

HealthTrust Well-Being News

Monthly News from the HealthTrust Well-Being Team



May Health Topic: Balance Your Mind – Mental Health Awareness Month






May is Mental Health Awareness Month. This month's focus is making mental health a priority for yourself and your employees. Mental health is a very important part of your overall health and involves the way we think and feel and our ability to deal with the ups and downs of life. Many employees are stressed and may not have the coping skills. Being able to provide resources to them when they need it can make a big difference.





Know the Facts

Mental Health Statistics

- 1 in 5 U.S. adults experience mental illness each year. (NAMI) 
- Over half of adults with a mental illness do not receive treatment. (Mental Health America) 
- Suicide was responsible for 48,183 deaths in 2021, which is about one death every 11 minutes. (CDC) 
- In New Hampshire, 279 lives were lost to suicide and 53,000 adults had thoughts of suicide in the last year. (NAMI) 
- Approximately 221,000 adults in New Hampshire have a mental health condition, according to the New Hampshire chapter of the National Alliance on Mental Illness. That is more than five times the population of Concord, our capital city. 

According to Headspace, 6 out of 10 employees have considered quitting their jobs as a result of mental health. When we enjoy good mental health, we have a sense of purpose and direction, the energy to do the things we want to do, and the ability to deal with the challenges that happen in our lives. People often avoid or delay seeking treatment for mental health issues because they fear being treated differently or losing their jobs. There are steps we can all take to reduce the stigma and help the people in our lives access the mental health resources they need.

Try these tips from NAMI to normalize talking about mental health at your workplace.

- Talk openly about mental health
- Educate yourself and others
- Be conscious of language
- Encourage equality between physical and mental illness
- Show compassion for those with mental illness
- Choose empowerment over shame
- Be honest about treatment
- Don't harbor self-stigma





Wellness at Work

A healthy work/life balance will mean different things to us all. It's not so much about splitting your time 50/50 between work and home but making sure you feel fulfilled and content in both areas of your life.

Here are a few tips to promote good mental health at work:

- **Encourage short breaks.** Taking breaks at regular intervals can reduce stress and enhance productivity.
- **Help employees set boundaries.** According to Headspace, 71% of employees report working outside of their expected schedule at least weekly. Encourage them to leave work at work to help prevent burnout and stress.
- **Support stress relieving activities,** such as lunchtime exercise or relaxation classes.
- **Treat counselling or therapy appointments** just like any other medical appointment.
- **Promote physical health.** Advocate for physical well-being by encouraging regular exercise and healthy eating. Physical activity and a healthy diet contribute to mood, cognitive function and overall mental well-being.



Reduce Allergy Season Stress



How to survive spring allergies

Start taking medications early

Over-the-counter antihistamines, decongestants, and nasal sprays can help control symptoms. Start taking medication before peak allergy season.

Wash clothes after being outside

Washing clothes helps remove allergens like pollen, dust, and pet dander that can trigger or worsen allergy symptoms.

Keep doors and windows closed

Keep your doors and windows closed — allowing fresh air inside your home can also mean letting in extra pollen.

If allergy symptoms become severe or lead to sinus infections or asthma flare-ups, come see us for relief!





Make It Happen

Your employees have access to many resources through HealthTrust to help them deal with stress and support good mental health. As a wellness champion and leader, you have the opportunity to educate your employees of their mental health resources and benefits.

- **Encourage Employees to reach out to LifeResources EAP** to receive up to six free counseling sessions with a licensed health professional via phone, video call, chat, or in person. Receive five free sessions with a certified Well-Being Coach via phone or video.

Additional services include:

- Computerized Cognitive Behavioral Therapy (CCBT) through KOA Care 360
- Online support through guidanceresources.com, including articles and on-demand trainings on mental health topics



Koa
Care 360

- **Encourage Employees to Engage in the Slice of Life Program:** They can [log in](#) through their Secure Enrollee Portal (SEP) account and click on the Slice of Life button to schedule a session with a health coach to set a well-being goal; track healthy habits such as mood, hours slept and stress level; and complete a journey about finding emotional balance or reducing stress.



- **Work with your Wellness Coordinator** to run the Take Five for Positive Thinking program at your worksite. Information is located under programs in the Wellness Coordinator Portal (WCP).
- **Reach out to your HealthTrust Wellness Advisor** and invite them to your worksite. Consider hosting a Wellness Presentation on mental health and or one of our other Well-Being Programs Presentations. (Check out the [Well-Being Presentations Catalog](#).)
- **Join the Slice of Life Team Challenge.** Are your employees looking for a new wellness challenge? Perhaps one where they pick the well-being goal, like mindfulness or nutrition? [Game of Habits](#), a holistic well-being challenge from Personify Health, will inspire employees to add a new healthy habit to their day. Registration opens Friday, May 2 and the challenge starts Monday, May 12. The last day to upload tracked activities is Monday, May 26.
- **Encourage employees to participate in the Transform Weight Management Program through Personify Health.** As part of a weight loss journey, this free whole-person health program will help build sustainable habits for long-term health and wellness. Lessons, coaching, and activities encourage healthy eating, emotional well-being, and strength-focused physical activity to support the overall health of HealthTrust medically covered Enrollees and spouses.



