

Our Well-Being Programs provide the resources you and your covered family members need to achieve optimum health.

Click the download buttons on the next page to view and save the flyers of each Well-Being Program.



HealthTrust Well-Being Programs reflect our commitment to a proactive approach to health, disease and condition management and rewarding smart lifestyle choices. In addition to the Slice of Life wellness program, HealthTrust offers programs and resources to assist with medical care access, expert medical support, disease management, and mental health.











Look for these icons next to the flyers on the next page to see which Well-Being program category that flyer is in! Slice of Life Wellness Program

**Disease Management** 

**Medical Care Access** 





Expert Medical Support





### Slice of Life Wellness Program

Get healthy your way! Track your habits, work with a coach, join challenges, or do other activities on the Personify Health portal and earn up to \$475 in Rewards Cash.







## CVS Caremark Accordant® Specialty Care\*

Living with a rare or complex medical condition? The program provides access to a nurse specialist and resources for managing a complex or rare health condition.







#### LiveHealth Online

See a doctor for non-emergency visits anytime, 24/7, or a behavioral health expert by appointment without leaving the comfort and privacy of your home.







#### **Lark Diabetes Prevention Program**

Prevent prediabetes from progressing! The Lark Diabetes Prevention Program provides support and tools to help you adopt healthier lifestyle habits.







#### **Anthem Health and Wellness Programs**

24/7 support online and by phone for parenting, pregnancy, infant care, and more. Support for managing a chronic condition. Get help with coordinating care providers.









#### **Aware Recovery Care**

For eligible Covered Individuals age 18 and older with substance use disorders, Aware Recovery Care can provide in-home recovery care from a team of multidisciplinary experts for up to 52 weeks.







# **SmartShopper**

Learn and earn with SmartShopper! Shop for medical services online or by phone, choose a cost-effective provider and earn a reward! It's that simple.





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#### **LifeResources Employee Assistance Program**

Find support for everyday and life-impacting issues. Consult with trained counselors, legal and financial experts, and access digital tools and online support at no cost to you.

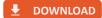






#### **Included Health**

Access expert medical help for complex medical care, including second opinions, treatment decision support, referrals to local providers for in-person visits, and more.

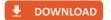




# Aspire 365

#### Aspire365

12-month, in-home treatment program for adolescents (12+) and adults with mental health and substance use disorders that provides 24/7 clinical support from a team of specialists.







#### Corigen® Medication Safety Program

Discover if the medications you take now – or could take in the future – are right for you with the Corigen Medication Safety Program.





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#### **InStride Health**

Anxiety and OCD treatment for those ages 7-22, provided virtually by a team (therapist, psychiatrist, coach), that works within your family's schedule.



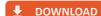




## CVS Caremark®

# **Transform Diabetes Care® Program\***

Live healthier and get help managing your condition if you take prescription medications for the treatment of diabetes.





Medicomp: Retirees enrolled in Medicomp Three coverage are not eligible to participate in the following Well-Being Programs - LiveHealth Online, Included Health, SmartShopper, Lark, Aware Recovery Care, InStride Health, and Aspire365.

Medicare Advantage: Retirees enrolled in the HealthTrust Medicare Advantage with Prescription Drug (MAPD) plan have access to Anthem's robust Silver Speakers wellness program and HealthTrust's LifeResources Employee Assistance Program (EAP); they do not have access to the Slice of Life program or other HealthTrust Well-Being Programs.

\* Requires enrollment in a HealthTrust medical plan that includes CVS Caremark prescription coverage.