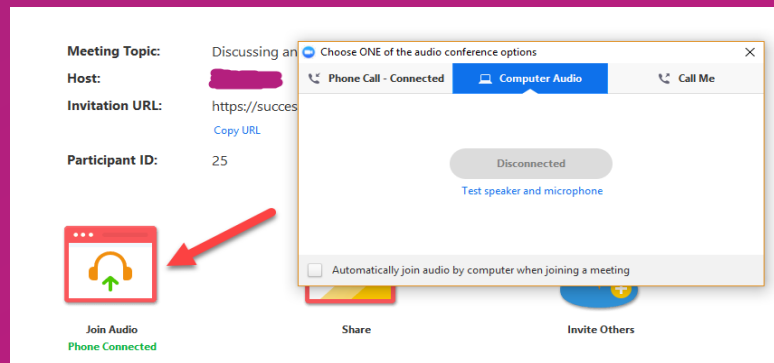




## Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

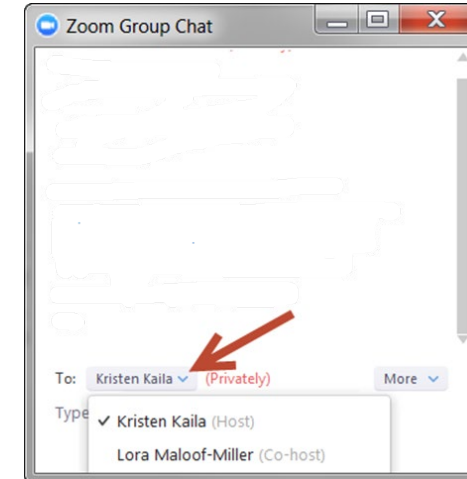
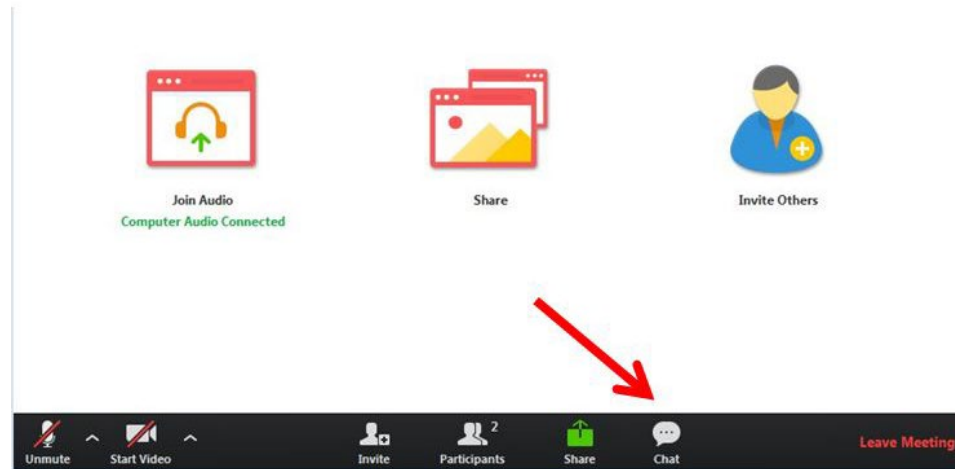
**If you wish to change your audio setting:** click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



