

## Join the Spring Crush Team Step Challenge!

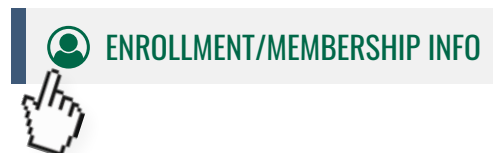
Spring is in the air! Get out and enjoy it with our Spring Crush Team Step Challenge. Track your steps in your Virgin Pulse portal from May 13-27. You can register for the challenge beginning on May 3, through the Virgin Pulse app or by **logging in** to your Secure Enrollee Portal (SEP) account and clicking the Virgin Pulse button. Once on the homepage, click Social > Challenges > Join Now. Make it more fun and increase your motivation by inviting up to four friends to join your team. You can earn 100 points for joining the challenge, 50 points for creating a team, and more points as you track your steps on the way to achieving your challenge goal. Happy Spring everyone!



## Your 2024 HealthTrust Annual Notice is Now Available in SEP

In February, HealthTrust mailed Annual Notices to Covered Individuals. These documents contain important required legal notices as well as information about creating your SEP account, where to find coverage documents on the SEP, and important program and coverage information related to your benefits.

To access a copy of the Annual Notice sent to you, **log in** to your SEP account and click Enrollment/Membership Info.

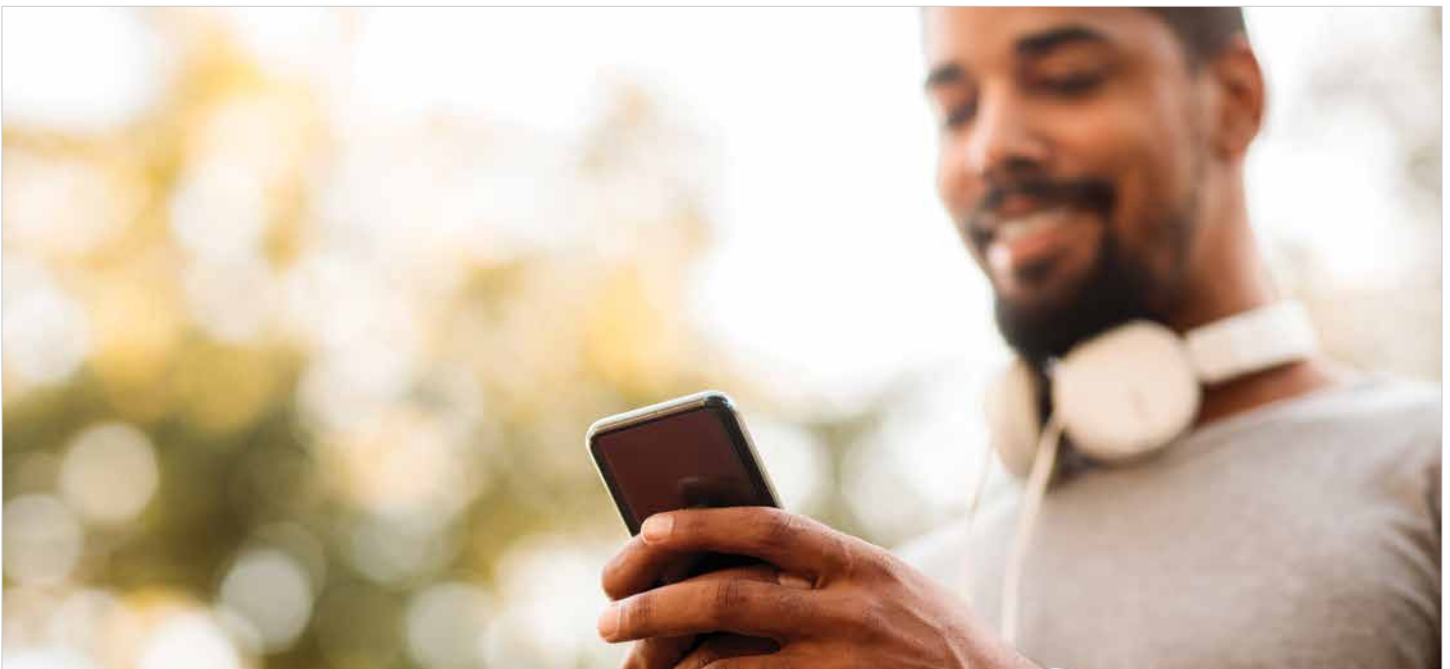


## Look at What's New on the Virgin Pulse Portal!

Did you know that Virgin Pulse regularly adds new material and new ways to earn Pulse Cash rewards to their portal? Here are just some of the many new activities you can enjoy:

- **2 New Habits You Can Track:** *Going Green ("Acting Sustainably") and Gluten-free Swaps.*
- **3 New Journeys:** *Small Changes for Sustainable Living; Parent-Teen Toolkit - Building Connection; Going Gluten-free with Ease.* Earn 20 points with each journey step, 150 points for completing a journey.
- **9 New Wellbeing Videos:** *5 Steps to a Perfect Plank; Physical Therapist-Approved Stretches for Low Back Pain; Elevate Your Push-Up Game; Create Your ADHD Owner's Manual; End Tech Neck Pain; Make It – 3 Marvelous Mocktails.* Earn 50 points for each video you watch, up to 200 points per month for watching four or more videos in a month.

