

## Introducing Personify Health!

Virgin Pulse is getting a new name! Earlier this year, Virgin Pulse and HealthComp announced that they would merge into one company as “Personify Health” to provide personalized, holistic, and simple health solutions that could help Slice of Life participants lead healthier lives.

This transition will take place gradually over the coming months. There is nothing you need to do! You can continue to use the Slice of Life website and mobile app and earn Pulse Cash rewards for completing healthy activities as you do today. This change will not affect your current progress and the app will update on its own. We will provide more information later this fall as we approach the new program year that starts on January 1, 2025. In the meantime, if you see Personify Health on emails or other materials, or hear the name when you call the Virgin Pulse phone number, you will know that Personify Health is working to make your wellness program even better!

*- By Kerry Horne, Well-Being Manager at HealthTrust*

Virgin Pulse is  
becoming

~personify<sup>TM</sup>  
HEALTH

Launching January 1, 2025

# Walk Across America and Earn Points toward Pulse Cash Rewards!



It's the **Great American Adventure!** In this new Slice of Life challenge you can step across the United States from New York City to Hollywood virtually! Track your steps in the Virgin Pulse portal and earn points as you walk from coast to coast, unlocking American cities and sights along the way. Join a team or be the captain of your own team of up to five walkers. Team members can earn up to 725 points, but if you form your own team, you can earn up to 775 points toward quarterly Pulse Cash rewards. Ready to hit the road?

- **October 3:** Challenge registration opens in the Slice of Life portal.
- **October 13:** Challenge begins and runs through October 27.
- **October 29:** Last day to track your steps in the Challenge on the Virgin Pulse portal.

Watch for more information about the challenge, coming soon!

## Watch and Learn – New Webinar and Videos for Fall

**Register for the Virgin Pulse webinar – *How to Bounce Back from Stress* – on September 18 at noon.** In this webinar you will learn about types of stress (physical, cognitive, emotional), the stress cycle, and strategies to develop and build resilience when experiencing stress – and you can earn 200 points toward Pulse Cash rewards! To register for this webinar, **log in** to your Secure Enrollee Portal (SEP) account and click the Watch-Read-Learn tile or simply click **here**.

**New videos in the media library on the Virgin Pulse portal!** Did you know, in just a few minutes you can watch a video in your Slice of Life portal, learn tips for healthier living and earn 50 points per video (up to 200 points per month)? Here are the latest videos now available on the Virgin Pulse website: *Tips to Reduce Your Cortisol Levels; Gut Health and the Vagus Nerve; Mantra Meditation to Reconnect with Yourself; Cardio Pilates Workout; Design Your Dream Retirement Lifestyle; Career Development: Cultivate Your Path After 60*. Take a few moments to learn something new and earn points, too!

- By Krista Bouchard, Wellness Coordinator at HealthTrust





# Eat Better and Spend Less: Tips for Packing a Healthier Lunch

– By Katrina Manning

Want to eat healthier and save money, too? Pack your lunch for work, school or travel instead of dining out or getting takeout. With a busy schedule and limited time, you may think it's easier to buy something quick and convenient on the go, but the cost of those lunches can add up, and with a little planning ahead, you can have delicious, nutritious lunches quickly.

Here are some tips to help you make healthy and cost-effective choices.

**Prep ahead!** Work mornings can be hectic and packing food may seem overwhelming. Try spending time on the weekend or in the evening preparing components of your lunch. Grill or bake chicken breasts and slice some up for sandwiches instead of buying cold cuts which tend to be high in sodium. Hard boil some eggs and chop vegetables such as celery, sweet red pepper, and carrots for healthy side dishes with your lunch. Wash, dry and chop lettuce for easy salad assembly all week.

**Revive leftovers.** Don't let food from the day before go to waste — turn it into a tasty lunch! When cooking your dinners, make more than you normally would and before you serve dinner, set aside the portions you will need for one or more lunches.

