

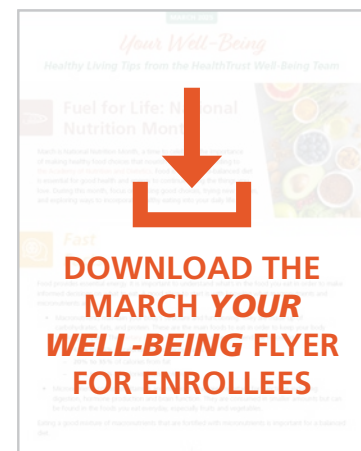
# *HealthTrust Well-Being News*

## *Monthly News from the HealthTrust Well-Being Team*



## March Health Topic: Fuel for Life – National Nutrition Month

March is National Nutrition Month! This month's focus is on eating healthy foods that fuel you. A healthy diet is essential for good health and nutrition. It protects you against many chronic non-communicable diseases, such as heart disease, diabetes and cancer. Being able to inform and promote healthy eating in the workplace can make employees feel better and be more productive with their health and well-being.







# Wellness at Work

Make this the year you focus on creating a culture of wellness at work. As a wellness champion, you play a key role in keeping employees healthy, productive and engaged in improving their own well-being. Here are a few tips to promote healthy eating:

- Bring in fresh fruit, yogurt, and a blender to make healthy smoothies in the break room.
- Provide healthy foods and beverages at meetings and events.
- Provide and promote lunch breaks and importance of mindful eating.
- Have a nutritionist visit to do a cooking demo or provide nutritional information.



## Make it Happen

- Encourage eligible employees to work with a health coach through the Slice of Life Program.
- Work with your Wellness Coordinator to run a Nutrition Campaign.
- Reach out to your HealthTrust Wellness Advisor and invite them to your worksite. Consider hosting a Wellness Presentation on portion control or healthy snacking and/or a Well-Being Programs presentation. (Check out the [Catalog of Well-Being Presentations](#).)

### It's still flu season

Follow these immune-boosting habits to help stay healthy.

1

#### Get Vaccinated

The flu vaccine is one of the most effective ways to protect yourself from the flu. It's recommended to get vaccinated annually, as flu strains often change.

2

#### Wash Your Hands Regularly

Use soap and water to wash your hands for at least 20 seconds. If soap and water aren't available, use a hand sanitizer with at least 60% alcohol.

3

#### Maintain a Healthy Lifestyle

Support your immune system by eating a balanced diet, staying hydrated, getting enough sleep, and exercising regularly.





## Did you know?

**Ultra-processed foods** tend to taste good and are often inexpensive. However, they usually contain ingredients that could be harmful if consumed in excess, such as saturated fats, added sugar, and salt. These foods also contain less dietary fiber and fewer vitamins than whole foods. Your employees may improve their productivity and even overall well-being by understanding the impact eating processed foods can have on their health and taking steps to eat better.

Here are a few things to keep in mind when providing food to employees.

- **Carbonated soft drinks:** Offer juice or water instead.
- **Packaged snacks:** With chips, cookies and crackers, look for fewer ingredients on the package.
- **Candy:** Have a fruit bowl instead of a candy bowl.
- **Packaged bread:** “Best if used by” date tells you it is processed.
- **Cereal:** Offer whole-grain cereal or alternative breakfast foods like oats, yogurt, fruit, and eggs.
- **Condiments:** Ketchup, salad dressing and sauces can add calories.

Educate your employees on processed foods and have healthy options available in breakrooms and at events you run at your workplace.







# Well-Being Program Spotlight

## Included Health

Included Health is a benefit available through HealthTrust to individuals enrolled in a HealthTrust medical plan\*. Included Health can connect them to a personal care team to access second opinions from top experts around the country, find top doctors in their network and their area, book appointments, gather medical records, and handle all the details at no cost to them.

