

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

~personifyTM
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

Get Inspired and Earn 500 Points! Just in time for Breast Cancer Awareness month in October, you can view an inspirational short video to hear how one breast cancer survivor used Included Health to obtain a second opinion and medical support that helped to save her life. The video will be posted on the Virgin Pulse portal beginning October 1; click Benefits > Included Health to access it. If you watch it anytime from October 1-31, you can earn 500 points toward your quarterly Pulse Cash rewards by copying the voucher code that appears at the end, then selecting Rewards > Redeem a Voucher to enter the code.

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

– By Katrina Manning

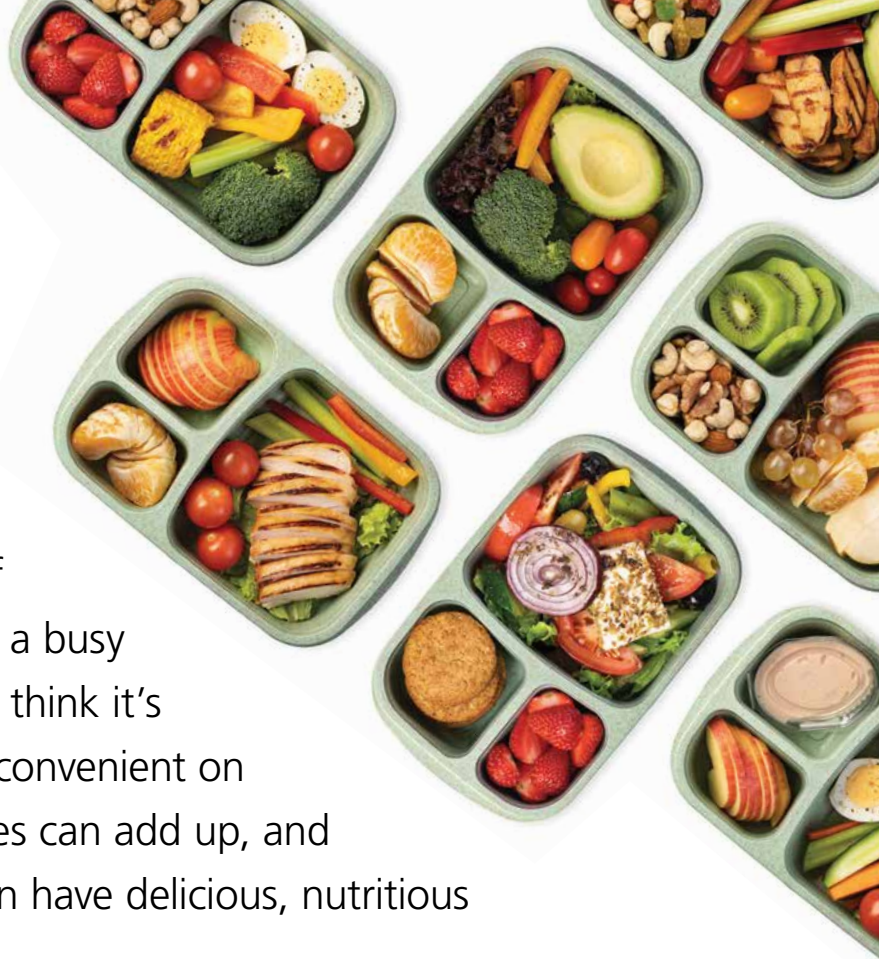
Want to eat healthier and save money, too? Pack your lunch for work, school or travel instead of dining out or getting takeout. With a busy schedule and limited time, you may think it's easier to buy something quick and convenient on the go, but the cost of those lunches can add up, and with a little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



Ask *HealthTrust*

Q: How do I submit a claim and receipt for reimbursement from my Benefit Advantage Flexible Spending Account (FSA)?

A: It's important to keep all receipts for purchases associated with your FSA expenses. The fastest way to submit your claim and receipt is through the Benefit Advantage mobile app (use your smartphone to take a photo of your receipt) or online, using one of these options:

- Log in to your SEP account and click the Benefit Advantage button.
- Visit healthtrustnh.org, click "What We Do" then click the **Benefit Advantage Covered Individual Login** button.

Once you are on the Benefit Advantage app or website homepage, click the "Reimburse Myself" button and follow the steps to submit your claim and receipt.

To submit a claim via fax, secure email, or mail, visit healthtrustnh.org, click "Forms and Documents" in the upper right corner of the homepage, then click "**FSA Claim Form.**" Complete the form and submit it with your receipt.

Please be aware that, per IRS guidelines, each receipt you submit for reimbursement must include the following information:

- Name and address of service provider
- Date service and expenses were incurred
- Name of person receiving the service
- Detailed description of service provided
- Amount charged for service

For more information, click the link to view the flyer: [Using Your FSA Funds](#).

- *By Jenni Parker, HealthTrust Contact Center Representative*

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: I recently received a new diagnosis for a chronic condition and I'm feeling overwhelmed. Can Included Health help me sort through my treatment options?

A: Yes. If you are enrolled in a HealthTrust medical plan (except Medicomp Three), you can contact Included Health to be connected to an expert in their nationwide network of specialists who can help you understand your diagnosis and treatment options so you can navigate what the best choice is for you. You can also get a free second opinion if you want one. Through Included Health, you can chat or speak with experts about symptoms, appointments, prescriptions and more. Included Health's team is there to help!

To create your Included Health account and get started:

- **Log in** to your Secure Enrollee Portal account at healthtrustnh.org and click on the Included Health button.
- Call Included Health at **855.633.8341**, Monday-Friday, 8 am – 9 pm EST to speak with a care coordinator and set up your account.
- Download the app by searching "Included Health" in the Apple App Store or Google Play Store and clicking the download icon.

Good news! By creating your account with Included Health you can also receive 250 points toward quarterly Pulse Cash rewards in the Slice of Life program!

- By Katrina Manning, HealthTrust Wellness Advisor

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, because 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 biometric screening.

You have two options for completing a biometric screening to earn points through the Slice of Life wellness program. **You can have your screening:**

1. With your own Primary Care Provider (PCP)

- Download the printable form on your Virgin Pulse platform; click the rewards tab then under Key Action Steps click “Complete Biometric Screening” and follow the instructions to download.
- Have your doctor complete and sign the form.
- Follow the instructions on the form to submit it to Virgin Pulse to get rewarded!

2. At ConvenientMD

- Simply walk in 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.

- 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; 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 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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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