

Coming Soon: New Virgin Pulse Challenge and Webinar

– By Krista Bouchard

In the coming months, Virgin Pulse will offer new resources for learning to de-stress, increasing your steps and even exploring America!

Get Ready to Join the *Great American Adventure*, a new challenge coming this fall from Virgin Pulse that lets you step across the United States from New York City to Hollywood virtually! As your team walks from coast to coast, you can learn about American cities and sights along the way, and earn points toward Pulse Cash rewards. Ready to hit the road? **Stay tuned for registration, coming in August!**



Learn and Earn! Attend the Virgin Pulse webinar, *How to Bounce Back from Stress*, on September 18 at noon to learn about different types of stress (physical, cognitive, emotional), the stress cycle, and strategies to develop and build resilience. By attending the webinar, you can earn 200 points toward Pulse Cash rewards. To register, click [here](#).

To receive your 200 points, jot down the voucher code provided at the end of the webinar, then:

1. Log in to the Virgin Pulse app or click the Slice of Life button on your SEP home page.
2. On the Virgin Pulse website, hover over **Home** in the top search bar.
3. Click **Rewards**.
4. Click the purple **Redeem a Voucher** button.
5. Enter the 10-digit voucher code and watch your points increase on your home page.

Spend Your Pulse Cash Your Way!

June 30 marks the end of Quarter 2 – putting you halfway through your Slice of Life program year. If you'd like to spend your Pulse Cash and enjoy the fruits of your labor, **log in** to your SEP account, click the Slice of Life button and on the Virgin Pulse website, select Home > Rewards > Spend. You have three options for spending your Pulse Cash. You can:

- **Donate** your Pulse Cash to charities such as Special Olympics, Habitat for Humanity, or the National Park Foundation.
- **Shop** brands such as Apple, Fitbit, Garmin, HydroFlask, Sony and more in the Virgin Pulse store.
- **Redeem** your Pulse Cash for gift cards from Amazon, Target, Home Depot, Walmart, Visa, or other retailers.

Unredeemed Pulse Cash does not expire as long as you are participating in the Slice of Life program.

Krista Bouchard is the Wellness Coordinator at HealthTrust.

Included Health: The Raffle is Over but Valuable Benefits Continue!

The results are in! Eligible medically Covered Individuals who created an account with Included Health from April 1, 2024 – May 15, 2024 were entered into a raffle to win one of 20 \$150 Visa gift cards!* A total of 364 Covered Individuals created their accounts during that six-week period, and gift card winners – including Enrollees and spouses from different HealthTrust Member Groups – were notified of the happy news in late May. Congratulations to the winners – but also to everyone who created an account and can use the valuable benefits available through this program.

Included Health can help you find quality, local doctors of all specialties, provide you with a second opinion from a top expert in the medical 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 Medicomp Three) and their covered spouses at no cost to you!

The raffle has concluded but you can still earn 250 points toward Pulse Cash rewards and access these potentially life-changing benefits by choosing one of these options to create your Included Health account.

1. **Log in** to your Secure Enrollee Portal account and click the Included Health button.
2. Download and log in to the Included Health app.
3. Call Included Health at **855.633.8341** to speak with a care coordinator.
4. Click this link: **Included Health website**

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

**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.*

Incorporating Exercise into your Day

Even the most dedicated among us are going to encounter setbacks and time constraints that can dissuade us from exercising. Life is unpredictable. Work, kids' schedules, appointments, social events, sickness, tiredness or just plain not feeling like it—all can close in on the amount of time dedicated to a workout routine. The important thing is to find a way to incorporate some exercise into the day, no matter how crazy your schedule becomes. Here are some ways to accomplish this:

- Wake up early and spend an extra 15-30 minutes walking/exercising before work.
- Park your car farther from your destination and walk the extra steps to work, stores and appointments.
- Bring gym shoes to work and take a walk on your lunch break. Ask a co-worker to join you.
- Take a 15-minute break from work and walk around your building or the block.
- Take the stairs instead of the elevator every chance you get. For an even greater workout, take the stairs two at a time.
- Can't get to the gym? Spend time actively playing with your children or grandchildren, inside, outdoors, at the playground or park.
- Lift boxes, help carry items that need moving.
- Clean out a closet, rearrange your furniture, clean the garage, wash the car, do some yard work. Get motivated by knowing that time spent on these activities is a workout for your body.
- Carry bags to your car instead of using a shopping cart.



