



# State of New Hampshire EMPLOYEE WELLNESS NEWS

**WELLNESS PROGRAM NEWS YOU CAN USE!**

**December 2010**

## **New Health Assessment Tool and Digital Health Coaching for 2011!**

Beginning January 1, 2011, State of New Hampshire employees will have access to a new Health Assessment Tool (HAT) called "Better Health". The Better Health HAT replaces the WebMD HAT used in previous years and brings with it advanced health and wellness tools, resources and digital health coaching. In order to be eligible for the \$200 Health Reimbursement Arrangement (HRA) for calendar/benefit year 2011, you **MUST** complete the new Better Health HAT in 2011. *Note: this benefit is not available for Troopers.*

Making healthy lifestyle choices day after day can be challenging. Sometimes all it takes is a little coaching and support to help you along. That is why we're excited to introduce this new program designed to help improve your overall health. Whether you're looking for help with exercise, eating, weight, stress, sleep, quitting smoking or other tobacco products—this set of interactive, self-paced online programs provide personalized guidance. Plus, you'll get motivational tips and meaningful tools to help you make a rewarding and lasting change. You'll gain the knowledge and support you need to re-shape both your mind, body, and gain more out of life every day.

**To take the new HAT, log on to Anthem.com on or after January 1, 2011 and click on the far right purple Health & Wellness Tab. Click on the Better Health Banner, read and accept the Welcome Letter and click "Go" in the top box with the sunflower to take the new HAT. Further details on how to register on the new Anthem.com website, print your 2010 WebMD Hat summary, and "Click-by-Click" instructions on taking the Better Health HAT will be distributed in mid-December and posted at:**

[http://admin.state.nh.us/hr/flexible\\_spending.html](http://admin.state.nh.us/hr/flexible_spending.html)

The screenshot shows a user interface for the Better Health HAT. At the top, there are navigation tabs: "My Home", "Coaching", "My Account", and "Logout". Below these, a secondary row of tabs includes "My Home", "Coaching Sessions", "Track My Progress", "Try a Tool", and "Updates" (with a "New" badge). The main content area features a large sunflower image and the heading "What would you like to do today?". Below this, there are several coaching cards, each with a small icon and a "Detail" or "Go" button. The cards include:

- Understand my health risks.** (with a "Learn" button)
- Be more active.** (with a "Detail" and "Go" button)
- Eat healthier.** (with a "Detail" and "Go" button)
- Deal with stress.** (with a "Detail" and "Go" button)
- Manage my weight.** (with a "Detail" and "Go" button)
- Sleep better.** (with a "Learn" and "Go" button)
- Quit smoking.** (with a "Learn" and "Go" button)

- Better Weight
- Better Activity
- Better Coping
- Better Sleep
- Better Eating
- Better Breathing

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# December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
						
5	6	7	8	9	10	11
						
12	13	14	15	16	17	18
						
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Health Observances

### December 2010 National Health Observances\*

All Month—Safe Toys and Gifts, U.S. Consumer Product Safety Commission ([www.cpsc.gov](http://www.cpsc.gov))

December 1—World AIDS Day 

December 1-7—National Aplastic Anemia and MDS Awareness

December 5-11—National Handwashing Awareness

 The sneakers on the calendar represent running/walking events. Visit [www.coolrunning.com](http://www.coolrunning.com) to search the time, location and event.

Additional websites to find out what physical and recreational activities are happening in your area:

[www.visitnh.gov](http://www.visitnh.gov)

[www.healnh.org](http://www.healnh.org)

\*U.S. Department of Health and Human Services

## Wellness Coordinators Corner

**Department of Transportation**—A collaborative effort was made on November 18th to celebrate the Great American Smokeout (GASO) among six state agencies, spearheaded by DOT's Wellness Team. The Second Annual Hazen Drive Great American Smokeout Fun-Run/Walk attracted 88 State employees who participated in either a 1 mile run or walk with colleagues. Participants learned about information on why it is important to quit tobacco as well as cessation resources available through counseling or medication from the DHHS Tobacco Prevention and Control Program. A BIG THANKS to Colette Farland-Vogt and the DOT Wellness Team as well as staff and Wellness Coordinators from Safety, Health & Human Services, Information Technology, Fish & Game, and Office of the Courts!

**Department of Insurance**—The Wellness Team at the Department of Insurance buys and sells their own health goodies for employees. Goodies include yogurts, sugar-free jell-o, mozzarella cheese sticks, water, peanut butter crackers, cheddar crackers, fiber one bars, raisins, and other de-stressing snacks! This year with the money collected, they were able to sponsor 15 needy children through the Operation Santa Claus Program.

**Department of Health and Human Services**—The DHHS Wellness Coordinator and team members are working with several DHHS District Offices around the State to schedule the workshop "A Piece of Peace" presented by Bill Byron of the Local Government Center.

**NH Veterans Home**—The Veterans Wellness Team held a wellness fair highlighting many health and wellness topics including tobacco cessation and promoted the "Maintain, Don't Gain" program.