**Maximize your energy with variety!** Fruits, vegetables, low-fat dairy, whole grains and lean meat can make satisfying lunches and help you feel



more energetic all day. Try making some healthy swaps such as whole-wheat instead of white bread, mustard or hummus instead of mayo. Use a different salad dressing each day or try a different cooking method or seasoning. These small steps will add nutritional value to your food while keeping you interested in eating it.

**No microwave? No problem.** Keep hot foods hot with an insulated vacuum container such as a thermos. Fill with hot stew, chili, vegetable soup or leftovers for a satisfying meal on a cold day.

**Grocery shop in your own refrigerator and cabinets.** Put together a Bento box of options from what you have around the house. Grab a piece of fruit or handful of grapes, sliced veggies, a granola bar or whole-grain crackers, and add a cheese stick or pieces of leftover meat for protein. A hodgepodge of nutritious food will be more satisfying than going to the vending machine.

**Buy fresh foods.** When you do have to buy lunch, consider what stores are close to your workplace. Grocery stores can be a great option for fresh and cost-effective meals. In restaurants, try to choose meals with lean meats and vegetables that are grilled, baked, or broiled instead of fried. Avoid high fat, highly processed fast foods which can cause an energy slump in the afternoon.

By prepping lunches ahead you can save money, eat better, and you may find you have more energy all day long. That's time well spent!

*Katrina Manning is a Wellness Advisor at HealthTrust.*

Source: *Mayo Clinic*

# It's Almost Here! Get Ready for the HealthTrust MAPD Plan

Open enrollment for the HealthTrust Medicare Advantage with Prescription Drug (MAPD) plan begins on October 1! As we have previously reported, the MAPD plan becomes effective January 1, 2025! If you are currently enrolled in a HealthTrust Medicomp plan you should have received an *Enrollment Guide* from Anthem in the mail in July.

**To learn more about this exciting new option for Retiree coverage:**

- **Log in to your Secure Enrollee Portal (SEP) account and click the HealthTrust Medicare Advantage tile** on the home page where you can view:
  - A copy of the *Enrollment Guide* sent to you by Anthem in July
  - Messages sent to you from HealthTrust
  - The *HealthTrust MAPD Frequently Asked Questions for Retirees*
  - The *HealthTrust MAPD Plan Benefit Summary*
- **Call the Anthem First Impressions Phone Line!** Get answers to your questions about the HealthTrust MAPD plan by calling **833.476.1461**.
- **Click the link** to view the ***MAPD Quick Guide to Important Dates, Numbers and Names***.
- **Attend an Education Session!** HealthTrust and Anthem have been providing MAPD education sessions since early August. Missed the one in your area? See below for the one remaining in-person session, and the two live webinars, all available during the last week of September.

**In-Person Session: September 25, 4:00 pm – 6:00 pm:** SAU #66 at Hopkinton Middle High School Auditorium, 297 Park Ave, Contoocook, NH

**Live Webinars:** Click the link when you are ready to join a webinar listed below.

- **September 24, 2024, 5:00 pm – 7:00 pm: Zoom Webinar Virtual Session**
- **September 26, 2024, 10:00 am – 12:00 pm: Zoom Webinar Virtual Session**

## Important Pulse Cash Reminder!

If you are currently enrolled in a Medicomp Three with prescription drug (MC3) plan, that plan is being replaced by the HealthTrust MAPD plan as of January 1, 2025. If you have unredeemed Pulse Cash\* in your Slice of Life portal, please be sure to redeem those rewards within 30 days after your last day of coverage (12/31/2024 for MC3 Retirees). 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 you should:

1. Open the Virgin Pulse app or visit [virginpulse.com](https://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, contact Virgin Pulse at **888.671.9395** Monday-Friday, 8:00 am – 9:00 pm EST or send an email to [support@virginpulse.com](mailto: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.*



## Ask *HealthTrust*

### **Q: What are my options for getting a flu shot this fall?**

**A:** You can receive your flu vaccine from your own primary care provider, at any ConvenientMD location (just walk in 8 am to 8 pm any day of the week), at a CVS retail pharmacy or any network pharmacy. The flu vaccine is the best protection against the influenza virus and it is covered under your HealthTrust medical plan!

