

Social Media Rules and Guidelines

HealthTrust's posts are positive and inspirational, focusing on health and well-being topics of interest to our members and New Hampshire residents.

We will:

- Support our members on their health and wellness journeys
- Promote our local community health and well-being resources
- Share educational information from our trusted partners in health
- Be thoughtful, respectful, and accurate – trust is critical to any healthcare journey

We ask that you:

Be Kind & Courteous: Treat everyone with respect; healthy debates are okay, but kindness is required. We're all in this together to create a welcoming environment.

Avoid Hate Speech or Bullying: Bullying and harassment of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender, or identity will not be tolerated.

Violent or sexual content. Please do not post content with adult nudity, sexual solicitation, graphic violence, or anything that encourages self-harm.

Skip the Use of Inappropriate Language/Foul Language: Maintain a respectful tone.

No Promotions, Spam or Inauthentic Behavior: Self-promotion, spam, fake accounts, deceptive practices, and irrelevant links aren't allowed. You may not promote restricted goods, such as illegal drugs, weapons, or other regulated items. No solicitation at all will be accepted.

Avoid posting Personal Health Information (PHI). For your safety, please avoid posting any personal health information to social media.

Consequences

- Warning. A post with foul language may receive a warning.
- Content removal. A post with graphic violence or hate speech will be deleted. A second post with profanity will be deleted.
- Ban. A user may be blocked for severe or repeated violations.