- Any time you're standing in a line, contract your abs 10 times and then your glutes ("back end" muscles).
- Work out while watching your favorite TV show.
- If you take the bus, get off at an earlier stop and walk the remaining distance to your destination.
- Use dumbbells, soup cans, laundry detergent containers, milk jugs filled with water or any other weight you can find to lift weights at home.

This article is from ComPsych Guidance Resources, HealthTrust's partner in providing the LifeResources Employee Assistance Program.

Stretch Your Dental Dollars!

Looking for ways to save money on your dental care without compromising on quality? If you are enrolled in a HealthTrust dental plan, you can lower your out-of-pocket dental expenses by choosing a Northeast Delta Dental PPO dentist for your dental care. PPO stands for Delta Dental's "Preferred Provider Organization" Network, and utilizing a PPO dentist helps ensure you maximize your dental benefits. Log in to your Secure Enrollee Portal (SEP) account, and click Quick Links > Find a Provider, or enter "Find a Dentist" in the search field, then click the orange Dental Plan Provider Directories button to access the Delta Dental Find a Dentist page. Enter your ZIP code to receive a list of dentists in your area and look for those identified as belonging to the Delta Dental PPO Network.

Did you know you may qualify for extra cleanings and dental services at no cost to you through Delta Dental's *Health through Oral Wellness* (HOW) program? Learn more at [HealthThroughOralWellness.com](https://www.healththroughoralwellness.com) and click REGISTER NOW to see if you are eligible for this benefit. To read the HOW flyer, click here: [HOW Flyer](#).



Ask *HealthTrust*

Q: I need a new Primary Care Provider (PCP). How can I find one?

A: Start by logging in to your **Secure Enrollee Portal** (SEP) account, then choose one of these options:

- **Click the Anthem button.** On the Anthem website, click “Find Care & Cost” then “Primary Care.” This is also a great place to look up doctors of all specialties.
- **Click the Included Health button.** In addition to providing valuable services such as expert second opinions and treatment decision support, Included Health can locate providers near you. On the Included Health homepage, select “Get Care” and follow directions for finding a PCP in your area.

If you have questions or need assistance, contact HealthTrust Enrollee Services by sending a secure message through the SEP Message Center, emailing enrolleeservices@healthtrustnh.org, or calling **800.527.5001** Monday – Friday, 8:30 am – 4:30 pm.

Q: My medical coverage will be ending soon. When should I redeem my Pulse Cash rewards*?

A: Make sure to redeem your Pulse Cash within 30 days after your last day of HealthTrust coverage. After that, you will no longer be able to access your account on the Virgin Pulse portal. Pulse Cash can be redeemed 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:

1. Open the Virgin Pulse app or visit www.virginpulse.com and enter your username or password. [Note: As long as your HealthTrust Secure

Enrollee Portal (SEP) account is active, you can also access the Virgin Pulse website by clicking the Slice of Life button on the SEP home page. Your SEP account will be de-activated at midnight on your last day of coverage.]

2. On the Virgin Pulse website, scroll to **Rewards** and click **Spend**.
3. Choose from these three options: **Shop the Store, Get a Gift Card, Donate**.
4. Complete the easy steps provided.

If you have questions or need assistance, please contact Virgin Pulse at **888.671.9395** Monday – Friday, 8:00 am – 9:00 pm or send an email to support@virginpulse.com.

**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.*

Q: How can I find a Site of Service location for my bloodwork, radiology scans or outpatient surgery?

A: If you are enrolled in a HealthTrust Site of Service plan, having your medical procedure at a Site of Service location can reduce your costs. You have several options for finding Site of Service providers.

- Log in to your Secure Enrollee Portal (SEP) account, click the Anthem button, and on the Anthem website select “Find Care and Cost.” Enter your ZIP code and click the icon for the type of medical service you need to view a list of providers, then click the “Recognition” link to see if the provider is identified as a Site of Service provider.
- If you do not have an SEP account, visit [anthem.com/find-care/](https://www.anthem.com/find-care/) and in the search field under “Use Member ID for Basic Search,” enter the alpha prefix – BPP – then click “Continue” to be directed to Anthem’s “Find Care” page. Enter your ZIP code and click the icon for the type

of medical service you need to view a list of providers, then click the “Recognition” link to see if the provider is identified as a Site of Service provider.