Don't miss out! **Log in** frequently to your Virgin Pulse portal or app to take advantage of all the many ways to get healthy your way, and earn points toward Pulse Cash rewards, too!



# ***Will You Be A Winner?* Create an Account with Included Health and You Might Win a Visa Gift Card!**

– By Katrina Manning

Included Health is a valuable program that can help you find quality, local doctors of all specialties, provide you with a second opinion from a top expert in the expert's field, and/or connect you with a clinician to help you understand a new diagnosis, medication, or treatment for an existing condition. Included Health is available through HealthTrust to individuals enrolled in a HealthTrust medical plan (except Medcomp Three) and their covered spouses at no cost to you!

Eligible HealthTrust medical Enrollees and covered spouses who create an account from 4/1/2024 – 5/15/2024 will be entered into a raffle to win one of 20 \$150 Visa gift cards!\*

## **You have 4 options for Creating your Account with Included Health:**

- 1. Log in** to your Secure Enrollee Portal account and click the Included Health button.
2. Download the Included Health app and create your account.
3. Call Included Health at **855.633.8341** to speak with a care coordinator.
4. Visit ***[includedhealth.com/microsite/healthtrust](https://includedhealth.com/microsite/healthtrust)***.

Once on the registration page, simply enter your email and password, then enter the requested information to create your account.

*\*All eligible medically Covered Individuals who create a personal account between 4/1/24 and 5/15/24 will be entered to win 1 of 20 \$150 Visa gift cards. Official campaign rules at [includedhealth.com/raffle-campaign](https://includedhealth.com/raffle-campaign). 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. Covered Individuals who created an account prior to 4/1/2024 are not eligible for this promotion.*

*Katrina Manning is a HealthTrust Wellness Advisor.*

# Corigen® Medication Safety Program – Get the Right Prescription for You

– By Krista Bouchard

Medications don't work the same for everyone. Your unique genetic makeup, health conditions, and lifestyle are all factors in how you will respond to a particular medication.

With the Corigen® Medication Safety Program, you can find out if medications you take now—or could take in the future—are identified as being safe and effective for you through DNA analysis provided by Coriell Life Sciences. All you need to do is enroll, complete the test kit including providing a saliva sample, and return the completed kit in the postage-paid packaging provided!

You will receive a Medication Safety Report that identifies the medications that are safe and effective for you, based on your unique DNA. Specially trained pharmacists will then work directly with you and your doctor to help you make genetically informed, personalized decisions about your medication options. Such information could help you avoid adverse drug reactions and side effects, improve how you feel every day, and reduce the need for risky and costly trial-and-error medication prescribing.

This program is available to individuals enrolled in a HealthTrust medical plan that includes prescription drug coverage. To enroll, visit [coriell.com/healthtrust](https://coriell.com/healthtrust).

*Krista Bouchard is the Wellness Coordinator for HealthTrust.*

## Register for the Virgin Pulse webinar –

**May 15, Noon: *How Health Coaching Can Change Your Life.*** Hear real-life success stories and learn how you can work with a Virgin Pulse coach to help achieve your wellness goals. You can earn 300 points toward your quarterly Pulse Cash rewards for attending a live webinar. To register for this webinar, **log in** to your SEP account and click on the Watch-Read-Learn tile, register on the Virgin Pulse website or in the app, or simply click this link: **Register Now**



## Ask *HealthTrust*

**Q: How do I redeem the Visa gift card I exchanged for Pulse Cash in the Virgin Pulse portal?**

**A:** To redeem a Visa gift card from the Virgin Pulse portal:

- **Log in** to your SEP account and click the Slice of Life button or open the Virgin Pulse app.
- On the Virgin Pulse homepage, select Home > Rewards > My Earnings > Spend.
- Enter the dollar amount you want on the Visa gift card and click “Submit.”
- Check your email. (Check your spam folder if you don’t receive an email).
- Click on the “Redeem Now” button in the email. You will be redirected to the “My Digital Wallet” page. Please enter all required information and click on the “Continue” button.
- Select either an e-card or a physical card. If you choose the physical card, please allow 7-10 business days for it to arrive by mail. If you choose the e-card, you will receive another email with your Visa card number.



