

Slice of Life 2023! Set Yourself Up for Success!

– By Kerry Horne and Krista Bouchard

The New Year is here and we are excited to roll out the newly enhanced Slice of Life wellness program powered by Virgin Pulse. The program will encourage you to make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. What are you waiting for? Get started today! Take the four steps below to set yourself up for success with the **2023 Slice of Life Wellness Program!**



Slice of Life
WELLNESS PROGRAM

Powered by:
 **pulse**

Step 1: Join Today!

Download the Virgin Pulse app or [log in](#) to your Secure Enrollee Portal (SEP) account and click the Slice of Life button to complete the registration information and accept the terms and conditions to create your account, username and password.

Step 2: Set Up Your Profile, Interests & Habits

By setting up your profile and selecting your interests and habits you will receive personalized daily tips focused on the health topics that are most important to you. Simply follow the steps below:

- **Complete your profile.** Click on the **Profile** icon (the gray circle with a silhouette) in the upper right corner of the home screen and select **Go to Profile**. Upload a profile picture and personalize your experience. Make sure to set your email preferences to receive information about the program.
- **Set your interests.** Hover over **More** in the menu and click **Topics of Interest** to select the areas that interest you most to get personalized daily tips and information on each topic.
- **Track Healthy Habits** – Hover over **Home** and click **Healthy Habits** to see those recommended for you or click **Browse All** to find Healthy Habits to start tracking today.

Step 3: Complete Your Health Check

The Health Check is a short, confidential survey that assesses your health across seven factors ranging from mental health to fitness. To complete the Health Check on the Virgin Pulse site or app, hover over **Health** in the menu then click **Health Check**.

Step 4: Connect Your Fitness Tracker

Keep track of how well you're doing by using a fitness tracker or your mobile phone. Then, challenge yourself to take it up a notch! To connect a device follow these steps:

1. Hover over **More** and select **Devices & Apps**.
2. Choose the device you would like to connect.



3. Follow the easy directions on your screen to connect your device to the Virgin Pulse portal.
4. Now that you're connected, start earning points!

Don't have a device or prefer to track health measurements such as your steps, sleep, blood pressure, and calories manually? Log in to the Virgin Pulse app, or your **SEP account** and click on the Slice of Life button, and click "Stats" on your home page.

By completing these four steps you are ready to participate and earn points. When you make small changes every day to your wellbeing, you'll feel healthier, happier and more energetic. Get ready to experience the rewards of being the best version of you!

Kerry Horne is HealthTrust's Assistant Wellness Manager.

Krista Bouchard is HealthTrust's Wellness Coordinator.



Earn Rewards Your Way – Up to \$475 in Pulse Cash this Year!

If you like challenging yourself, playing fun games and learning new tips for improving your health, you will love participating in 2023 Slice of Life.

Earn up to \$475 Pulse Cash this Year – up to \$400 Pulse Cash for playing the Quarterly Points Game and up to \$75 for completing Key Actions.

	Points	Pulse Cash
LEVEL 1	1,000	\$10
LEVEL 2	5,000	\$20
LEVEL 3	12,000	\$30
LEVEL 4	20,000	\$40
Maximum rewards per quarter		\$100

Key Actions	Reward
Complete a Next Steps Consult Once Per 2023 Program Year	\$25 Pulse Cash
Health Risk Assessment (Health Check) Once Per 2023 Program Year	\$25 Pulse Cash
Log in to your HealthTrust Secure Enrollee Portal (SEP) account and click on the LifeResources button	\$25 Pulse Cash

Quarterly Points Game (up to \$100 in Pulse Cash/quarter, up to \$400 in Pulse Cash/year) – Each quarter is set up as a game. As you complete healthy activities, you can earn points and climb the levels of the game to qualify for “Pulse Cash.” To earn points toward quarterly Pulse Cash rewards you can:

- Track your health habits
- Join challenges
- Read your Daily Cards

- Complete a Journey
- Work with a Coach
- And many other options. What you do is up to you!