- Use the Provider Directory on our website. On your SEP homepage click Quick Links > Find a Provider, or if you don’t have an SEP account, visit healthtrustnh.org and click the Medical icon on our public site homepage. Click the Access Blue New England Site of Service (HMO) orange button and click the appropriate link under “Find a Medical Lab, Radiology Center, or Ambulatory Surgery Center,” to find links to lists of Labs and Ambulatory Surgery Centers, and a flyer with directions on finding a Site of Service Radiology Center.

Always contact the provider directly to confirm the service you need is Site of Service for the location. For example, you may see a radiology center listed that is Site of Service for x-rays but not for MRIs.

Add to your savings by using SmartShopper! Before your procedure, log in to your SEP account, click the SmartShopper button, enter the procedure you will be having in the search field, then look for the Site of Service tag on the screen. If you have your procedure at a Site of Service facility that has also been identified as cost-effective by SmartShopper, you can earn a reward ranging from \$25 to \$500, depending on the procedure you have.

– *By Jenni Parker, HealthTrust Contact Center Representative*

Q: Can I use my Benefit Advantage Flexible Spending Account (FSA) funds to purchase sun-protection products?

A: Prescription sunglasses (but not over-the-counter sunglasses) and sunscreens with an SPF of 15 or higher qualify as eligible expenses that are reimbursable under your Benefit Advantage FSA account. For a list of eligible expenses, click [here](#).



Don't Wait! 5 Great Reasons to Access Preventive Care – *By Katrina Manning*

Did you know that all HealthTrust medical plans cover preventive health services? Services may include screenings, checkups, vaccines and counseling to prevent illness, disease and other health problems, or to detect them at an early stage and create a treatment plan.

Why Seek Preventive Care?

- 1. It may save your life.** Screening tests and checkups can find problems early so you can tackle issues while they're easier to treat.
- 2. It may stop you from getting sick.** Some preventive care, such as some cancer screenings or vaccines, may keep health problems from developing.
- 3. It may give you peace of mind.** Regular checkups give you the chance to share concerns and ask questions about your health and to get the support you deserve.

4. **It may save you money.** Finding problems early can help you avoid costly medical bills later.
5. **It may help you be there for loved ones.** Sometimes taking care of yourself is the best way to care for others.

How to Get Started

A routine checkup is a perfect place to start! Contact your Primary Care Provider's (PCP's) office to find out if you're due for a checkup. In addition to receiving a physical exam, a checkup is a good time to talk to your PCP about health concerns or symptoms you have. Your PCP may suggest lifestyle changes to reduce your risk for illness as well as screenings and vaccines recommended for you. Routine checkups are also an opportunity to establish a relationship with your medical care providers, give them a baseline of your current health, and help them provide more effective care when you are unwell.

**Looking
for a Primary
Care Provider?**
Check out Ask
HealthTrust
on page 6
for tips!

Katrina Manning is a HealthTrust Wellness Advisor.

Sources: *Office of Disease Prevention and Health Promotion (DHHS) and Northwestern Medicine*

★ BONUS ARTICLES

1. **Got 2 Minutes?** Learn more about the Slice of Life program by clicking the link to watch the new **Slice of Life video**.
2. **You May Qualify for Half Off the Price of a Sonicare Toothbrush from Northeast Delta Dental!** Learn more by clicking **here**.
3. **Read the June 2024 Anthem Wellness Newsletter.**

RECIPE: Avocado Melon Breakfast Smoothie

Servings: 2

Ingredients

- 1 large avocado (ripe)
- 1 cup honeydew melon chunks (about 1 slice, diced)
- 1 1/2 teaspoons lime juice
- 1 cup fat-free milk
- 1 cup fat-free, plain yogurt
- 1/2 cup apple juice (100% juice)
- 1 tablespoon honey

Directions

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Source: [USDA.gov](https://www.usda.gov)



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.

Editor: Laura McCarthy | **Designer:** Robert Lemieux

Contributing Writers: Krista Bouchard, Katrina Manning, and Jenni Parker

HealthTrust Contact Information

Toll-free: 800.527.5001

Local: 603.226.2861

Email: info@healthtrustnh.org

Website: www.healthtrustnh.org

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