity	Points Earned Toward Pulse Cash Rewards
Attend a Virgin Pulse webinar	300 points
Attend a HealthTrust wellness webinar	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.



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.*

HealthTrust

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WELLNESS PROGRAM

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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.



Corigen® Medication Safety Program

Discover if the medications you take now – or could take in the future – are right for you.

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

CORIGEN™ Available through **HealthTrust**

The flyer features a dark blue background with a white DNA double helix on the right side. In the foreground, there is a white pill bottle with a red cap, a white pill container, and several white pills scattered on a white surface.

- **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***

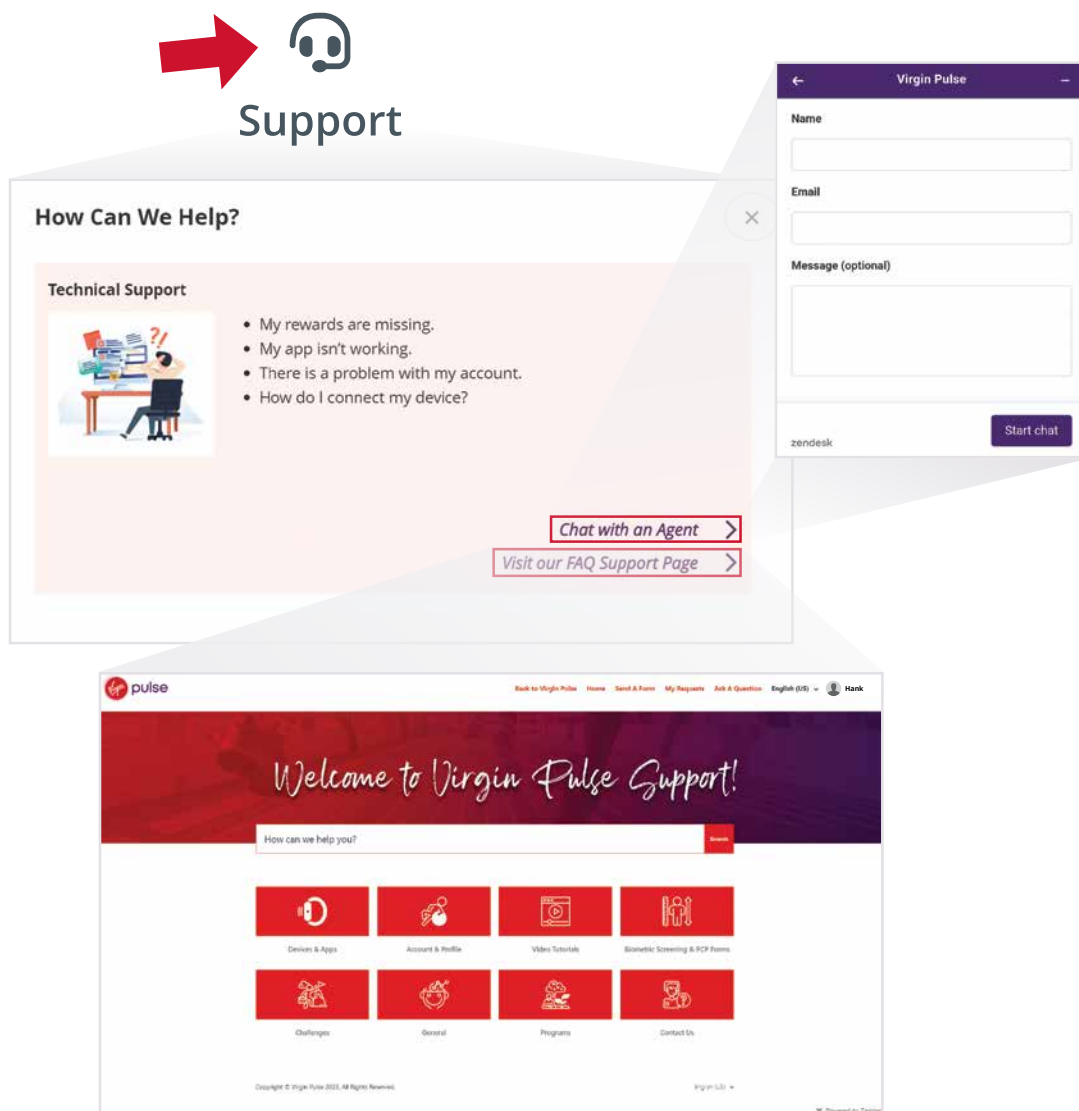
- **LifeResources Employee Assistance Program (EAP) offers two important mental health resources:**
 - **Speak to an Expert.** The EAP can connect you with a trained clinician to help you or a family member with anxiety, depression, grief, relationship questions and other issues. **Call the EAP at 800.759.8122.**
 - **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.

