



## Slice of Life 2021: Welcome to a New Day!

In today's uncertain world, it helps to focus on things you can count on – the sun rising each day, the joy you feel when you challenge yourself and achieve a new goal, the comfort of knowing HealthTrust's Slice of Life program is here to support you.

Getting and staying healthy is especially important now and Slice of Life gives you the resources you need to succeed. Start your Personal Wellness Journey today! Look inside for your action plan for a healthy, happy 2021.

# See How Much **You** Can Earn This Year!

**Complete  
your Health  
Assessment**  
(1x/year)

**\$25**

**Quarterly Rewards  
for Healthy Activities**  
(up to \$75/quarter, \$300/year)

— UP TO —  
**\$300**

**Have a Biometric  
Health Screening**  
(1x/year)

**\$75**

**Order a Fitness Tracker,  
Smart Scale or Blood  
Pressure Monitor**  
(up to \$100 toward  
the purchase)

**\$100**

**Complete a Health  
Coaching Engagement**  
(\$25/quarter, up to 3x/year)

— UP TO —  
**\$75**

*Challenge Yourself  
on Your Personal  
Wellness Journey*

— UP TO —  
**TOTAL  
VALUE \$575!**

## SLICE OF LIFE 2021

The COVID-19 pandemic has given all of us a deeper appreciation of how important good health is. Throughout this challenging time, Slice of Life participants have continued in high numbers to take steps to get and stay healthy. Way to go, everyone! We are all in this together, and at HealthTrust we appreciate that you use the valuable resources available through Slice of Life to take good care of yourself and stay motivated on your Personal Wellness Journey.

HealthTrust offers the Slice of Life program to Enrollees, Retirees and spouses with HealthTrust medical coverage. This robust, voluntary program provides support and resources for your Personal Wellness Journey, and rewards\* you for making healthy choices – up to \$475 in wellness incentive rewards plus \$100 toward the cost of a fitness device – **a \$575 value this year!**

This year, especially, we look forward to providing you with the tools you need to know yourself better, set and achieve health goals, access informative online courses and resources, and join fun, exciting challenges – all the tools you need to get healthy your way! **Welcome to Slice of Life 2021!**

*\* 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.*

# LOOK WHAT'S NEW THIS YEAR!

Slice of Life 2021 includes all the healthy activities and resources you have enjoyed in the past plus these key enhancements:

- **Rewards\* for Participating in HealthTrust Wellness Programs!** In 2021, you can receive \$20 per quarter by participating in HealthTrust wellness programs, LifeResources trainings or webinars hosted by HealthTrust or Onlife. Participate and you can earn a \$10 reward twice per quarter (compared to one time per quarter in the past) toward your quarterly wellness incentive reward.
- **Updated Slice of Life Logo!** We've now highlighted the four key components to keep you motivated: **Health Assessment, Biometric Health Screening, Health Coaching, and Personal Wellness Journey.**
- **HealthTrust 360!** A new way to look at the many resources available to you to help you make informed treatment decisions and manage your health.



For more information about these and all Slice of Life resources, log in to your secure account at [www.healthtrustnh.org](http://www.healthtrustnh.org) and click on the Onlife button.

While you're logged in, check out your Wellness Report Card on your SEP Slice of Life home page then use it to track your progress as you move along your Personal Wellness Journey.



SLICE OF LIFE WELLNESS PROGRAM



**View My Wellness Report Card**

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## FOUR EASY STEPS TO STAY HEALTHY AND ACHIEVE YOUR GOALS!

- 1 **Log in or create your account today!** Visit [www.healthtrustnh.org](http://www.healthtrustnh.org), log in **regularly** if you have an SEP account, **or if you don't have an account**, click on "Secure Login" then "New User" to create an account. We encourage you to use your personal (not your work) email address to ensure that you receive all of our communications. Then log in frequently and click on the Onlife Health button to participate in Slice of Life.



- 2 **Get a Clear Picture of your Current Health – and use it to create goals – with these Slice of Life resources:**

 **Complete Your Health Assessment (1x/year)**

**Earn \$25!**

 **Have a Biometric Health Screening (1x/year)**

**Earn \$75!**

- At a HealthTrust-sponsored screening (when available)
- At a ConvenientMD location in NH
- With your own Primary Care Provider (PCP)\*\*

- 3 **Set Yourself up for Success with these two key actions.**

**We're here to help you stay on track to reach your goals:**

 **Contact Your Health Coach (\$25/quarter up to 3x/year)**

**up to \$75!**

Get support and resources on your Personal Wellness Journey. Click the whistle icon on your Onlife home page to message your Health Coach.

 **Track Your Progress: Order and Connect a Health Device**

**up to a**

Click on the "Order a Device" tile on the Onlife home page to order a fitness tracker, smart scale or blood pressure monitor, then connect it to your Onlife portal to earn quarterly rewards!

