



Slice of Life 2016

Are you taking full advantage of **Slice of Life**? HealthTrust wants to be sure the answer is yes. **Slice of Life** has always focused on smart lifestyle choices and preventing health problems, but HealthTrust recognizes that your well-being includes more than good physical health. That's why **Slice of Life** offers the LifeResources - Employee Assistance Program, with tools to help you manage life's biggest stressors, and through HealthTrust-U and SmartShopper we make sure you have the information you need to make the right health decisions for you and your family. What's more, we reward you for making wise choices. Complete your Health Assessment today (if you haven't already) and start living your healthiest, happiest life possible.

Health Assessment

Completing the health assessment (HA) takes only 10 to 15 minutes and your information is kept completely confidential. You will receive a personal wellness report and a check for \$75.00 for your participation! Filling out the HA also opens the door for you and your covered family members to participate in all other **Slice of Life** components.

Biometric Health Screenings

Our biometric health screenings are now offered at more sites throughout New Hampshire beginning in late fall and through the following spring. Sign up for a biometric health screening near you, or complete the Biometric Health Screening form with your doctor at your next check-up. The screening gives you a snapshot of your current health, helps you set health goals, and once you have submitted your HA, having a biometric health screening earns you \$50.00.

Points Program

You and your eligible family members can receive points for obtaining screening exams and annual physicals, attending a HealthTrust health and safety workshop, consulting a health coach, joining online health challenges, and more. You can also build points on a daily basis by using health trackers to monitor your efforts to eat better, exercise more, stop smoking, reduce stress, and more. Earn 5 points each time you track – or up to 6000 points per year. By building up your points you can earn up to an additional \$200 annually as well as raffle entries for prizes worth \$1000.

Health Awareness Program

Have you been thinking of signing up for a health or safety class? Now is the time. Once you complete your HA, you and your covered family members can enroll in health and safety classes and start saving through our Health Awareness Program. Enrollees, retirees, and covered dependent children age 18 and older are eligible for reimbursement up to \$100 per year. Covered dependent children under age 18 can receive up to \$200 per year.

SmartShopper

SmartShopper is designed to make you a savvy medical consumer – and to reward you when you make smart healthcare choices. When your doctor gives you a referral for a medical test or procedure, you can contact SmartShopper to receive a list of facilities in your area and how much they each charge for that medical test or procedure. Select the facility you want to go to, and if you choose a cost-effective option, you earn a cash reward. As with all components of **Slice of Life**, SmartShopper is a completely voluntary and confidential program.

SmartShopper

LifeResources - Employee Assistance Program

HealthTrust partners with AllOne Health to offer the LifeResources - Employee Assistance Program to help you manage stressful situations in your life. This incredibly robust program can connect you and your family members to appropriate experts to address your concerns. It also provides opportunities to learn through online training programs and resources, and to save up to 25 percent off on items ranging from cosmetics to major appliances through the Savings Center. Simply log on to www.allonehealthheap.com. Type in the username healthtrust and the password member.

LifeResources

Health through Oral Wellness – The HOW Program

Do you know the most common infectious disease in humans? It's dental decay, which strikes more than 90 percent of American adults and 75 percent of children. Oral health affects your ability to talk, smile, eat and is directly connected to your overall health, especially your heart health. That's why HealthTrust has joined with our partner, Northeast Delta Dental, to offer the Health through Oral Wellness or "HOW" program. If you have dental coverage through HealthTrust you are eligible to participate in the HOW program.

HealthTrust-U

HealthTrust wants to be sure you have the most current, essential information you need to make the best health decisions for you and your family. That's why we offer you many different ways to learn through HealthTrust-U. Our online resources include webinars, personal online health coaches, self-directed courses and health challenges. HealthTrust's Wellness Advisors will come to your workplace and present workshops, fitness assessments and interactive demonstrations. Through our Wellness Coordinator Academy, we will also train one person on your staff to run health programs and challenges right at your worksite.

HEALTHTRUST-U

Condition Management & Prevention

To maximize your opportunities to get and stay healthy, HealthTrust teams with our partners, Anthem Blue Cross and Blue Shield in New Hampshire (Anthem) and LifeResources/Maxim Health Solutions. The following programs are available to you and your family members who are covered by a HealthTrust medical plan.

Complex Care

Anthem's dedicated nurse case managers will contact you if you have serious health issues and help you resolve your concerns. The nurse can contact doctors, coordinate care with home health care providers, and help you understand how your health plan works.

For more information about Complex Care, visit www.anthem.com

Condition Care

Whether you're managing asthma, diabetes, heart disease, or other chronic condition, a nurse coach and support team of experts work with you to help you better understand how to improve your health.

To enroll call 866.596.9812

Flu Vaccine Clinics

HealthTrust can team with your own employer, as well as our partner, LifeResources/Maxim Health Solutions, to provide a flu shot clinic right at your workplace and at no cost to you. Please call (toll free) at 800.527.5001, ext. 1310 or 3321, with related questions or email them to us.

Future Moms

Pregnant women who enroll in Anthem's Future Moms program can get educational materials and free consultations by phone with an obstetric nurse. Also, HealthTrust supports this program by sending you a \$50 reward or gift card for program completion.

To enroll call 800.769.4896

Staying Healthy Reminders

This program focuses on prevention and early detection of health problems. When you are due for certain screening tests or immunizations, Anthem will send a "friendly reminder" to make an appointment to your home. Reminders are customized to meet your individual needs based on your age and gender. Notices may also include information about important immunizations and screenings for breast and/or colorectal cancer, high cholesterol, osteoporosis, and more.

Take Control!

Living a full life is possible even when you have an ongoing or serious health condition. The Take Control! program, with content provided exclusively by HealthTrust to our enrollees, offers high quality, trusted resources and cutting-edge information to help you optimize your health day to day. Visit the [Take Control! page](#) to learn strategies for managing asthma and/or COPD, a cancer diagnosis, diabetes, heart disease, depression, and about the critical role that oral health plays in your total well-being.

24/7 NurseLine

Speak to an experienced registered nurse—day or night, any day of the week—to discuss symptoms you're experiencing, medications and side effects, reliable home treatments, when to see your doctor and when to go to the emergency room, and more. The nurses can also provide information about support groups and wellness resources that may help you. All calls are confidential.

Call **800.544.1901** (toll-free)