

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. *Please note this benefit is not available for Troopers.*

The screenshot displays the 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 on the left and a heading "What would you like to do today?". Below the heading, there is a section titled "Understand my health risks." with a brief description and "Learn" and "Go" buttons. The interface then presents six coaching options in a grid, each with an icon, a title, a short description, a start date, and "Detail" and "Go" buttons. The options are: "Be more active." (with a running shoe icon), "Eat healthier." (with an apple icon), "Deal with stress." (with a chair icon), "Manage my weight." (with a bicycle icon), "Sleep better." (with a moon icon), and "Quit smoking." (with a cigarette icon). Each option also includes a "Not interested" button.

Better Activity, Better Coping, Better Sleep, Better Eating, Better Weight, Better Breathing

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, nutrition, weight management, stress management, sleeping better, 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 reshape both your mind and body, and gain more out of life every day.

To complete the new Better Health HAT, log on to www.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 complete the new HAT. Information about how to register on the new Anthem website, Better Health HAT Frequently Asked Questions, 2011 Better Health HAT Worksheet and "Click-by-Click" instructions on taking the Better Health HAT can be found at: http://admin.state.nh.us/hr/flexible_spending.html