**\$100 value!**

- 4 **Have Fun and Earn Rewards!\***

 **Earn Quarterly Rewards (up to \$75/quarter up to 4x/year)**

**up to \$300!**

Healthy activities should be fun – or you may not do them! That's why Slice of Life lets you choose what you want to do to earn rewards. If you earn a minimum of \$40 in any quarter you can receive a reward (maximum reward per quarter is \$75). See the *2021 Personal Wellness Journey Rewards Chart* on the next page for a list of eligible activities.

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**Total Value:**

**up to \$575!**

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*\*\* Enrollees with Medicomp Three coverage are not eligible to receive rewards for screenings with a PCP but can qualify for a \$75 reward by having a Biometric Health Screening at a HealthTrust sponsored screening event or at a ConvenientMD location.*



# STAY HEALTHY WITH HEALTHTRUST 360!

The perfect complement to Slice of Life, **HealthTrust 360** resources and programs help you manage health conditions, access healthcare services when and where you need them, and make informed treatment decisions. The following HealthTrust 360 components are voluntary, confidential, and available to qualifying individuals covered by a HealthTrust medical plan.



## ● Medical Advocacy and Consumerism

**SmartShopper\*\*** 866.319.3706. Earn rewards\* by making informed healthcare decisions.

**Grand Rounds\*\*** 855.633.8341. Help for complex medical care: Expert second opinions, treatment decision support, referrals to local experts for in-person visits.

**ConvenientMD**, [www.convenientmd.com](http://www.convenientmd.com). Biometric Health Screenings, free flu shots - no appointment needed

## ● 24/7 Access

**LiveHealth Online**, [www.livehealthonline.com](http://www.livehealthonline.com). See a doctor anytime or a behavioral health expert by appointment without leaving your home.

**Anthem 24/7 NurseLine**, 800.337.4770. Speak to a registered nurse 24/7 for non-emergency medical help.

## ● Health Management

**CVS Caremark Transform Diabetes Care\*\*\*\*** 800.945.4355, [www.livongo.com/healthtrust](http://www.livongo.com/healthtrust). Manage your diabetes better with expert help and a free glucose monitor. Available to eligible individuals prescribed medication for diabetes.

**Solera\*\* Diabetes Prevention Program**, 877.486.0141. Get help preventing prediabetes from progressing. Take a 1-minute quiz to see if you qualify at [www.solera4me.com/healthtrust](http://www.solera4me.com/healthtrust).

**CVS Caremark® Accordant Specialty Care\*\*\*** 844.905.0855, [www.accordant.com](http://www.accordant.com). Personalized help for managing a complex health condition.

### Anthem Programs:

- Future Moms, 866.347.8360. \$50 reward\*, RN phone consultations (Covered dependent children are not eligible for the \$50 reward).
- ConditionCare, 866.596.9812. Support for managing a chronic condition.
- ComplexCare. Help coordinating multiple care providers.

**HealthTrust Flu Vaccine Program:** Free flu shots available at your workplace or other nearby location.

## ● Support

**LifeResources Employee Assistance Program (EAP):** 800.759.8122. Complimentary consultations for behavioral health issues, financial or legal guidance, robust online resources.

**Aware Recovery Care:** 844.292.7372 or 603.769.8463, [www.awarerecoverycare.com](http://www.awarerecoverycare.com).

In-home recovery care available to individuals age 17 and older with substance use disorders.

\* 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 Medicaomp Three coverage are not eligible to participate in this program.

\*\*\* Requires enrollment in a HealthTrust medical plan that includes CVS Caremark Prescription coverage.

# 2021 Personal Wellness Journey Rewards Chart

Earn up to \$75 per quarter! See the chart below for ways to earn.

	Activity	Dollar Value**	Max Frequency
ENGAGE!	Download the AlwaysOn® Mobile App	\$5	1x/Year
	Earn Healthy Habits Rewards	\$25	1x/Quarter
	Contact your Health Coach	\$10	1x/Quarter
TRACK!	Connect your Blood Pressure Monitor, Fitness Device, Smart Scale or Mobile App	\$5	1x/Year
	Track 8,000 Steps OR 45 Minutes of Activity Using a Fitness Device or Mobile App	\$1	3x/Week
	Device Stretch Goal (Hit 50,000 Steps or 300 Minutes in One Week)	\$2	1x/Week
	Track with your Nutrition App	\$1	2x/Week
	Self-Track your Progress	\$1	2x/Week
	Track with your connected Smart Scale	\$1	2x/Week
	Track with your connected Blood Pressure Monitor	\$1	2x/Week
CONNECT!	Connect with a Colleague	\$5	1x/Year
	Join any Personal, Group or Team Challenge	\$5	1x/Quarter
	Complete a Group or Team Challenge	\$15	2x/Year
	Complete a Personal Challenge	\$20	1x/Quarter
LEARN!	Read an Article, Listen to a Podcast or Watch a Video on the Onlife Site	\$5	1x/Month
	Complete a Self-Guided Program	\$20	1x/Quarter
	Participate in a Webinar, HealthTrust Wellness Program or LifeResources Training	\$10	2x/Quarter
PREVENT!	Participate in a Condition Care Program	\$25	2x/Year
	Have an Annual Physical*†	\$15	1x/Year
	Have a Preventive Dental Visit	\$15	2x/Year
	Have a Preventive Screening*†	\$15	1x/Year

