



**THE STATE OF NEW HAMPSHIRE**  
**DEPARTMENT OF TRANSPORTATION**



**CHRISTOPHER D. CLEMENT, SR.**  
**COMMISSIONER**

**JEFF BRILLHART, P.E.**  
**ASSISTANT COMMISSIONER**

To: All State Employees  
From: Commissioner Christopher Clement Sr.  
Re: **HAT Completion**  
Date: January 6, 2012

Happy New Year!

In the current economy we hear all about the rising health care costs. We experienced this in 2011 with the increase in our payroll contributions toward health benefits as well as higher co-payments. The state wants to help all employees lead healthy and productive lives. You can see this in the health and dental benefits that we all have access to.

Good health is not something that we can give to you, but we want to help you reach your goals. Take the time as you begin the new year to complete your Anthem Better Health, health assessment tool (HAT). You can find it on the Anthem.com web site. I completed this confidential set of questions, which helped me to assess my current health risks and determine potential impacts on my future well being. Small changes in your life now will help to decrease the risks of bigger health problems later in life. Once the questions were completed, the Better Health web site provided me with additional information and health coaching resources. These tools will help you to set realistic, measurable steps to reach as you work to improve your health.

There is another benefit that you receive when you have completed this assessment. If you are a member of the State Health Benefit Program through Anthem, you will receive a \$200 health reimbursement arrangement (HRA) that you can use to help pay your 2012 co-payments for doctor's visits and medications. This will help to offset some of the recent changes in our Health Benefit Program. I highly recommend you take advantage of this benefit!

Good health is a family affair. My family has also completed the Better Health assessment tool. It makes it easier to create a healthy home environment when we all work together.

The Department of Transportation has a goal of getting 100% of our employees to complete their HAT. I hope that you will join me in making that a goal for all of the Departments in the State.

The HAT Instructions, worksheet, and frequently asked questions have been posted on the state HR website at [http://admin.state.nh.us/hr/flexible\\_spending.html](http://admin.state.nh.us/hr/flexible_spending.html).

HAT's off to a healthy 2012 and doing more of what you enjoy doing the most.

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