Key Action Rewards (up to \$75 Pulse Cash) – In addition to quarterly rewards, you can earn up to \$75 in Pulse Cash by completing these three activities one time this year:

- **Complete Your Health Check** - \$25 Pulse Cash
- **Complete a Next Steps Consult** - \$25 Pulse Cash
- **Learn about the LifeResources Employee Assistance Program** – Log in to your SEP account and click on the LifeResources Button - \$25 Pulse Cash

You can earn up to \$475 in Pulse Cash this year! Use your Pulse Cash to donate to a charity or purchase items in the Virgin Pulse store or gift cards to other stores, such as Amazon, Target, CVS Pharmacy® or other retailers. Your choice!

Reminder! The 2022 Slice of Life program has ended. If you earned at least \$40 in Quarter 4, 2022, please allow four to six weeks from the end of the quarter to receive your rewards check from Onlife Health.

**The amount of any cash and the value of any other wellness incentive rewards received from Health-Trust are taxable to the recipient for federal income tax purposes.*

2023 LifeResources EAP – Help for Issues Big and Small

– By Taylor Bowse

HealthTrust is thrilled to introduce our enhanced LifeResources Employee Assistance Program (EAP), now powered by ComPsych Guidance Resources®! This valuable program is available to employees and retirees of Member Groups that offer HealthTrust medical coverage and their eligible dependents and household members. The EAP provides a variety of services to help with work-life issues big or small, meeting you where you are in life.

Key Features of the 2023 LifeResources EAP

NEW! Computerized Cognitive Behavioral Therapy (CCBT): Take steps to improve your mental health and overall wellbeing with this online, self-guided, personalized program. CCBT helps to address the most common behavioral health issues like anxiety, depression, mindfulness, sleep and more.

Financial Resources: Contact EAP's financial experts for help with a wide range of topics including retirement planning, mortgages, budgeting, taxes, and more. **NEW! WellthSource,** a digital financial education and planning tool can help you achieve and maintain financial well-being.

Confidential Emotional Support: Access support from trained clinicians via phone, video or chat for concerns and issues including anxiety, depression, grief, relationship conflicts, and more.

Work-Life Solutions: Receive referrals and resources for everyday life issues, such as hiring movers or home repair contractors, planning events, or finding care for your child, aging parent, or pet.



LifeResources
EMPLOYEE ASSISTANCE PROGRAM

Powered by: **ComPsych®**

Legal Guidance: Talk to an EAP attorney for practical assistance with legal issues, including divorce, adoption, family law, wills, trusts, and more.

Well-Being Coaching: Connect to a certified personal coach one-on-one for a variety of different issues including work-life balance, building resiliency, improving sleep, and more.

GuidanceResources®: Access online resources and information 24/7, including articles, podcasts, videos, on-demand trainings and “Ask the Expert” about a wide range of topics.

Contact the EAP:

By phone: 800.759.8122

Through your SEP account: **Log in** to your account on HealthTrust’s Secure Enrollee Portal (SEP) and click on the LifeResources button.

By downloading these apps: GuidanceNowSM (for EAP) and Koa Foundations (for CCBT). Enter the Web ID – LIFERESOURCES – to create your username and password.

Online: Visit **guidanceresources.com** and enter the Web ID – LIFERESOURCES – to create your username and password.

LifeResources EAP services are confidential and provided at no additional cost to you.

Did You Know? You can earn \$25 in Slice of Life Pulse Cash by logging in to the new LifeResources EAP website and learning more about this valuable, enhanced program?

Taylor Bowse is a HealthTrust Wellness Advisor.



Ask **HealthTrust**

Q: If I submit a saliva sample for DNA analysis to the Corigen® Medication Safety Program, who owns my DNA information? Can I ask for it to be destroyed?

A: Yes, you can ask for your DNA sequencing information to be destroyed by calling Coriell Life Sciences at **888.456.9184**, or sending an email to enrollment@coriell.com. Your results, explained in your *Medication Compatibility Report*, are yours to keep forever, to have on hand in the future as a valuable reference whenever you are prescribed medication.

If you are covered by a HealthTrust medical and prescription drug plan, you can enroll in the Corigen Medication Safety Program by phone or online at www.coriell.com/healthtrust. You will receive a test kit in the mail with directions for taking a saliva sample and returning it in the pre-paid package for analysis at the Coriell Life Sciences lab. During the analysis process, your DNA is consumed and any remaining DNA is destroyed, not stored. Your DNA sequencing results – the genetic information that determines the order of the four “bases” in a DNA molecule – is stored by Coriell Life Sciences and used for analysis; however, you may request that all stored data be destroyed and removed from their system.