If you have an issue redeeming a gift card please contact Virgin Pulse by email at [support@virginpulse.com](mailto:support@virginpulse.com), or online chat, by clicking the support icon next to your profile picture or by visiting [virginpulse.zendesk.com/hc/en-us](https://virginpulse.zendesk.com/hc/en-us).

- By Kerry Horne, HealthTrust Well-Being Manager

**Q: Does my HealthTrust medical plan include benefits for routine vision care?**

**A:** Yes, HealthTrust medical plans include coverage for routine vision exams as part of your preventive care services. Most of the medical plans cover one exam each year for Covered Individuals under age 19 and one exam every two years for Covered Individuals age 19 and older.

HealthTrust also collaborates with Anthem and Delta Dental to offer vision discount programs to all Enrollees, Retirees and your eligible family members who are enrolled in medical and/or dental plan coverage.

**Discounts are available at:**

- Private practicing ophthalmologists, optometrists and opticians
- Leading optical retailers such as Target Optical, LensCrafters and Pearle Vision

**Anthem Vision Discount Program:**

- Discounts of up to 30 percent off retail price for vision care services such as a complete pair of prescription eyeglasses or sunglasses and contact lenses. Click the link to view the **Anthem Vision Discounts Flyer**.
- To find the nearest participating provider, **log in** to your Secure Enrollee Portal (SEP) account and click on the Anthem button. On the Anthem site, select Discounts.

**Delta Dental Vision Discount Program:**

- Discounts of up to 35 percent for vision care services such as exams, lenses and frames through EyeMed Vision Care. Click the link to view the **Delta Dental EyeMed Flyer**.
- For details or to find a participating EyeMed provider near you, **log in** to your SEP account and click the Delta Dental button; on the Delta site, click the Delta Dental logo, type "vision discounts" in the search field and click EyeMed Discount. You can also visit **[nedelta.com/Patients/EyeMed-Discounts](https://nedelta.com/Patients/EyeMed-Discounts)** or call **866.246.9041**.

- *By Teresa Williams, HealthTrust Benefits Advisor*

**Q: How can I find out if I have met my deductible or out-of-pocket maximum on my HealthTrust medical plan?**

**A: Log in** to your Secure Enrollee Portal (SEP) account and click the Anthem button. On the Anthem homepage, scroll down to “Plan Usage” to see how much of your deductible has been met and how much (if any) remains for the plan year. You will also see how much of your out-of-pocket maximum has been met. Click on “Review Full Benefits and Usage” to be directed to “Plan Progress” where you can see deductibles and out-of-pocket maximums by covered individual on your plan.

- By Debra Clayton, HealthTrust Benefits Coordinator

## Stressed about money?

Get on a strong financial track with WellthSource digital tools available through the LifeResources Employee Assistance Program. **Log in** to your SEP account and click the LifeResources button then select the WellthSource box on the EAP website.

**LifeResources**  
EMPLOYEE ASSISTANCE PROGRAM  
SUPPORT FOR EVERYDAY AND  
LIFE-IMPACTING ISSUES



## Well-Being Program Match-Up

Are you covered by a HealthTrust medical plan? If so, did you know that your plan gives you access to valuable HealthTrust Well-Being Programs at no additional cost to you? Click the button below to test your knowledge of these programs by matching the program name to the benefit it provides. Want to know more? **Log in** to your Secure Enrollee Portal for detailed information!

**CLICK HERE TO PLAY!**

## ★ BONUS ARTICLES

1. **April issue of Anthem Wellness Newsletter**
2. Article from ComPsych – ***Reduce Stress through Gardening***
3. Healthy Recipe – Stuffed Peppers (*Serves 4*)

### **Ingredients**

- 4 bell peppers (any color)
- 3/4 lb. lean, ground turkey
- 1/2 medium onion (chopped)
- 1/2 cup uncooked brown rice
- 14.5 oz. canned, no-salt added, diced tomatoes
- 1 clove fresh, minced garlic (or 1 teaspoon garlic minced from jar)
- 1 tsp. reduced-sodium Italian seasoning (lowest sodium available)
- 1/4 tsp. crushed red pepper flakes for spiciness (optional)
- 8 oz. canned, no-salt-added tomato sauce



### **Directions**

1. Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, brown the turkey in a skillet over medium heat. Add the onion and cook for 3 minutes more (until onion becomes translucent).
2. Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.
3. In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.

Source: *American Heart Association*



# 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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**LifeResources—Employee Assistance Program:** 800.759.8122

#### 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