Included Health physicians span many conditions and specialties including: back and knee pain, cancer, heart disease, behavioral health disorders, pediatrics, and more.

Three ways to get started:

- **Desktop**

Log in to your secure account at [www.healthtrustnh.org](http://www.healthtrustnh.org) and click on the Included Health button.



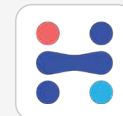
SECOND OPINIONS FROM  
WORLD-CLASS EXPERTS

- **Phone**

Call **855.633.8341** to speak with a care coordinator and set up your account.

- **Mobile**

Download the **Included Health App** from the Apple App Store or Google Play.



*\*Retirees enrolled in the Medcomp Three without Prescription Drug (MCNRX) plan or the Medicare Advantage with Prescription Drug (MAPD) plan are not eligible.*



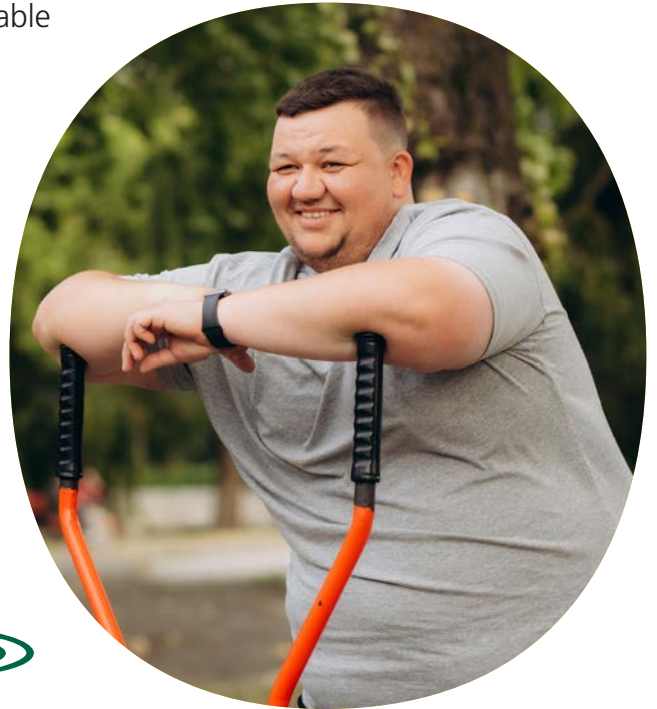


# Transform Weight Management

Join now! **Transform Weight Management** program is available through HealthTrust on the Personify Health website and app. This program will provide participants with everything needed to build lifelong skills to achieve and maintain a healthy weight, eat more nutritiously, and stay active.

Eligible individuals can log into their Personify Health account through their Secure Enrollee Portal or the Personify Health mobile app to see if they qualify for this transformative program. [Learn more.](#)

*\*Retirees enrolled in the Medicare Advantage with Prescription Drug (MAPD) plan are not eligible.*



## HealthTrust Well-Being Program Communications & Resources:

- On-demand webinars will be posted to the Secure Enrollee Portal monthly for Eligible enrollees to earn points toward the Slice of Life Wellness Program powered by Personify Health.
- Included Health: March 19, 2025. Outreach campaign to eligible enrollees.
- Corigen® Medication Safety Program: March 11, 2025. Email to all eligible Enrollees about how nutrition and personalized medication work together.



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# Dates to Remember

- **March 1** is National Employee Appreciation Day.
- **March 10 – 16:** Personify Health Healthy Habit Challenge – Plan for Sleep
- **March 19, 9:00am – 10:30am:** Virtual Wellness Coordinator Training. [Register Here!](#)
- **March 20:** International Day of Happiness
- **June 30, 2025:** [SmartShopper program ends](#)

## Additional Resources:

- [Healthy Eating for Adults](#) (USDA)
- [Smart Substitutions](#) (AHA)
- [Nutrition Labels](#) (FDA)



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HealthTrust Well-Being Team**

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