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.





Ask *HealthTrust*

– By Katrina Manning

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?*

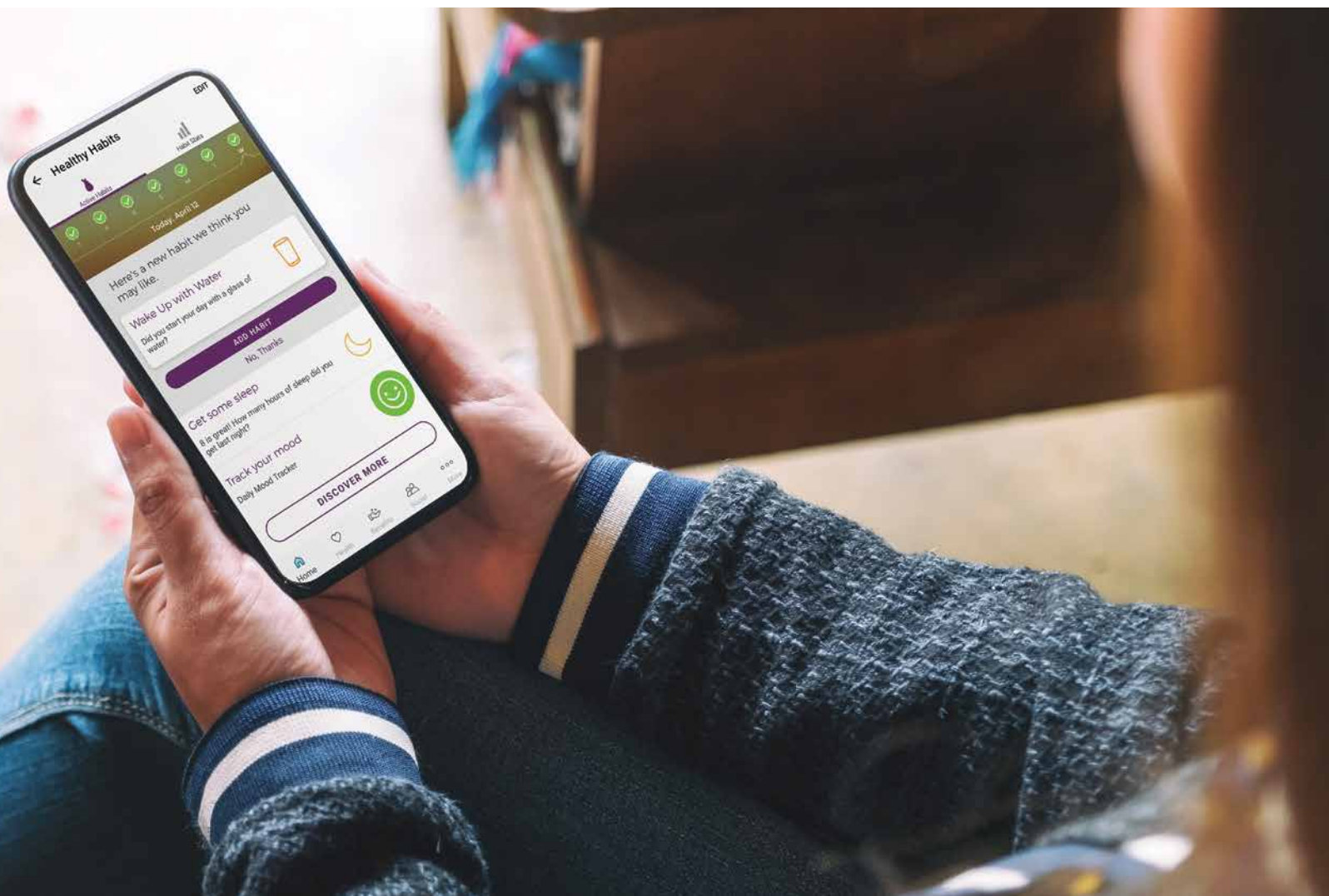
A: There are two ways to track, manually and with a device. Visit the Virgin Pulse platform using the app or by **logging in** to your SEP account and clicking the Slice of Life button.

- **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.



Powered
by: COMPSYCH®

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

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 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