**Call-in number for audio: 1-669-444-9171**

**Conference Code: 917 2853 2087**

# Chat Function



# Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



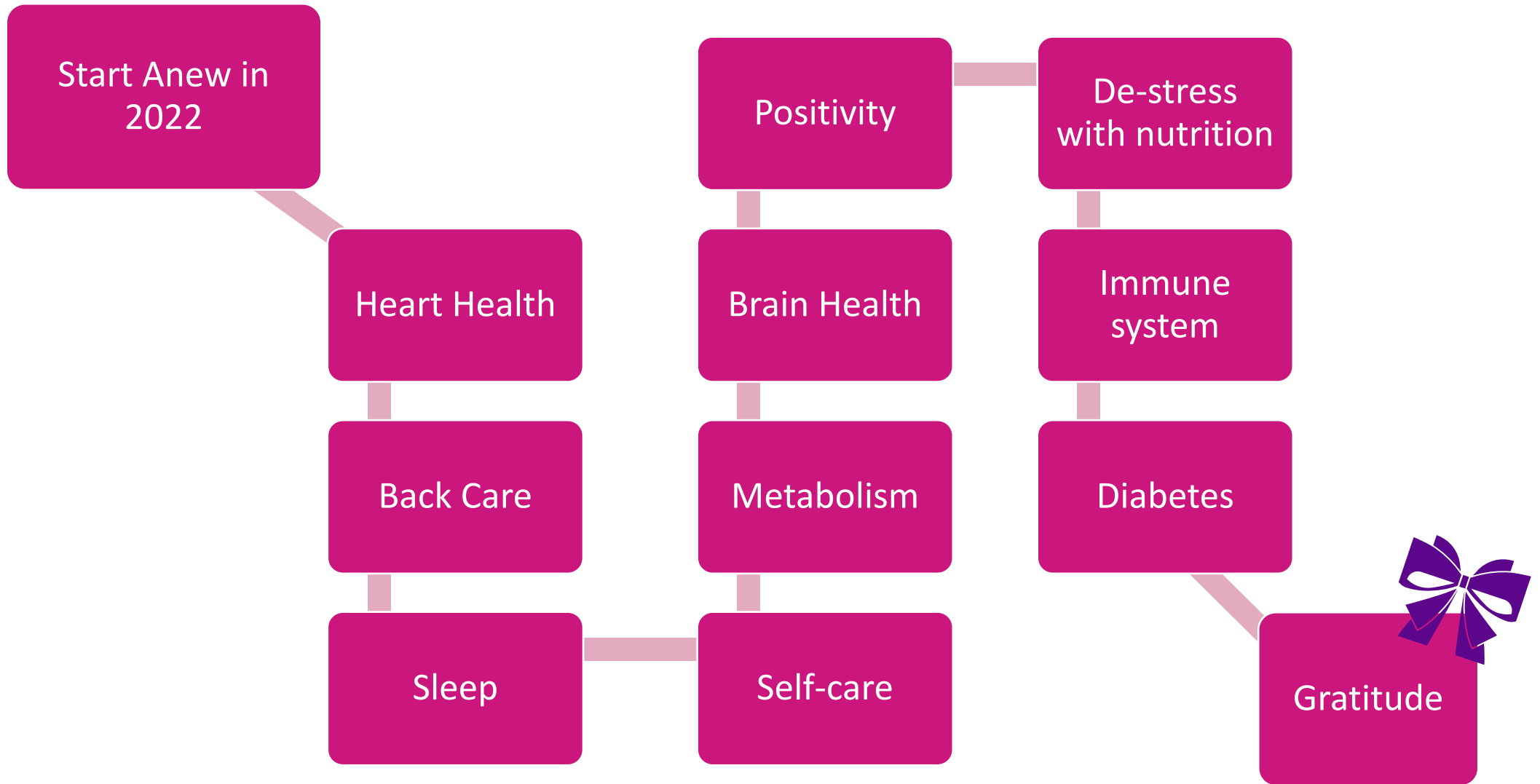
# The Gift of Health

Presented by: Lora Maloof-Miller, MPH and Kristen Kaila, MPH

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*Las dispositivos están disponibles en español si las solicita.*

# Overview



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# Heart Health

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**You're out to dinner. Bread is on the table along with butter and olive oil. Which one is the heart-healthy choice?**

- A. Butter**
- B. Olive oil**
- C. Neither**

# What You Can Do Today to Take Steps Toward a Healthy Heart

People can reduce risk factors through lifestyle changes to help achieve ideal cardiovascular health.



Eat better



Lose weight



Get active



Stop smoking



Manage blood pressure



Control cholesterol



Reduce blood sugar



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# Back Care

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# True or False



Switch between standing and sitting so you're not in the same position for too long.

# Keeping Your Back Strong



Muscle-strengthening and stretching

Good posture

Avoid heavy lifting

Physical activity and healthy eating

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# Sleep

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# How many American's have sleep-related problems?

