

Health Net of California, Inc.



# Help Your Employees Get and Stay Healthy

A SUMMARY FOR EMPLOYERS AND BROKERS



[HealthNet.com](http://HealthNet.com)

# Health & Wellness

*Seeking better health is our best defense against chronic medical conditions.*

*With customized tools and inspired goals, our members can get on track to make healthy and lasting changes.*

## A bridge to healthy actions


There are programs to help improve employee health and wellness. Topics include:

- Health & Wellness
- Integrated Care Management
- Case Management
- Women and Children's Health



## Health & Wellness online

Members can access most Health & Wellness programs and services 24/7.

Look for this  icon throughout the brochure to find programs with online access.



# Take a Look at What Health Net Has to Offer!

## **RealAge Test (health assessment) and Personal Health Profile**

It is important to maintain and improve your health. That's why we offer tools like our RealAge Test and Personal Health Profile. Members can connect with insight about their mental and medical health. And, get an action plan based on their unique health needs. They'll also get suggestions to help better manage their health and set good habits. Plus, opt-in to get email updates and program information.

## **Online wellness**

Health Net helps members improve their health and wellness on their own terms. They can get a wide range of online content that features health topics such as:

- Healthy weight
- Eating better
- How to manage stress
- How to quit smoking for good

Online wellness resources highlight:

- Articles
- Videos
- Health trackers
- Health challenges and more

## **Coaching**

Your employees can get help from an expert coach online, or by phone. They can also connect via secure email and eLearning modules. The online features include coaching tools like:

- Journaling
- Goal-setting
- Exercise/food trackers



## Digital coaching programs (Lessons)

Coach-directed Lessons serve as a framework connecting high-touch coaching and a high-tech platform in delivering a personalized and engaging experience that supports members in achieving health goals. Each Lesson enables Health Net to craft a multi-day personalized digital program that keeps members engaged and learning. Lessons consist of multiple programs related to stress, smoking cessation, as well as other lifestyle and disease management conditions.

## Start Smart for Your Baby<sup>®</sup> program

Start Smart for Your Baby is a program for those who are pregnant and new moms. Your employees can get custom support and guidance from a care manager throughout the pregnancy. Plus, they can sign up to get health information such as, Mother's Guide to Pregnancy and Guide to Life After Delivery.

## Tobacco Cessation program

The Craving to Quit program covers most types of tobacco, lets members talk with a personal coach for encouragement and support and offers a tailored plan to quit. The 21-day program teaches awareness of cravings and habits to help members stop, whether they smoke, vape or dip.

## Online chronic condition resources

Help is available for members if they have a chronic health condition. They can access online information that can help them stay healthy for the long term. Members can find articles, videos and virtual tools on:

- Diabetes
- Heart disease
- Asthma
- High blood pressure
- Cancer and more

## Integrated Care Management program

Health Net's Integrated Care Management program helps support and manage member care if they have complex health issues. It also helps members with chronic conditions such as:

- Diabetes
- Asthma
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)

The program is not just for members. It offers support for their families and caregivers, as well. Your employees can find their best quality of life through better ways to manage their health.

## Smart Treatment Decisions

Members use the Smart Treatment Decisions tool to review their options for:

- Medical tests
- Medicines
- Surgeries
- Treatments and other issues

They get help making informed health choices. And, they learn about the benefits, risks and costs of each option.



## Nurse Advice Line

Health Net members also have the option to reach out to a registered nurse – 24 hours a day – and get instant support. They can also connect via phone or by using the online chat system to ask questions in real time. They get answers to questions about:

- Cold and flu symptoms
- Minor illness and injury
- Minor burns
- Bug bites and stings
- Chronic pain
- Medical tests and medications



## Progress trackers

Your employees will stay up-to-date on important lifestyle habits using online tracking tools. Our progress trackers are available to help them monitor:

- Blood pressure
- HbA1c (blood glucose)
- Exercise
- Stress and more

## Workplace wellness displays

We provide wellness displays for use in the workplace. They're used for open enrollment, for health fair events and for reinforcing monthly health observances. They are designed to inform, interact and are easy to set up.



More Online Tools  
and Media

## Healthy Discounts

Members also enjoy our Healthy Discounts program – giving them valuable discounts on health-related services and products. Categories include:

- Weight loss
- Fitness clubs
- Chiropractic and acupuncture
- Eye care
- Hearing aids and screenings
- Vitamins, minerals and more

## Preventive screening guidelines<sup>1</sup>

These guidelines offer members a schedule for Health Net’s suggested health screenings and vaccines for children, teens and adults. These guidelines also give information about pediatric and maternity screenings. Find the current preventive screening guidelines by doing these simple steps:

1. Log in:
  - [www.healthnet.com](http://www.healthnet.com) – Group members
  - [www.myhealthnetca.com](http://www.myhealthnetca.com) – Individual & Family Plan members
2. Click on *Wellness Center* then *Stay Healthy*
3. Choose the Preventive Guideline PDF that fits your needs



Useful **monthly newsletters** can help members make smart decisions to improve their health.

## Support for monthly national observances

National observances for health and wellness are great to raise awareness among your employees. They focus on important issues facing millions of Americans each year.

## Monthly Wellness Webinars

Your employees can get helpful topics monthly via webinars at work or at home! Topics include how to:

- Manage chronic pain
- Prepare for cold and flu season
- Handle holiday stress
- Manage money

Health Net offers the Wellness Webinar Series the third Wednesday of each month. Log in and click on the orange *New Series Wellness Webinar* button to sign up.

- [www.healthnet.com](http://www.healthnet.com) – Group members
- [www.myhealthnetca.com](http://www.myhealthnetca.com) – Individual & Family Plan members

## Healthy Challenge Series

Health Net has designed five distinct challenges to inspire healthy actions in an easy to apply format. The Healthy Challenge Series includes:

- **Volume 1:** My Road to Fitness
- **Volume 2:** My Can Do Nutrition Plan
- **Volume 3:** My Life in Balance
- **Volume 4:** Healthy Eating with Colorful Foods
- **Volume 5:** My Couch to 5K

Please contact your Health Net account rep to learn more about this series offered at no cost.



<sup>1</sup>**Please note:** This information is not medical advice and does not indicate specific benefit coverage. Members should always seek and follow the care and advice of their doctor. These guidelines are updated regularly and may change. Members are advised to please check their plan benefit language for coverage, limitations and exclusions.



## More information

You can find details about our Health & Wellness programs and services on our website. Sign up or log in:

- [www.healthnet.com](http://www.healthnet.com) > *Wellness Center* – Group members
- [www.myhealthnetca.com](http://www.myhealthnetca.com) > *Wellness Center* – Individual & Family Plan members

Or, you can call the phone number on your member ID card.

Feel free to contact your Health Net representative with any further questions.



**This summary brochure is available online**

Please join our “go-green” effort to reduce waste by getting this brochure online.