Well-Being Programs Spotlight

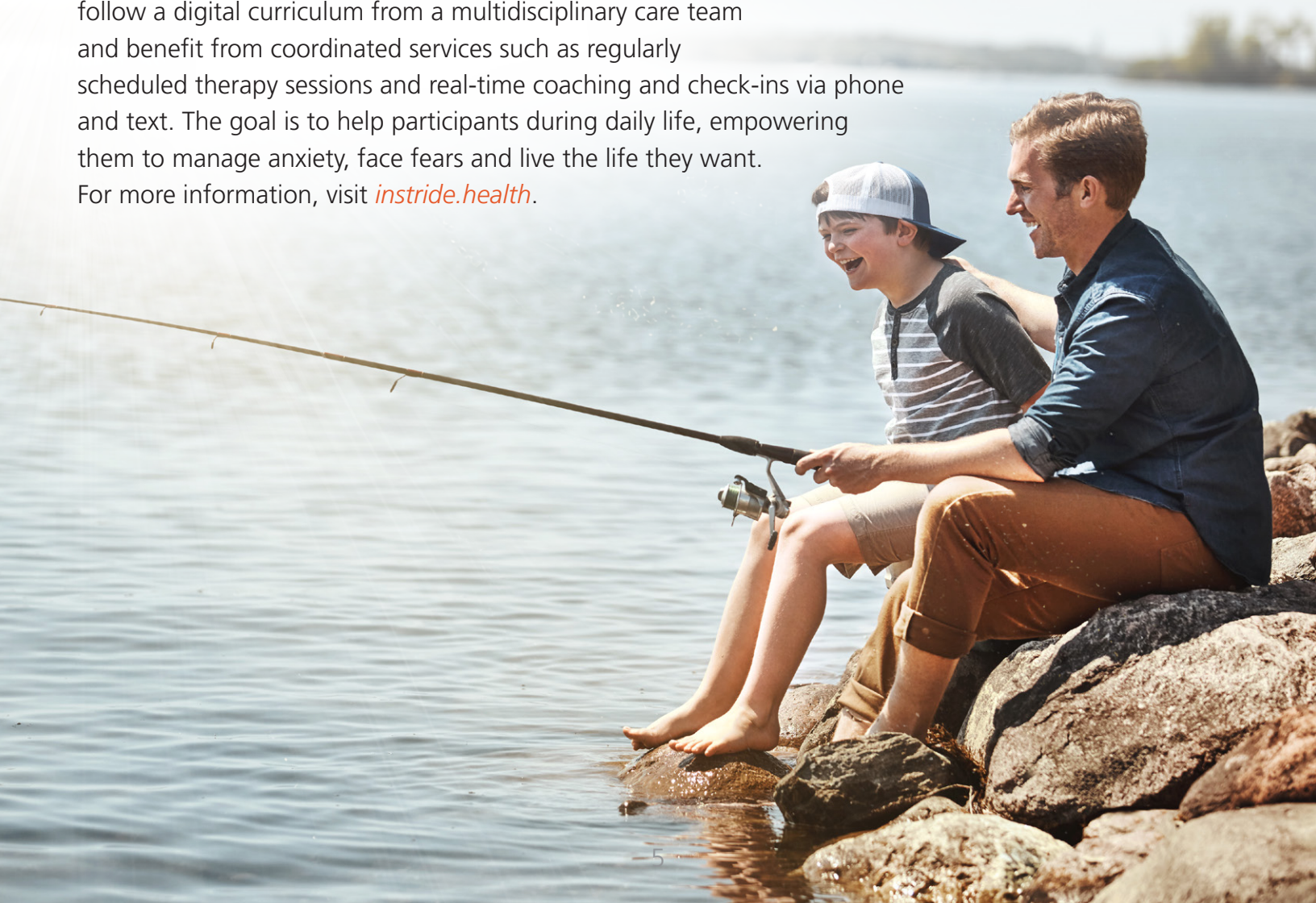
Aspire365

Aspire365 provides treatment in an individual's home for up to one year for HealthTrust medical Enrollees age 12 and older with mental health issues, substance use disorders, and co-occurring problems. Aspire365 is designed to work around your schedule. Aspire365 participants are paired with a multidisciplinary team of mental health professionals and have unparalleled access to clinical support 24/7. For more information, call 385.352.9696 or visit aspire-365.com.



InStride Health

InStride Health provides outpatient virtual therapy for the treatment of pediatric anxiety and obsessive compulsive disorder (OCD) for individuals ages 7 to 22. Participants follow a digital curriculum from a multidisciplinary care team and benefit from coordinated services such as regularly scheduled therapy sessions and real-time coaching and check-ins via phone and text. The goal is to help participants during daily life, empowering them to manage anxiety, face fears and live the life they want. For more information, visit instride.health.





HealthTrust Well-Being Program Communications & Resources:

Personify Health:

- **Monthly Conversation Webinar on Personify Health: Understanding Hormones**
- **May 12-26:** Slice of Life Team Challenge – **Game of Habits**

Included Health:

- **Mental Health Awareness Month** campaign to eligible enrollees
- **Included Health** postcard to unregistered enrollees



Dates to Remember

- **May 12-26:** Slice of Life Team Challenge – Game of Habits
- **May 20:** Spring Wellness Coordinator Meeting
- **May 26:** HealthTrust offices closed
- **June 30:** SmartShopper program ends

Additional Resources:

- [HealthTrust Mental Health Resources](#)
- [Behavior Health Programs through Anthem](#)
- [LifeResources EAP](#)
- [CCBT Flyer](#)
- [LiveHealth Online](#)



Well-Being Survey Results

In February, we asked for your feedback on our Well-Being Programs. Here are the results.

**Top Wellness
Program:**
Slice of Life

**Satisfaction
Rating:**



4.3 stars

**Most Important
Health Topics for
Your Employees:**

- Stress
- Mental Health
- Work/Life Balance

**Congratulations
to our 10 Well-Being Program
Survey raffle winners!**

Merrimack School District
Town of Sunapee
Merrimack Public Library
Merrimack County
SAU #21

SAU #10
Belknap County
Town of Holderness
Town of Hopkinton
Town of Hanover

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HealthTrust Well-Being Team**

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