

HealthTrust

Well-Being Programs

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.

HealthTrust
Slice of Life
WELLNESS PROGRAM

Powered by: **personify**
HEALTH™

*Live Healthy,
Earn Rewards*

Disease Management

*Get Help Managing
a Chronic Condition
or Disease*

Medical Care Access

*Access Care When and
Where You Need It*

Mental Health

*Find Support for
Everyday and
Life-Impacting Issues*

Expert Medical Support

*Take Charge
of Your 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		Mental Health
	Expert Medical Support		

HealthTrust Secure Enrollee Portal

*Your Gateway to
Well-Being Programs*

Create an account on HealthTrust's Secure Enrollee Portal (SEP) at healthtrustnh.org and log in often!

HealthTrust Slice of Life Wellness Program

Let's Do This Together

Join the wellness community and earn up to \$475 in Rewards Cash!

Who can participate? HealthTrust members enrolled in a HealthTrust medical plan.

How to join: Visit www.healthtrust.org/sliceoflife

Quarterly earning opportunities:

Activity	Rewards Cash
Complete a health assessment	\$25
Complete a health assessment and a health goal	\$50
Complete a health assessment, a health goal, and a health challenge	\$75
Complete a health assessment, a health goal, a health challenge, and a health tip	\$100
Complete a health assessment, a health goal, a health challenge, a health tip, and a health story	\$125
Complete a health assessment, a health goal, a health challenge, a health tip, a health story, and a health action	\$150
Complete a health assessment, a health goal, a health challenge, a health tip, a health story, a health action, and a health habit	\$175
Complete a health assessment, a health goal, a health challenge, a health tip, a health story, a health action, a health habit, and a health habit	\$200

Ready, set, go!

See a doctor's profile on your health plan.

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.

[DOWNLOAD](#)



Accordant

Living with a complex condition? Get extra support at no cost to you.

CVS Caremark Accordant® Specialty Care* provides access to a nurse specialist and resources for managing a complex or rare health condition.

Ready to get started? Visit www.healthtrust.org/accordant or call 1-800-800-0001.

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.

[DOWNLOAD](#)



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.

Visit www.healthtrust.org/livehealthonline

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.

[DOWNLOAD](#)



Lark Diabetes Prevention Program

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

Visit www.healthtrust.org/lark

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

[DOWNLOAD](#)



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.

Visit www.healthtrust.org/anthem

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.

[DOWNLOAD](#)



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.

Visit www.healthtrust.org/aware

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[DOWNLOAD](#)



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.

Visit www.healthtrust.org/smartshopper

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.

[DOWNLOAD](#)



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.

Visit www.healthtrust.org/liferesources

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.

[DOWNLOAD](#)



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.

Visit www.healthtrust.org/included

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.

[DOWNLOAD](#)



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.

Visit www.healthtrust.org/aspire365

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.

[DOWNLOAD](#)



Coriell Medication Safety Program

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

Visit www.healthtrust.org/coriell

Coriell® Medication Safety Program

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

[DOWNLOAD](#)



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.

Visit www.healthtrust.org/instride

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.

[DOWNLOAD](#)



CVS Caremark Transform Diabetes Care Program

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

Visit www.healthtrust.org/cvs

CVS Caremark® Transform Diabetes Care® Program*

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

[DOWNLOAD](#)



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 Sneakers 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.