A. 1-3 million

B. 50-70 million

C. 100-200 million

# Tips for a better night of sleep



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# Whole Person Self-Care

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# Self-Care

## What is self-care?

- deliberate activities we consciously engage in to care for ourselves

## Why self-care?

- key to building resilience and creating a balanced life
- necessary to reduce stress, anxiety, and depression
- required to avoid burnout or compassion fatigue
- needed *daily* – especially now





# Daily Routine and Self-Care

Self-Care Domain	Classic Concepts/Activities	Re-framed into Daily “Do-able” Practices
<b>Biological</b>	Regular medical care; healthy diet; exercise; getting enough rest/sleep...	Take multi-vitamins; grab an apple today rather than a donut; set a timer and do push ups or jumping jacks during the workday; turn off phone/media 30min-1hr before bed...
<b>Psychological</b>	Mindful meditation; time in nature; hobbies; pets; positive self-affirmations; journaling...	Use a meditation app for 5-10 min/day; close eyes & take 5 deep breaths regularly; go outside and look at sun, sky, clouds; pet your pet; write down an inspirational quote and post in your daily view...
<b>Social</b>	Spending time with family/friends...	Make a little time each day or week to connect with loved ones (on phone, in person); balanced use of social media
<b>Spiritual</b>	Keeping or developing a personal spiritual practice...	Set an intention for the day each morning; practice gratitude/give thanks before eating; see <i>also psychological above</i> ...

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# Nutrition to Increase Metabolism

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# Improve metabolism



Increase muscle mass.



Move more throughout the day.



Eat more protein – aim for 25-30 grams per meal.



Choose fiber rich foods every day.

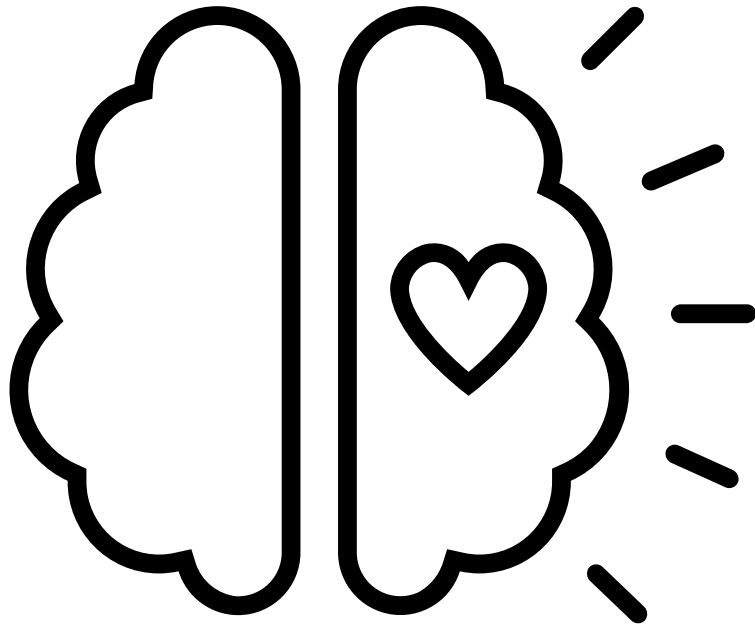


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# Brain Health

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# What is the number one thing you can do to prevent dementia?



- A. Eat a healthy diet
- B. Get enough sleep
- C. Stay socially engaged

## Ways to Love Your Brain

- ✓ Read, do puzzles, challenge the mind
- ✓ Stay socially engaged
- ✓ Mental health
- ✓ Sleep
- ✓ Quit smoking
- ✓ Heart health
- ✓ Regular exercise
- ✓ Nutrition
- ✓ Manage stress



# Focus Your Brain After Age 50



- ❖ Aging shrinks the brain
- ❖ Build exercise into your schedule
- ❖ Sleep
- ❖ Meditation
- ❖ Stop multitasking
- ❖ Manage menopause

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# Positivity

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*What percentage of the human population is inherently optimistic?*

A. 10%

B. 50%

C. 80%

---

# Actions for a Positive Mindset

## Keep

- Keep a gratitude journal

## Use

- Use positive words to describe your life.