Employees await the signal at the starting line for the 2nd Annual GASO 1 Mile Fun-Run/Walk. The starting line began at the entrance to DOT and the route ran adjacent to other State Agencies on Hazen Dr.

## 2010/2011 New Hampshire Winter Farmers' Markets



**New Hampshire Department of Agriculture, Markets & Food** For your local shopping pleasure, many communities are planning farmers' markets from November through May of 2011. Check out the locations, dates and times close to you for great local foods all winter long and also for unique holiday gifts. Visit [www.agriculture.nh.gov/](http://www.agriculture.nh.gov/) under "Hot Topics" on the right side of the homepage for the most up to date market list.

*The mission of the New Hampshire Department of Agriculture, Markets & Food is to promote agriculture in the public interest and to serve farmers and consumers in the marketplace.*

## Worksite Wellness Workshops

### Local Government Center

**Understanding Your Health**—This updated workshop offers valuable medical consumerism and medical self-care strategies and highlights health and wellness resources available to State of New Hampshire employees and their medically-covered families from the State of New Hampshire's Health Benefit Program. Participants will also be educated on a variety of resources that are available to them, such as the new Health Assessment Tool from Anthem along with Anthem's new enhanced website. In addition, this workshop will provide you with information regarding the new Rx program benefits and Tobacco Cessation resources offered through CVS-Caremark.



### Employee Assistance Program

**The Power of Positive Thinking**—Your basic outlook on life, whether pessimistic or optimistic, is learned in infancy and early childhood. Because it is learned at such an early age, you may believe that attitude can't really change. While it takes practice and the willingness to take a long, hard look at yourself, you can cultivate a more optimistic outlook of the world and a more positive viewpoint of yourself and your actions. In the modern world, there are more benefits to a viewpoint, which includes a greater amount of optimism. These include: better overall health, more rapid recovery from injury or illness and fewer stress or depression-related problems to name a few. This program prompts you to ask yourself some hard questions to uncover your motivation to increase the level of positive thinking in your life.



To schedule this Health Seminar, have your agency Human Resource or Wellness Coordinator contact the LGC Health Management Representative Bill Byron:

800.852.3358 ext: 208 or e-mail at [wbyron@nhlgc.org](mailto:wbyron@nhlgc.org)

To schedule this Educational Offering, have your agency Human Resource or Wellness Coordinator contact the State of NH Employee Assistance Program:

800.852.3345 ext: 4336

# NH Recreational Opportunities

If you are the type of person that hibernates in NH between October and April, think about checking out <http://www.visitnh.gov/what-to-do/key-attractions/default.aspx>. The Department of Resources and Economic Development, Division of Travel and Tourism Development maintains this searchable site for everything from family attractions and theme parks to the great outdoors. Use the search boxes on this site to complete a comprehensive attraction search. You may sort by any combination of attraction type, region, city or town. Search any of the following topics, leave the den and get active!

- Hiking and Climbing
  - Arts and History
  - Family Attractions
  - Museums
  - Spas and Wellbeing
  - Yoga and Fitness
  - State Parks
  - Farm/Orchard
  - Galleries
  - Music
  - Outdoor Adventure
  - Outlets/Malls
  - Skiing/Snowboarding
  - Wildlife Watching
- And Many More!



## State of NH Employee Wellness Website Adds Important Resources and Information

If you haven't visited the State's Employee Wellness Website, you haven't seen all the new features! Features include links to benefit information on the State Human Resource website, walking routes around some of the agency locations, current and past issues of the employee wellness newsletter, and information on:

- **Healthy Eating**
- **Active Living**
- **Alternative Health Services**
- **Preventive Health Guidelines**
- **Tobacco Cessation**
- **Employee Flu Clinics**
- **Family Resources**
- **Materials for Agency Wellness**



Visit <http://admin.state.nh.us/wellness/> for the latest information

# State Health Benefit Program Benefit Spotlight



The **Community Health Education Reimbursement Program (CHERP)** is available to State employees in either the HMO or POS Health Plan. Employees that participate in an Anthem approved CHERP class are eligible for reimbursement up to \$150, per family per calendar year. Approved CHERP classes cover a wide range of topics including nutrition counseling, tobacco cessation, parenting, CPR/First Aid, Weigh Watchers, childbirth education and many more. For a complete list of the latest Anthem approved CHERP providers and facilities, visit <http://admin.state.nh.us/hr/formsH&D.html> and select the "Anthem Contracted Community Health Education Providers". You can also download and print the "Anthem Health Education Reimbursement Form", which includes submission instructions. If you have questions, call the SONH dedicate line at 800-933-8415.

## November "Reduce Your Risk" Diabetes Prevention Events

Several agencies participated in National Diabetes Awareness Month in November through activities demonstrating education and knowledge on the disease as well as ways to reduce the risk of type 2 diabetes. Accompanying education, employees were also asked to participate by making a pledge to reduce their risk by eating healthier, being more active, or quitting smoking. Check out a few of the information tables and displays agencies used to participate in this event.



Insurance



Legislative Branch



State Wellness Program



Administrative Services



Health and Human Services



Transportation