### **Q: Can I still get a free Biometric Screening through the Slice of Life program?**

**A:** Yes. Completing your biometric screening is easy and important! Good health is linked to key health indicators measured during a biometric screening. You can also earn 1,000 points toward your quarterly Pulse Cash reward by completing a screening.

To complete a biometric screening and earn points through the Slice of Life wellness program, simply walk in to any ConvenientMD location in New Hampshire anytime, seven days a week between 8 am and 8 pm. Explain that you are a HealthTrust Enrollee and you would like a biometric health screening. They will complete the screening and submit the form on your behalf.

**Reminder!** Be sure to complete your screening by November 30 to ensure you receive your 1,000 points in December.

*- By Taylor Bowse, HealthTrust Wellness Advisor*



# Test Your Food Safety Smarts

September is **National Food Safety Education Month**. Every year about 1 in 6 Americans has a foodborne illness, according to the FDA. That's about 48 million cases annually! Test your food safety know-how by seeing if you can correctly answer the questions below. No peeking at the answers!

1. At what temperature is a hamburger fully cooked?
2. How quickly should you refrigerate groceries after shopping?
3. True or false? A brown paper bag is the perfect container for your child's school lunch.
4. How long should you wash your hands with soap and water before handling food?
5. What are the correct temperature settings for your refrigerator and freezer?
6. How long will hard-boiled eggs keep in the refrigerator?
7. True or false? You shouldn't eat raw cookie dough because of the raw eggs in it.

## Answers

1. A hamburger is fully cooked when it reaches 160 degrees Fahrenheit, considered "well done."
2. Refrigerate groceries within 2 hours of shopping – or 1 hour if the air temperature exceeds 90 degrees F.
3. False. If your child is bringing any perishable foods to school, they will be unsafe by lunchtime in a paper bag. Instead, use an insulated, soft-sided lunch bag and include a frozen gel pack and a frozen juice box or water bottle in the packed lunch to keep it chilled.
4. Wash your hands for at least 20 seconds.
5. 40 degrees Fahrenheit for your refrigerator and 0 degrees Fahrenheit for your freezer.
6. Hard-boiled eggs will stay fresh in the refrigerator up to one week.
7. True, you shouldn't eat raw cookie dough, but the raw eggs are only one reason; flour is also a raw food and may harbor harmful bacteria. Stay safe and bake your cookies before you eat them!

Sources: [www.foodsafety.gov](http://www.foodsafety.gov); [www.fda.gov](http://www.fda.gov)

## ★ BONUS ARTICLES

1. ComPsych Article: **Getting Your Family Physically Active. Are your eyes tired? Click the play button to hear the article out loud.**
2. Fall 2024 issue of **Anthem's Wellness Newsletter**



# **RECIPE: Apple Cinnamon Bars**

**Servings:** 24; **Serving Size:** 1 Bar; **Calories:** 99

## **Ingredients**

4 apples (medium)  
1 cup flour  
1/4 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
1 cup brown sugar  
1 cup oats (uncooked)  
1 cup shortening



## **Directions**

1. Preheat the oven to 350 °F.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use two table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. You can use either peeled or unpeeled apples.
7. Put the apple slices into the baking dish.
8. Top the apples with the rest of the crumb mixture.
9. Bake in the oven for 40-45 minutes.
10. Cut into squares and serve!

## **Notes**

You can use applesauce (16 ounces) or canned apples in place of fresh apples.

Source: *USDA MyPlate*

# 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.*

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

**Contributing Writers:** Taylor Bowse, Krista Bouchard, Kerry Horne, and Katrina Manning

### HealthTrust Contact Information

**Toll-free:** 800.527.5001

**Local:** 603.226.2861

**Email:** [info@healthtrustnh.org](mailto:info@healthtrustnh.org)

**Website:** [www.healthtrustnh.org](http://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