## Don't let

- Don't let yourself get dragged down into other people's complaints.

## Breathe

- Breathe—consciously, purposefully, and mindfully.

## Make

- Make someone else smile

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# Nutrition to Reduce Stress

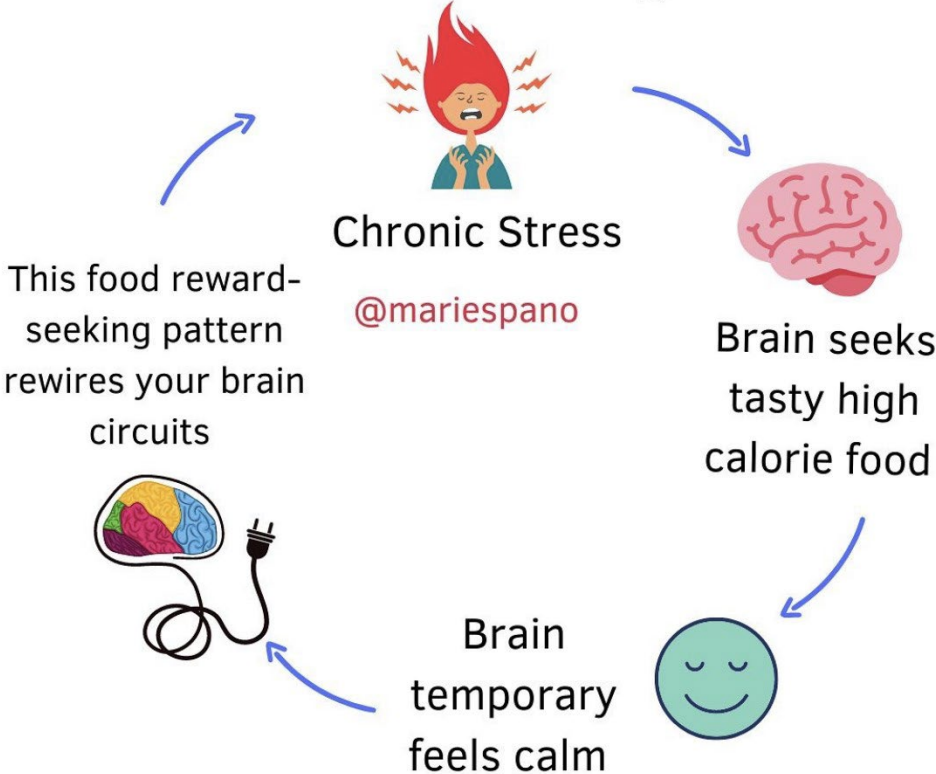
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# True or False



Cortisol is a stress hormone. It may increase our desire for “comfort foods” during times of stress.

# Here's How Stress Can Lead to Food Cravings



# Tips to Reduce Stress



**Get enough nutrition  
– think color and  
variety.**



**Change your  
response to stress  
eating.**



**Get moving.**



**Improve your sleep.**



**Breathe deeper.**



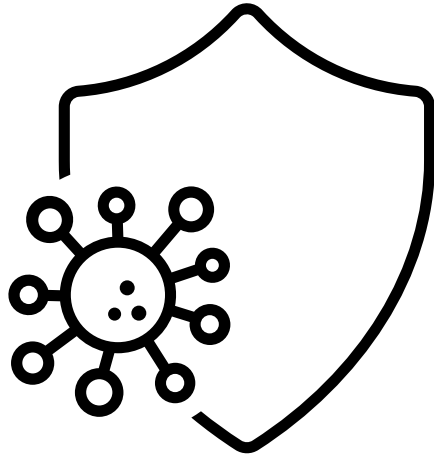
**Try a little  
mindfulness.**

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# The Immune System

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# What makes up the biggest percentage of the immune system?