Throughout the analysis process, your saliva, DNA, and subsequent data are tracked using unique barcodes, rather than your name. This means any personally identifiable information is removed from your sample.

To learn more and enroll in the Corigen Medication Safety Program, visit the [Coriell Life Sciences website](#). For more information about how your DNA is protected, see Coriell’s [Notice of Privacy Practices](#) and [FAQs](#), linked at the bottom of the page.



Time for a
New Start

2023



Healthy Habits for New Year's Resolutions

– By Stephanie Perrin

What better way to start the New Year than to add some healthy habits to your daily routine? New Year's resolutions do not have to mean overwhelming, major life changes. Small changes can still have big impacts on your health. Try taking these small steps to feel like a new and improved you this year!

- **Unplug at night!** For a better night's sleep, remove electronic devices, such as a TV, computer, and smartphones from your bedroom, and make sure your room is quiet, dark, and a comfortable temperature. Good sleep is essential to staying well.
- **Drink a glass of water before each meal.** Filling your stomach with some water can hydrate you, start digestion, and make you less likely to overeat. Also, try swapping one sugary drink a day with water for better hydration and fewer calories!

- **Start each day with a short walk.** It's a great way to jumpstart your day, burn more calories, and help ensure that you don't run out of time or energy to exercise. Try to sneak in some extra physical activity throughout your day, too; take the stairs, instead of the elevator, park in the farthest available spot, and stretch every hour or so.
- **Use a smaller plate and bowl.** Trying to lose or maintain your weight? Controlling portion size is key. Smaller plates and bowls hold less food, and it's usually still enough to fill you up without overeating.
- **Set a goal!** Whether the goal is large or small, it will give you something to focus on throughout the year.

Did You Know? If you are covered by a HealthTrust medical plan, you may be able to earn rewards for doing any or all of these healthy habits through the 2023 Slice of Life program. Log in to your Secure Enrollee Portal account and click the Slice of Life button to learn more!

Stephanie Perrin is a HealthTrust Benefits Advisor.

Sources: [Brigham and Women's Hospital](#); [Centers for Disease Control and Prevention](#)



★ BONUS RESOURCES

Click the links below to read more.

- 1. *Anthem Wellness Newsletter – January 2023***
- 2. Slow Cooker Minestrone Soup – Recipe (See below)**
- 3. Links to the *Slice of Life 2023 flyer* and the *LifeResources EAP flyer***

Recipe: Slow-Cooker Minestrone Soup



Ingredients

6 cups vegetable broth
28-oz can diced tomatoes
15-oz can cannellini beans, drained and rinsed
15-oz can kidney beans, drained and rinsed
2 cups frozen green beans
4 medium carrots, chopped
1 medium zucchini, chopped
1 stalk celery, chopped
1 medium onion, chopped
2 Tbsp dried Italian seasoning
1 bay leaf
4 garlic cloves, minced
1 tsp salt
 $\frac{3}{4}$ tsp pepper
1 cup cooked (or 2 oz of dry) whole-grain elbow pasta
2 cups fresh baby spinach
Garnish: $1\frac{1}{4}$ cups freshly grated Parmesan cheese (optional)

Directions:

Before you begin: Wash your hands.

1. Combine ingredients, except pasta and baby spinach, in a 6- or 7-quart slow cooker. Cover and cook on low for 7 to 8 hours.
2. Increase heat to high. Stir in pasta and spinach. Cover and cook 15 minutes or until pasta is done.
3. Remove bay leaf before serving. Sprinkle each serving with 2 tablespoons grated Parmesan cheese, if desired.

Nutrition Information:

Serving size: $1\frac{1}{2}$ cups

Serves 10

Calories: 134; Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 860mg; Total Carbohydrate: 26g; Dietary Fiber: 7g; Protein: 6g.

Source: *Academy of Nutrition and Dietetics*

Slice of Life

QUARTERLY

is published four times a year for our Enrollees & 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