



# SLICE OF Life

STEPS TO GET HEALTHY



## Step 6

### Non-Physical Activity

#### Non-Physical Activity Classes and Counseling

Receive **up to \$150 annually** for non-physical activity classes using the Health Awareness Request Form, which can be downloaded at [www.nhlgc.org](http://www.nhlgc.org) > HealthTrust – MyBenefits > Slice of Life.

This reimbursement opportunity can be used to address nutrition, stress management, tobacco cessation and other health/safety related topics. Combination programs that incorporate physical activity with nutrition or stress management, including combo nutrition/physical activity classes and yoga, also fall into this category.

- Sign up for an eligible class or program and attend at least 75% of the training
- Submit a completed Class/Training Reimbursement Request Form with instructor's signature along with a receipt
- Class reimbursement deadline is 2 calendar months from the end of the program



## Step 5

### Physical Activity

#### Physical Activity Classes and Self-Reported

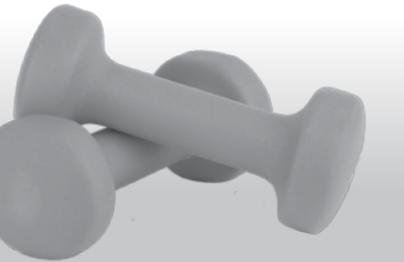
Receive **up to \$150 annually** for a combination of self-reported physical activity (SRPA) and physical activity classes using the Health Awareness Request Form, which can be downloaded at [www.nhlgc.org](http://www.nhlgc.org) > HealthTrust – MyBenefits > Slice of Life.

##### Self-Reported

- SRPA requirements are 30 minutes of physical activity on a minimum of 12 calendar days per month
- Self-Reported Physical Activity Request Form is **required** to be submitted 4 times per year and the deadline is 2 calendar months from the end of March, June, September and December
- SRPA participants will receive up to \$37.50 per quarter

##### Classes

- Sign up for an eligible class or program and attend at least 75% of the training
- Submit a completed Class/Training Reimbursement Request Form with instructor's signature along with a receipt
- Class reimbursement deadline is 2 calendar months from the end of the program



## Step 4

### Health Awareness Program

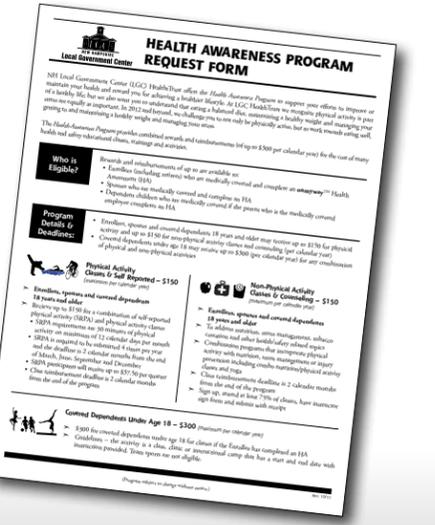
#### Incentive Rewards & Reimbursements

At LGC HealthTrust we recognize that physical activity is part of living a healthy life; but we also want to provide education for eating a balanced diet, maintaining a healthy weight and managing your stress. There are a number of ways you may be rewarded for working on your wellness:

- LGC HealthTrust medically covered enrollees, spouses and dependents 18 years and older qualify for *Health Awareness Program* annual reimbursements of up to **\$150 for physical activity** (including self-reported\*) and up to **\$150 for non-physical activity classes and counseling** after completion of the **onmyway** Health Assessment.

*\*Self-reported physical activity requires a minimum of 30 minutes of physical activity at least 12 times per month.*

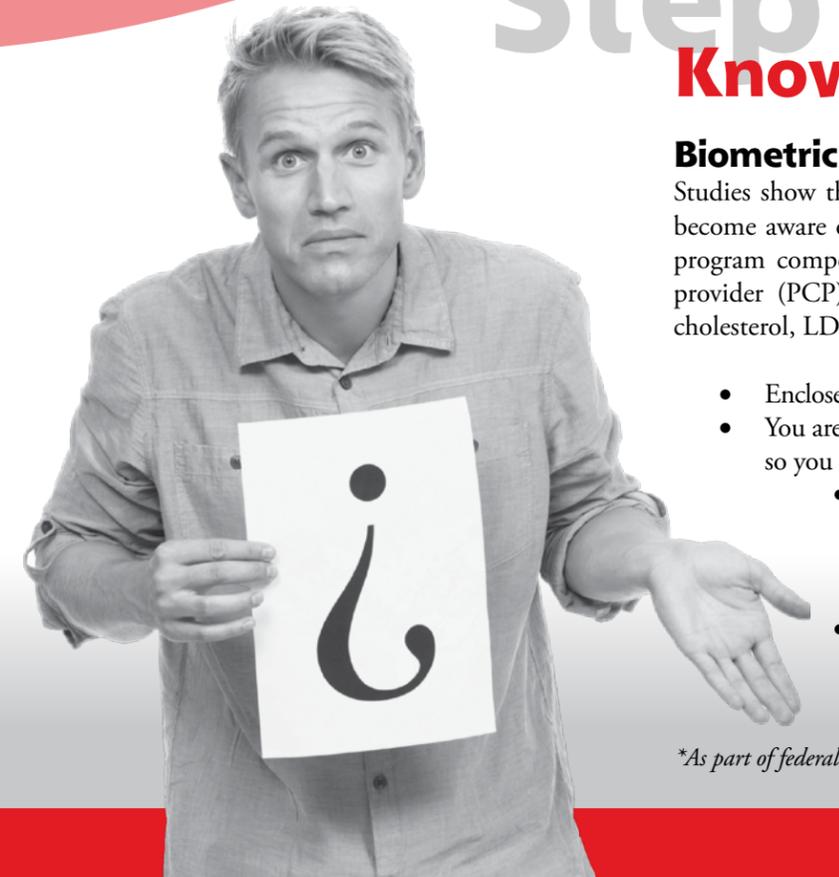
- Covered **dependents under age 18 will continue to qualify for up to \$300 in Health Awareness Program** annual reimbursements once the enrollee completes the **onmyway** Health Assessment.