- A. Gut
- B. Spleen
- C. Lymph nodes
- D. Bone marrow



# Habits that support a healthy immune system

Avoid  
infection

Minimize  
stress

Vaccines

Hydrate

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# Diabetes: The Basics

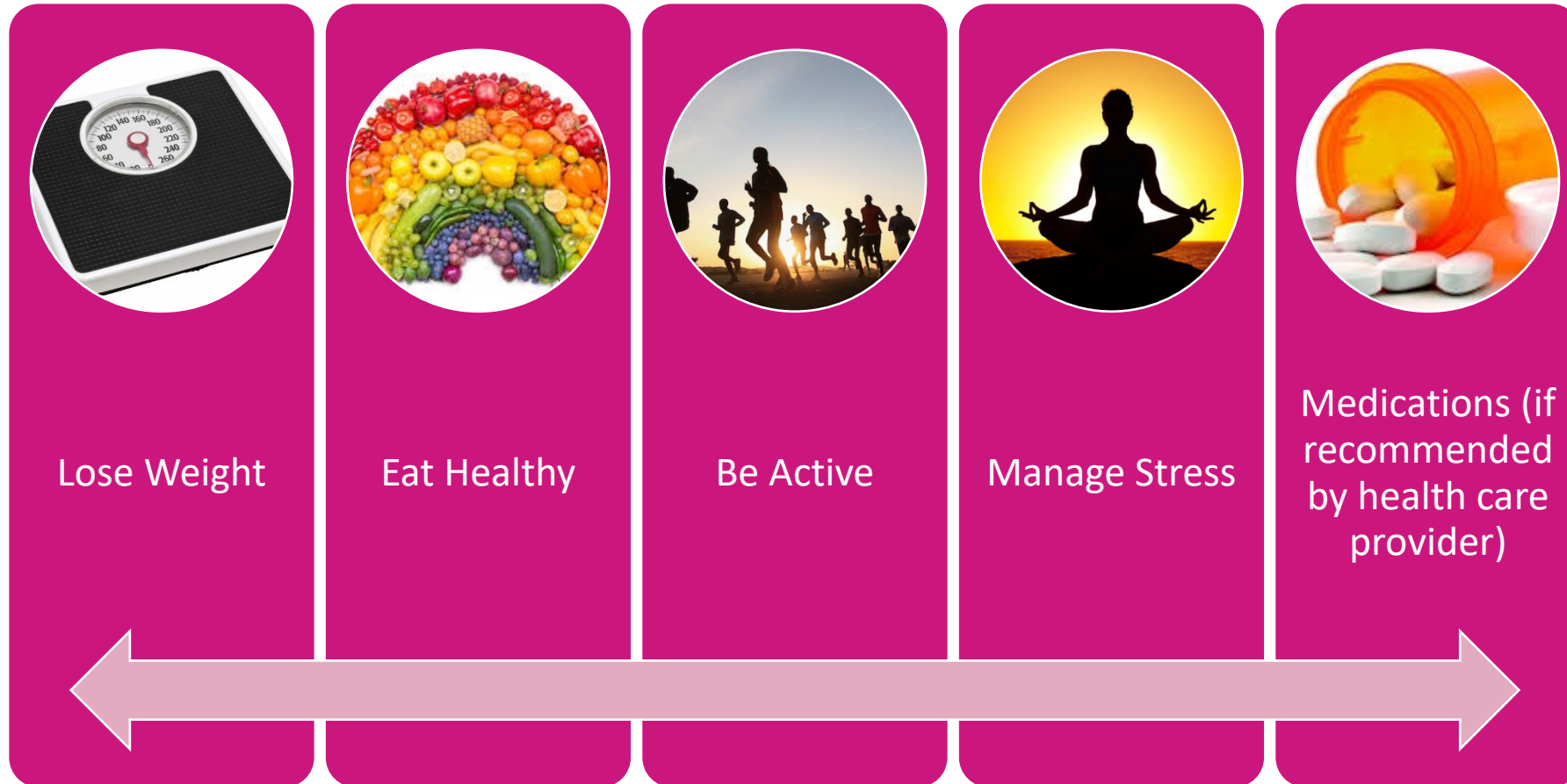
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# Is Type 2 Diabetes Preventable?

