

Slice of Life 2018 – Take a Personal Wellness Journey!

Good health is a journey! HealthTrust is happy to share enhancements to our Slice of Life wellness program, effective 1/1/18. We've made several updates, based on feedback from our Members and Enrollees, to make it even easier for medically Covered Employees, Retirees and Spouses to access resources and improve their health.

Slice of Life 2018 is:

- **Simpler** – fewer forms to complete and fewer rules than in the past.
- **More engaging** – participants choose the healthy activities they want to do on their Personal Wellness Journey and HealthTrust rewards them for their healthy choices.
- **More robust** – more choices and greater rewards than ever before – up to \$475 in cash rewards plus a free wearable fitness tracker, worth up to \$100.



A total value of up to \$575*

**The amount of any cash and gift cards as well as the value of any other incentive awards received from HealthTrust are taxable to the recipient for federal income tax purposes.*

Health Assessment – New Options!

Reward: \$25

In the past, completion of the Health Assessment has been required for full participation in Slice of Life. In 2018, this requirement has been removed in response to Member Group and Enrollee feedback. Because we still believe it is an important starting point for each individual's Personal Wellness Journey, we are giving participants a choice: They can receive the \$25 reward by completing either a 20-question Health Assessment to receive a brief "snapshot" report of their current health or a longer version to receive a detailed wellness report with a more in-depth picture of their current health.

More Choices for Biometric Health Screenings!

Reward: \$75

In 2018, medically Covered Employees, Retirees and Spouses can now complete a Biometric Health Screening at any of these locations:

- **At a HealthTrust-sponsored Biometric Health Screening event** – More than 50 events planned for 2018.
-  **At any of nine ConvenientMD locations in New Hampshire** – Beginning 11/1/17, Covered Employees, Retirees and Spouses can print a 2018 ConvenientMD *Biometric Health Screening Authorization Form* (which will be available on our website) and bring it with them to any ConvenientMD. No appointment necessary! Screening results will be sent automatically and securely to Onlife Health.
- **At their own PCP's office** – Beginning 1/1/18, Covered Employees, Retirees, and Spouses can print and complete with their doctor the *2018 Biometric Health Screening Form* available on the HealthTrust website and the Onlife Health website.

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Health Coaching – Greater Rewards!

Reward: Up to **\$75/year**

Health Coaching is an important part of a wellness journey. In 2018, we have increased the reward to encourage participants to engage with a Health Coach to help them set health goals, create a plan for achieving them and support them on their journey.

- Participants can earn \$25 per completed Health Coaching engagement, up to 3 times/year, maximum of one in any quarter.
- Goals need to be at least 30 days long.

Free Fitness Device – Now automated - No Form to Submit!

Value: Up to **\$100**

In 2018, medically Covered Employees, Retirees, and Spouses can receive a fitness tracking device (such as a Fitbit or Garmin) worth up to \$100.* Beginning 1/1/18, they just log in to their secure account at www.healthtrustnh.org, click the “Onlife Health” button and follow the prompts to choose and order their fitness tracker.

**For more expensive devices, \$100 will be deducted from the cost and participants will need to provide a credit card to pay for the balance. Free shipping on orders over \$50.*

Personal Wellness Journey – More Rewards! No Receipts or Paper Forms to Submit!

Reward: Up to **\$75/quarter,**
up to **\$300/year**

Activities = Dollars! No more points! Medically Covered Employees, Retirees, and Spouses can each earn between \$40 and \$75 in a quarter and receive a check! Simple as that. Eligible activities include tracking online or by fitness tracker, taking online courses, completing preventive screenings and much more! Here are a few **new** ways you can earn rewards as part of your Personal Wellness Journey:

- **Healthy Habits Rewards** – Participants can each earn up to \$25 per quarter toward their quarterly maximum when they or their covered dependents complete a healthy activity – e.g., a class in yoga, Pilates, karate, nutrition, or CPR; running in a road race, skiing, hiking, or other activity or event that encourages healthy habits. No receipts or paper forms to submit!
- **Track Your Nutrition** – Tracking food and beverage intake will get easier in 2018 and participants will be rewarded for their efforts. Participants can connect their nutrition app – Fitbit, MyFitnessPal or Jawbone – and track weekly to earn dollars toward their quarterly maximum.
- **Challenge Yourself!** Participants can earn dollars toward their quarterly maximum for participating in a personal challenge in areas such as nutrition, physical activity and sleep, and/or for joining a quarterly group challenge.

Please Note: The Health Awareness Program and the quarterly drawings will be retired as of 12/31/17.

Learn More!

HealthTrust will be sharing more details about the 2018 Slice of Life wellness program at our Benefit Education presentations, in our Slice of Life webinar on Wednesday, December 13 at noon, and in our “Journey Guide,” which will be mailed to your Covered Employees, Retirees and Spouses at the end of December.

As always, if you have questions about the 2018 Slice of Life wellness program or any HealthTrust plan, program or service, feel free to contact your Benefits or Wellness Advisor.



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