**N**ew Hampshire Local Government Center (LGC) HealthTrust proudly offers the *Slice of Life* health management program in continued partnership with our trusted vendor, Onlife Health (previously known as Gordian Health Solutions), to support your efforts in improving and maintaining your health and to reward you for participating in activities that will contribute to a healthier lifestyle.

We understand that changing old habits can be challenging, so we want to provide you with the tools and support you need to achieve your wellness goals!

If you have questions regarding the *Slice of Life* program, please contact one of LGC's Enrollee Services Representatives at 800.527.5001.



# Step 1

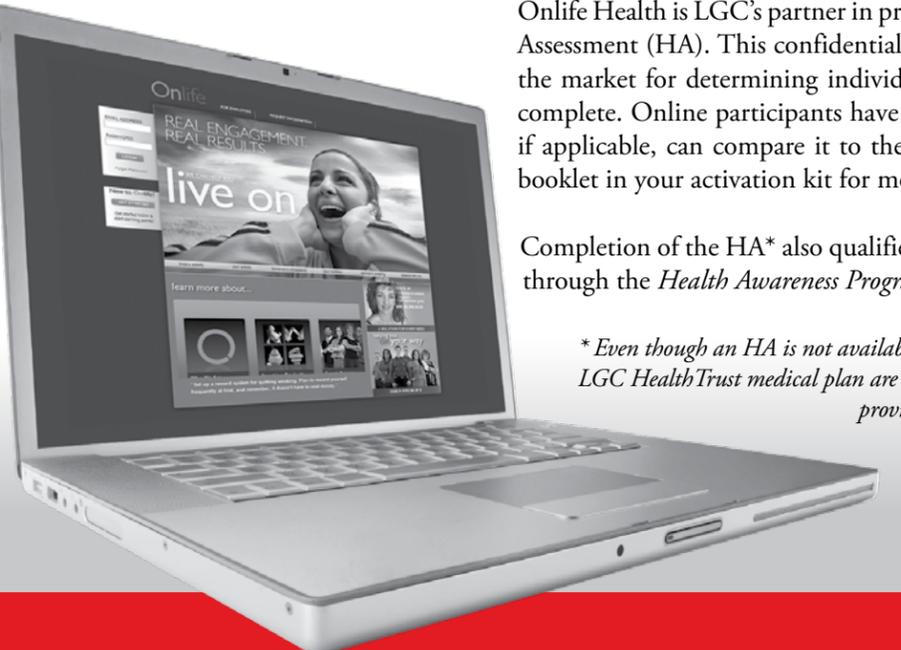
## Know Your Numbers

### Biometric Health Screenings

Studies show that lifestyle-related healthcare claims may be reduced once individuals become aware of their vital health screening numbers—known as **biometrics**. A new program component for 2012 will incentivize you to work with your primary care provider (PCP) to obtain and understand your numbers for blood pressure, total cholesterol, LDL, HDL, triglycerides and blood glucose, plus height and weight.

- Enclosed you will find a Biometric Health Screening form and a return envelope.
- You are encouraged to schedule your lab work prior to meeting with your PCP, so you may discuss your results at your annual preventive care visit.\*
  - The form may be completed anytime in 2012 and your biometrics results are valid for submission with this program for six months (For example, if your biometric numbers are completed in November 2011, they may be used through May 2012).
  - You may earn an additional **\$25 bonus reward** by submitting a Biometric Health Screening form signed by your PCP, and completing the 2012 Health Assessment.

*\*As part of federal healthcare reform, there is no co-pay due for your initial annual preventive care visit.*



# Step 2

## Online Health Assessment

### onmyway™ Health Assessment

Onlife Health is LGC's partner in providing and administering your **onmyway™** Health Assessment (HA). This confidential questionnaire is one of the most advanced tools in the market for determining individual health risk and only takes 10 – 15 minutes to complete. Online participants have immediate access to a *Personal Wellness Report* and, if applicable, can compare it to the previous year's report. Please refer to the **Live on** booklet in your activation kit for more detailed information.

Completion of the HA\* also qualifies you and your dependents for up to \$300 annually through the *Health Awareness Program*. See reverse side for more details.

*\* Even though an HA is not available for children, your children who are also covered by an LGC HealthTrust medical plan are eligible to participate in the Health Awareness Program, provided that the enrollee completes their HA.*



# Step 3

## Coaching & Programs for Improvement

### onmytime™ & onmyteam™ Dedicated Health Coaching

We are excited to offer a broader range of health coaching options this year through Onlife Health's **Live on** Web Portal. Once you complete your HA, you'll have access to a password-protected website, which provides a personalized dashboard with links to self-directed educational courses, interactive health resources and goal trackers, plus social networking. Participation in the **Live on** Portal also gains you access to a quarterly sweepstakes, administered by Onlife Health! Please refer to the **Live on** booklet for detailed information.

Participants may still obtain health coaching via phone or access it through the **Live on** health coach e-messaging option—or both!