Yes or No



# Preventing diabetes: the keys to success:



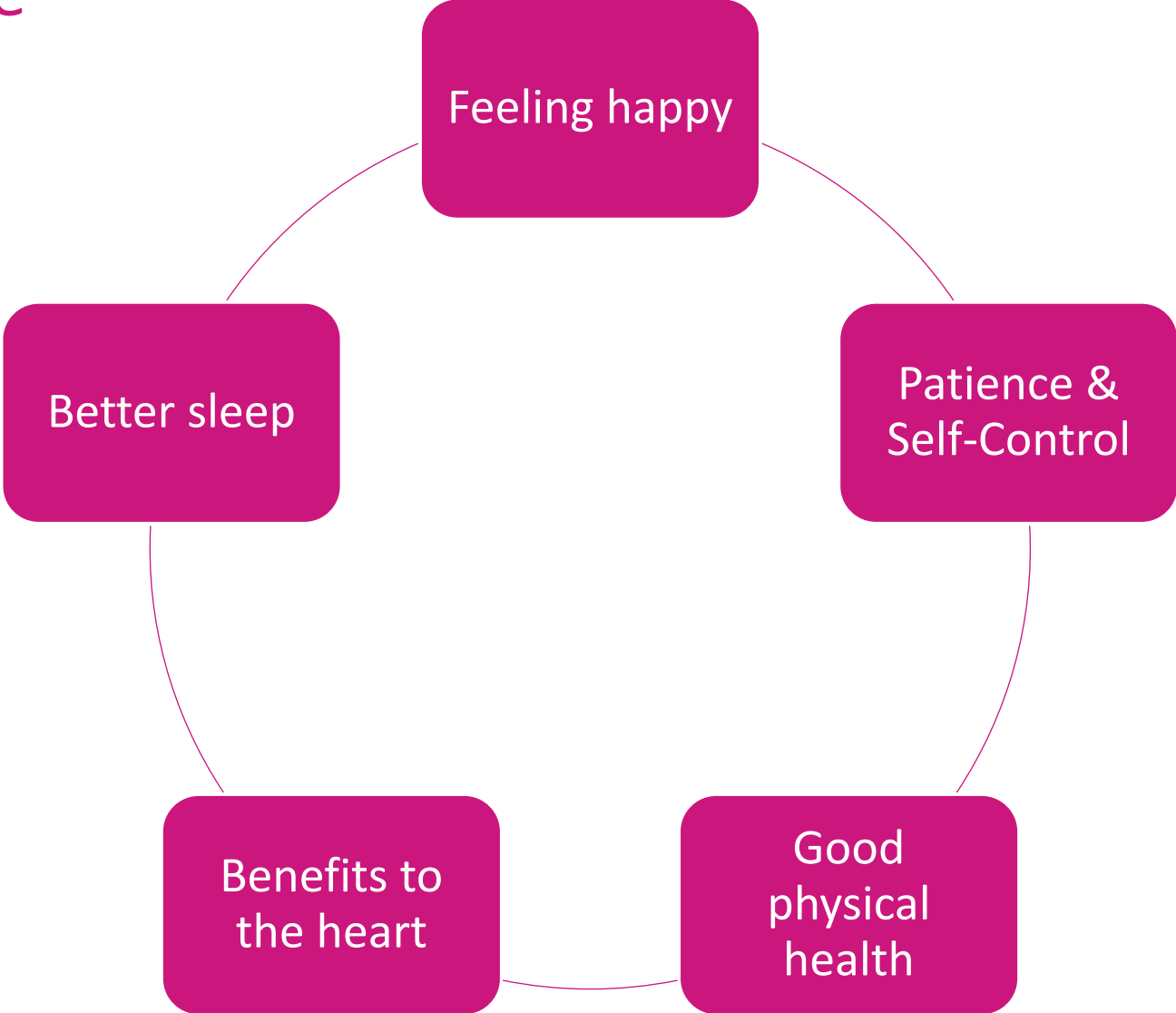
**NUTRITION & EXERCISE ARE POWERFUL PREVENTION TOOLS**

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# Moving into 2023: Gratitude

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# Benefits of Gratitude



# Gratitude Exercises to Try

- Happiness jars
- Three Good Things
- Gratitude Stroll
- Four Questions



# Simple Ways to Practice Gratitude

- Notice when you say, “Thank you”.
- Share your gratitude.
- Think about your senses.
- Visual reminders.





# Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
  - Weight management
  - Nutrition
  - Smoking Cessation
  - Exercise
  - Stress Management



# Telephonic Support/Lifestyle Management Health Coaching



## Personalized support

Work one on one with a health coach:

**Learn** what to expect when trying to make a healthy change.

**Understand** what motivates you.

**Decide** exactly what you want to focus on.

**Set** specific health goals.

**Track** your progress – Your coach will help you stay with it!



## Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

# Healthy Discounts

With Decision Power<sup>®</sup> Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



## Weight management

- Weight Watchers
- Jenny Craig



## Chiropractic/ acupuncture services and more

ChooseHealthy



## Eye care EyeMed



## Hearing aids and screenings

- Connect Hearing
- Beltone



## Fitness club discounts

ChooseHealthy

# Online Health Challenges



Ongoing monthly challenges

- Stress
- Steps
- Sleep

Non-HN members register or log on: [sharecare.com](https://sharecare.com)

HN members register or log on : [healthnet.sharecare.com](https://healthnet.sharecare.com)



Health Net  
January Health Challenge

Healthier You



## Green Day: Healthier You Challenge FAQ's

EVERYTHING YOU NEED TO KNOW TO GROW YOUNGER THIS SEASON.

### What's this challenge all about?

It's the perfect time to kickstart your new year with healthier habits. Aim to track 60 green days to help your RealAge grow younger.

You can sign up for the Green Day: Healthier You

### How do I sign up?

1. Log in to your Sharecare account or register at [healthnet.sharecare.com](https://healthnet.sharecare.com).
2. Find the Challenges under the Achieve icon.
3. Look for Green Day: Healthier You Challenge and click Join.
4. Start living in the green – track 60 green days by 3/31/2022.

### What are green days and how do I earn them?

Green days are a type of health currency at Sharecare that are based on 13 total health factors such as sleep, nutrition, exercise and stress. Each factor is rated on a five-point scale from red to green and your goal is to "be in the green" for the majority of your trackers. When you are in the green for at least 8 out of the 13 total health factors, you'll earn a green day. Earning green days helps you track healthy habits and can lower your RealAge over time.



## Green Day: Healthier You Challenge

GROW YOUNGER THIS SEASON.

It's the perfect time to kickstart your new year with healthier habits. Aim to track 60 green days this winter to help your RealAge grow younger!

### The goal

Update your trackers daily. When 8 trackers are in the green, you score a green day! Earn 60 green days between January 01, 2022 and March 31, 2022 to meet the challenge goal.

### How do I sign up?

1. Log in to your Sharecare account or register at [healthnet.sharecare.com](https://healthnet.sharecare.com).
2. Find the Challenges under the Achieve icon.
3. Look for Green Day: Healthier You Challenge and click Join.
4. Start living in the green – track 60 green days by 3/31/2022.

### How do I track my activity?

1. **Automatic Tracking:** Sync with your Samsung or iPhone's Health apps or Android's Google Fit app to allow for seamless, automatic input. You can currently track and sync glucose, sleep, steps, and blood pressure.
2. **Manual Tracking:** Each day, log in to the Sharecare app to manually update your trackers.

**Have Questions?** Call the wellness program 855-430-5272 to learn more or visit [healthnet.sharecare.com](https://healthnet.sharecare.com).

**This challenge is open to All eligible members.** If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact the wellness program at 855-430-5272.



[healthnet](https://healthnet.com) | [sharecare](https://sharecare.com)

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# Upcoming Wellness Webinar



Start the Year off Right –  
Wellness Tools

Wednesday Jan. 18, 2023

12:00pm-12:45pm Pacific time

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THANK YOU FOR YOUR TIME TODAY!

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