‡ 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 Medcomp Three coverage are not eligible to receive rewards for an annual physical or preventive screenings.

† Preventive screenings include: Prostate cancer screening (men); mammogram, Pap test, bone density test (women); colonoscopy (both).

\*\* Reward available only to Enrollees with a HealthTrust dental plan.

# NOTICE REGARDING HEALTHTRUST'S 2021 WELLNESS PROGRAM

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HealthTrust's Slice of Life wellness program is a voluntary wellness program available to individuals covered by a HealthTrust medical plan. The program is administered by HealthTrust and Onlife Health (Onlife) according to federal rules permitting wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act (HIPAA), as applicable, among others. As part of the wellness program you have the option of completing a voluntary Health Assessment or "HA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). The wellness program also offers a Biometric Health Screening, which includes a blood test for cholesterol, glucose and triglycerides. You are not required to complete the HA or to participate in the Biometric Health Screening tests or other medical examinations.

All components of the wellness program are voluntary. However, employees who choose to participate in the wellness program will be eligible to receive incentives as described in the relevant Slice of Life wellness program materials. Although you are not required to complete the HA or participate in the Biometric Health Screening, only employees who do so will receive the applicable incentives. Additional incentives may be available for employees who participate in certain health-related activities, or achieve certain health outcomes. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthTrust at 1.800.527.5001. The information from your HA and the results from your Biometric Health Screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as health coaching and disease management. You also are encouraged to share your results or concerns with your own doctor.

## PROTECTIONS FROM DISCLOSURE OF MEDICAL INFORMATION

We are required by law to maintain the privacy and security of your individually identifiable health information (also known as "protected health information" under HIPAA). Your

# NOTICE REGARDING HEALTHTRUST'S 2021 WELLNESS PROGRAM (CONT'D)

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individually identifiable health information obtained as part of the wellness program will not be shared publicly or with HealthTrust or your employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Protected health information that is provided by you in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment. However, HealthTrust and/or your employer may be advised of your participation for purposes of incentive administration and may be provided aggregate information not containing any individually identifiable information in order to design a wellness program based on health risks in the workplace. The importance of safeguarding individually identifiable health information is recognized and all organizations involved in this wellness program are obligated to take reasonable steps to protect such information from unauthorized access or use in accordance with applicable HIPAA privacy and security policies.

Your protected health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your protected health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your protected health information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. An Onlife “health coach” and an Anthem “case manager” are the only individual(s) who may receive your individually identifiable health information in order to provide you with services under the wellness program.

Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you in accordance with applicable HIPAA and other privacy law requirements.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, please contact the HealthTrust Privacy Officer at [privacyofficer@healthtrustnh.org](mailto:privacyofficer@healthtrustnh.org).



# If you are covered by a HealthTrust medical plan, log in or create an account on HealthTrust's Secure Enrollee Portal (SEP) today!



## On the SEP you can find:

- **Digital ID Cards** – always on hand when you need them.
- **Secure Message Center** – get help quickly and securely.
- **Expanded Single Sign-On** (depending on your coverage):
  - ♦ **Onlife Health – Participate in Slice of Life!** Check your journey dollars, sign up for challenges, do healthy activities.
  - ♦ **Anthem and Delta Dental** – View claims and download your *Explanation of Benefits*.
  - ♦ **CVS Caremark** – Manage your prescriptions and request refills.
  - ♦ **LifeResources** – EAP resources and COVID-19 support.
- **Wellness Tip Sheets** from the HealthTrust Wellness Team.
- **Newsletters, notifications, forms, program brochures and information**



Take us with you! Launch the AlwaysOn app right from the home page of HealthTrust's Secure Enrollee Portal (SEP) for easy access to Slice of Life trackers and other resources. Save HealthTrust Mobile to your smartphone home screen for a mobile-friendly version of the SEP.



Questions? Contact HealthTrust Enrollee Services, Mon-Fri, 8:30 a.m. – 4:30 p.m. at 800.527.5001, or [enrolleeservices@healthtrustnh.org](mailto:enrolleeservices@healthtrustnh.org). Or send us a secure message by clicking "Secure Message Center" on the HealthTrust SEP.



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