

NHIT Trust Wellness Program

2024 Wellness Dollars Program – HRA (wHRA)*



STEP 1

LOGIN

Visit CoreHealthyLife.com/TrustWellness

New User: Enter your Last Name, Date of Birth (DOB) and Last 4 digits of your Social Security Number (SSN).

Returning User: Enter your Username and Password.

STEP 2

SELECT WELLNESS DOLLAR ACTIVITY

On the Home Page, scroll to the “Wellness Dollars” section and select the activity you wish to submit.

STEP 3

SUBMIT

Based on Wellness Dollars activity selected, you will be directed to one of the following:

Proof of Completion: Submit appropriate form and click “Finish”. Allow 1-3 business days for Wellness Dollars to be added.

Logging Form: Use tracking to log your activity. Wellness Dollars will automatically update.

STEP 4

VIEW WELLNESS DOLLARS

Total Wellness Dollars will be displayed on the bottom right of the “Wellness Dollars” section.

Wellness Dollars will be applied to your csONE Benefit Solutions HRA account at the end of each month.

Allow 2-4 weeks for your Wellness Dollars to appear in your HRA account.

Submit Wellness Dollar activities by June 15th to qualify for the current plan year.

Max of 400 Wellness Dollars per subscriber and spouse plus up to \$200 per covered dependent under the age of 18 for Child Wellness Rewards.

Activity	Dollars	Max
Annual Physical - PCP	75	75
Dental Check-Up	75	75
Hearing Exam	75	75
Annual Eye Exam	75	75
Every 150 Minutes of Physical Activity	25	150
Complete a Challenge	50	150
NHIT Education Session	25	50
EAP Online Trainings	25	50
Annual Flu Shot	25	25
Each Night You Sleep Between 7-9 Hours	1	25
Child Wellness Rewards	1	200

To enroll, visit: CoreHealthyLife.com/TrustWellness or call: 800.345.2476, press 4.

