

# City of Portsmouth Active Employee/New Hires Benefit Packet Plan Year 2021

This packet contains links to the documents and forms you need to learn about and enroll in the HealthTrust coverage offered by your employer. To access these materials, click on the orange "Download" buttons below.

## BENEFITS



### Benefit Education

Learn more about the benefit plans, programs and services available through your HealthTrust coverage.



### Benefit Comparison

Click on this link to learn more about your benefit plan options.



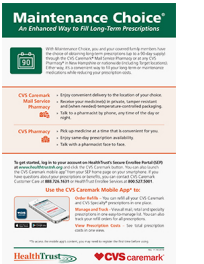
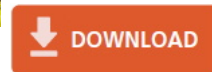
### Secure Enrollee Portal (SEP)

Create your account to access benefit resources, digital ID cards, coverage documents, a Secure Message Center, and single sign-on to Anthem, CVS Caremark®, Delta Dental, and more.



### Choosing the Best Medical Plan for You and Your Family

Make an informed decision for your health coverage! Read this concise guide designed to help you select a medical benefit option.



### CVS Caremark Maintenance Choice

Choose any CVS Pharmacy® or the CVS Caremark Mail Service Pharmacy® to obtain long-term prescriptions (up to a 90-day supply).



### Dental Outline of Benefits: OPTION 3F

This Outline of Benefits describes the specific coverage categories and level of benefits provided under your HealthTrust Dental Plan.



### Dental Outline of Benefits: OPTION 15C

This Outline of Benefits describes the specific coverage categories and level of benefits provided under your HealthTrust Dental Plan.



### Delta Dental Go Green Flyer

Click on this flyer to learn ways to get more from your dental benefits and the resources available.





## Delta Dental Vision and Hearing Discount Flyer

Learn more about how to save money for vision and hearing products and services.



## Anthem Vision Discount Flyer

Save up to 30 percent off the retail price of vision care products and services.



# ENROLLMENT FORMS



## Medical and Dental Application and Change Form

Use this fillable form to enroll in or change your medical and/or dental coverage.



## Life, LTD and STD Application and Change Form

Use this form to enroll in or change your disability and/or life insurance coverage and beneficiary information.

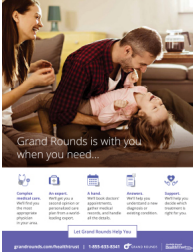
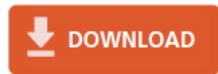


# WELLNESS & RESOURCES



## 2021 Slice of Life Flyer

Get healthy your way and earn rewards! Click on the link to learn about HealthTrust's Slice of Life program and how you can earn up to \$475 in cash rewards plus \$100 toward the purchase of a health device.



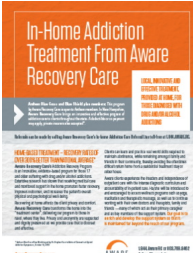
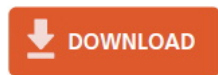
## Grand Rounds

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



## 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.



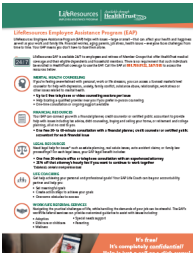
## Aware Recovery Care

For eligible covered individuals age 17 and older with substance use disorders, Aware Recovery Care can provide in-home recovery care from a multidisciplinary team of experts for up to 52 weeks.



## 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.



## LifeResources

Find the help you need at no cost to you! LifeResources Employee Assistance Program (EAP) offers comprehensive services, resources and support for wide-ranging issues that can impact health.



**TRANSFORM DIABETES CARE PROGRAM**  
 Transform your diabetes care by joining the Transform program.

**More Resources, Better Health Outcomes for Individuals with Diabetes**

Taking care of yourself and your diabetes is important to your health. So we are offering specialized resources and extra benefits to make managing diabetes easier for people covered through... at no cost to you!

- Larger covered under both plans
- Additional steps and tools offered to you
- Diabetes care coaching, resources, and tools
- Additional steps and tools offered to you
- Additional steps and tools offered to you

Get started today!  
 Visit [www.healthtrust.com](http://www.healthtrust.com) or call 1-800-848-8888. Your local enrollment agent can help you get started.

HealthTrust | CVS Caremark | LivingWell

## CVS Caremark Transform Diabetes Program

Live healthier and manage your diabetes better, available to covered individuals who are taking prescription medications for the treatment of diabetes.



HealthTrust | ConvenientMD  
 2021 Biometric Health Screening Enrollment Form  
 -- No Appointment Needed --

Enrollment Information: Name, Address, Phone, Email, Date of Birth, Gender, Race, Ethnicity, Height, Weight, Blood Pressure, Cholesterol, Blood Sugar, etc.

Enrollment Information: Primary Care Physician, Specialist, Referral, etc.

Enrollment Information: Signature, Date, etc.

HealthTrust | ConvenientMD | Affordable

## ConvenientMD Biometric Screening Form

Learn your vital health numbers and earn a \$75 reward! Have a free Biometric Health Screening at any ConvenientMD location.



A program focused on helping you improve your health while saving money on your health care.

Program features include: Personalized coaching, Health coaching, Diabetes coaching, etc.

HealthTrust | Lark | Anthem

## Lark DPP Flyer

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



## VIDEOS

Learn how to create your **SECURE ENROLLEE PORTAL ACCOUNT**

SEND SECURE MESSAGES, ACCESS ID CARDS, COVERAGE INFORMATION AND RESOURCES, AND MORE!

## Learn How to Create Your Secure Online Account

Click the video link to learn how to create your account on HealthTrust's Secure Enrollee Portal and access valuable resources.



HealthTrust | City of Portsmouth | 35

## City of Portsmouth - HealthTrust 2021 Benefit Education

Click on the link to view a customized Benefit Education video.

