



# Slice of Life WELLNESS PROGRAM

Powered by:  pulse



**Earn up to  
\$475 Pulse  
Cash per  
year!**

## Let's do this together

The voluntary HealthTrust Slice of Life wellness program provides you with fun, engaging experiences and resources at your fingertips to help you achieve and maintain optimal health and live your best life.

### Who can participate?

HealthTrust Medical Enrollees, covered spouses and Retirees are eligible to participate.

### How to join

Sign in to your Secure Enrollee Portal (SEP) account at [www.healthtrustnh.org](http://www.healthtrustnh.org) and click on the Slice of Life button.



Or simply scan the QR code.



### Have questions? We're here to help.

- Check out [support.virginpulse.com](http://support.virginpulse.com)  
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395  
Monday–Friday, 8 am–9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

## Getting started

You've signed in and registered—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time.

### Personalize your experience

Go to the **Profile** tab and discover the many ways you can customize your wellness program. Choose your email preferences, connect your activity tracker or another wellbeing app and upload a profile picture. Then be sure to set your interests by going to **More > Topics of Interest** to make your experience focus in on what matters to you most.

### See a clear picture of your health

Personalize your experience by taking the Health Check and participating in a Next-Steps Consult®.

## Start earning rewards

You can earn up to **\$100** in rewards\* **each quarter**, or **\$400 per year**, for participating in activities. See the next page for specific ways to start earning rewards.

### Rewards, your way!

You can redeem your Pulse Cash rewards in the Virgin Pulse store for gift cards or fitness accessories, or you can donate what you earn to charity. Pulse Cash is yours to accumulate and redeem when you're ready, and it doesn't expire.

You can also **earn an additional \$75** by completing the three key action steps listed on the next page.

\*The amount of any cash and the value of any other wellness incentive rewards received from HealthTrust are taxable to the recipient for federal income tax purposes.

## How to earn rewards

**IT'S SIMPLE!** Do healthy things, earn points and get rewards! The points you earn will accumulate each quarter. As you reach a new level, your rewards grow.

### Quarterly earning opportunities

	Points	Pulse Cash
<b>LEVEL 1</b>	1,000	\$10
<b>LEVEL 2</b>	5,000	\$20
<b>LEVEL 3</b>	12,000	\$30
<b>LEVEL 4</b>	20,000	\$40
<b>Maximum rewards per quarter</b>		<b>\$100</b>

### Examples of ways to earn

	Complete activity	Earn points
<b>Daily</b>	Take 7,000 steps in a day	70
	Do your Daily Cards	20/card
	Track your Healthy Habits	10/habit
<b>Monthly</b>	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps (20 days during the month)	400
	Complete a coaching call	500
<b>Quarterly</b>	Join the company challenge	100
	Choose your eating type	250
	Choose your sleep profile	250
<b>Yearly</b>	Set a wellbeing goal	200
	Complete the Tobacco-Free Agreement	100
	Complete a biometric screening	1,000

Not sure if you can fully participate in this program because of a disability or medical condition?

Visit [support.virginpulse.com](https://support.virginpulse.com) and check out the Medical Exceptions section under **My Account**.



## 2023 Annual Key Action Rewards

**Earn up to \$75 in Pulse Cash if you complete all three!**

### Complete the Health Check for \$25 in Pulse Cash

The Health Check asks questions about your current health status and wellbeing habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your wellbeing. Complete the survey by visiting **Health Check** under the **Health** tab.

### Complete a Next-Steps Consult for \$25 in Pulse Cash

Through a Next-Steps Consult, you can have a concierge-style conversation with a Health Guide and receive personalized support and guidance to help you achieve your goals.

### Visit LifeResources EAP to earn \$25 in Pulse Cash

Learn more about the HealthTrust new Employee Assistance Program powered by ComPsych by signing in to your HealthTrust Secure Enrollee Portal (SEP) and clicking on the LifeResources button.

### Don't miss out!

Scan the QR code to download the Virgin Pulse mobile app from the App Store or Google Play. To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app.

You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

