Health and Well-Being

The Well-Being Effect:
define. measure. transform.
After Today’s Discussion, You Will…

• Have a better understanding about how health and well-being can contribute to an active and vibrant life

• Be aware of the wellness programs and benefits available to you and your family

• Know what tools and resources are available to help you manage your health and reduce out of pocket costs
What Does Well-Being Mean?

- Daily Physical Activity
- Healthy Choices
- Routine Preventive Health Care
- Disease Management
- Financial Wellness
- Mental Health
- And Much More....

- Stress Management
- Social Support and Engagement
- Family Fun & Recreation
Healthy Lifestyles Well-Being Assessment - Health Assessment Tool (HAT)
• A progress report for your life
• Answer questions in six key areas
• Receive a Well-Being Score and a Well-Being Report
• Employee Health Plan Subscribers earn a $200 Health Reimbursement Arrangement from ASIFlex for eligible expenses incurred after completing the HAT

To find out more on how you can earn a $200 HRA for completing the HAT visit [http://das.nh.gov/wellness/wellness_rewardprogram.html](http://das.nh.gov/wellness/wellness_rewardprogram.html)

For additional assistance, call Anthem Customer Service at 1-800-933-8415
State Wellness Programs and Benefits Available

Healthy Lifestyles Program
- Well-Being Assessment (HAT)
- Create a well-being plan
- Customize trackers for exercise, weight, medication, and nutrition
- Access to videos, articles, recipes and more!
- Connect with others in online groups
- Digital health coaching
- Sync electronics and well-being App
- Keep track of health numbers

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State Wellness Programs and Benefits Available

Health Rewards Program
- Eligible employees earn up to $300 in gift or Wire Card MasterCard
- Employees complete three out of six available activities to earn incentives
  - Know Your Numbers Screening
  - Healthy Lifestyles 5,000 points
  - Employee Health Education Program
  - Preventive Care Screening
  - ConditionCare
  - Flu Vaccination

For more information, visit http://das.nh.gov/wellness/wellness_rewardprogram.html or call Anthem Customer Service at 1-800-933-8415
Community Health Education Reimbursement Program (CHERP)

- Up to $150 per family
- Eligible programs include
  - Tobacco Cessation
  - Nutrition Education
  - Weight Management
  - Stress Management
  - Physical Activity
  - Childbirth Education
  - Parenting Education
  - CPR/First Aid

For more information, visit [http://health.anthem.com/StateofNHWellness](http://health.anthem.com/StateofNHWellness)
or call Anthem Customer Service at 1-800-933-8415
State Wellness Programs and Benefits Available

Gym/Fitness Facility Reimbursement

• HMO Subscribers are Eligible
• Up to $450 per subscriber per year
• Approved fitness facilities will directly bill Anthem monthly for membership if member works out at least 8 times per month
• Over 400 gyms in NH, VT, ME, MA
• Subscriber can transfer this benefit to another family member enrolled on their HMO policy

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State Wellness Programs and Benefits Available

Home Exercise Equipment Reimbursement Program

• Alternative to gym/fitness reimbursement benefit
• Up to $200 per subscriber per year
• Must buy a piece of new equipment either retail online or in store
• The following equipment is eligible:
  - Treadmills
  - Stationary cycles
  - Bike stands
  - Stair climbing machines
  - Elliptical machines
  - Cross-country ski machines
  - Air walkers
  - Home gyms
  - Total-body weight resistance machines
  - Rowing machines

For more information, visit http://health.anthem.com/StateofNHWellness or call Anthem Customer Service at 1-800-933-8415
State Wellness Programs and Benefits Available

• Tobacco cessation medication coverage is available when you get a prescription from your health care provider. For more information about coverage, contact Express Scripts at 866-544-1798

• Tobacco Cessation Counseling
  – NH Tobacco Helpline 1-800-QUIT-NOW
  – Healthy Lifestyles Program – QuitNet
  – Community Health Education
  – State Employee Assistance Program
• Make sure you take the time to take care of yourself!!
• Schedule your annual physical exams and preventive screenings
• Preventive services are covered at 100%
• Vaccinations save lives
• Don’t fear what you may find out, fear what you don’t know!
• Take your medications as prescribed to manage conditions and prevent complications

**Prevention is Best**

**Early Detection is Next!**
Anthem Lifestyle Management Programs

• As plan participants, you and your family have access to Anthem health and wellness resources

• Register and log-in at www.anthem.com or call Member Services at 1-800-933-8415 to learn more about these programs.

Visit http://wellnesscalendar.anthem.com/NH/ for brief videos about the 24/7 NurseLine, ConditionCare, and Future Moms Program
LiveHealth Online

A telemedicine benefit where you can see a doctor 24/7 using the webcam on your Computer or mobile device! Doctors can answer questions, make a diagnosis and even prescribe basic medications

Register and Log on at www.livehealthonline.com

- Immediate doctor visits through live video
- Your choice of board-certified doctors
- Private, secure and convenient online visits

Cost for Employee and Dependents
- There’s a $15 copay per visit for members

When to use LiveHealth Online
- Cold and flu symptoms
- Allergies
- Sinus infections
- Migraines
- Upper respiratory infection
- Bronchitis
- Family health questions
- Stress, depression, anxiety and other related issues

Register Online Today BEFORE you Need It!
Need Medical Care Right Away?

• Walk-in and Urgent Care Centers can handle:
  – Minor cuts and burns
  – Sprains and strains
  – Nausea, vomiting, diarrhea
  – Back pain
  – Stitches
  – Animal bites
  – Ear or sinus pain
  – Other non-life-threatening problems

• Experienced medical staff including doctors and nurses
  – Shorter wait times, same day appointments
  – Medical equipment and imaging available

Save on the copay as well!

• Emergency Room - $100
• Urgent Care - $50
• Walk-In - $30

Click [here](#) for a quick guide to locations and services

Call the Anthem 24/7 NurseLine at 800-544-1901 and speak to a registered nurse to discuss symptoms and get help making a decision on where to get care.
Worksite Wellness Programs - Get Involved!

• Health Seminars and Webinars
• Weight Watchers at Work
• Nutrition Counseling
• Ergonomics and Safe Movement
• Challenges & Competitions
• Exercise Programs
• Health Fairs
• Health Promotion Campaigns
• Healthy Snack/Drink Choices
• Education and Trainings
• Employee Assistance Program
• Flu Clinics
New Hampshire is full of adventure and fun!

- Events and Festivals
- Arts and Culture
- Sports and Recreation
- Agriculture and Tradition
- Ocean, Lakes, Rivers and Ponds!
- Governor’s 90 Day Challenge
- State Parks and Trails
- 5210 Healthy NH
- Pick Your Own and Farmer’s Markets
- Museums and Natural History
- Culinary Cooking and Recipes
- Nature Exploration
- Or Just Play!
Summary

• You have many benefits and resources available to you and family members for making healthy decisions that can save you both time and money

• Take steps to balance work, family, and make well-being enjoyable

• Pay attention to your health and make well-being a daily affair!

• Remember…self-care is not selfish!