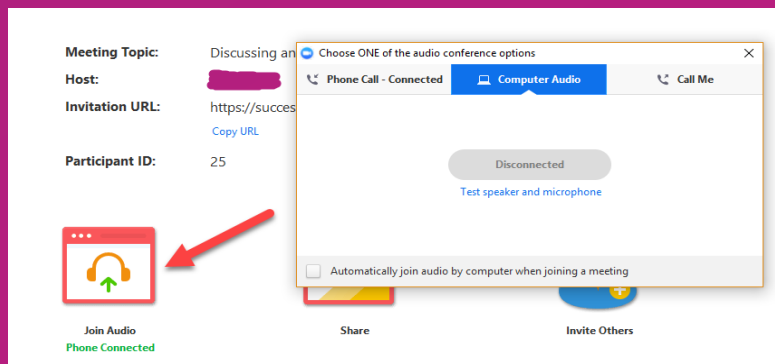




Welcome to Health Net's Monthly Wellness Webinar

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

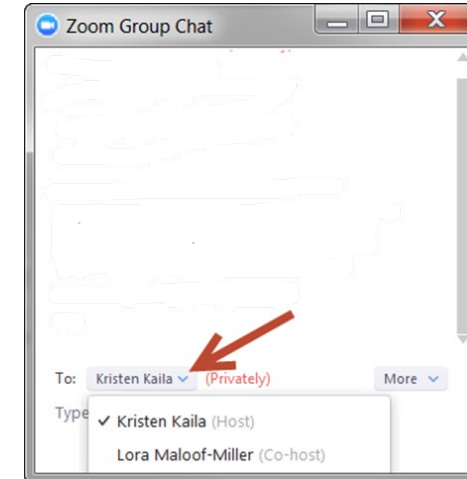
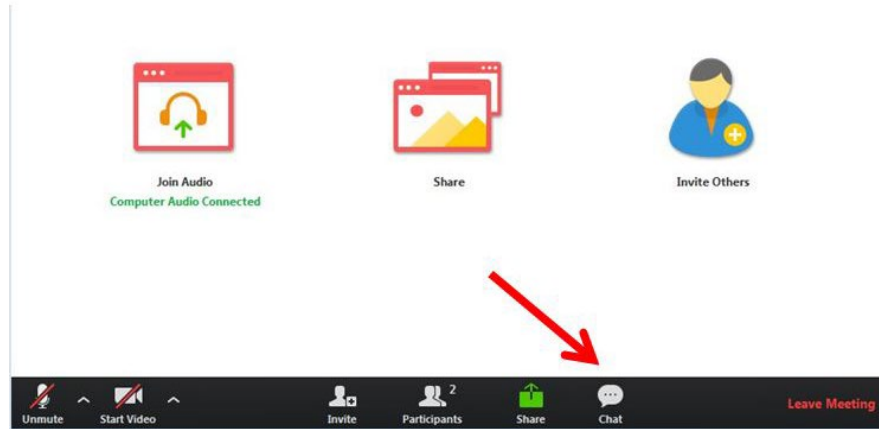
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



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

Conference Code: 948 7621 2214

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.



health net™

Take Charge of Your Health

Lora Maloof-Miller, MPH and Kristen Kaila, MPH

Las dispositivos están disponibles en español si las solicita.

Overview

- Creating Healthy Routines
- Preventive Care
- Heart health
- Self-care
- Well-being programs



Habits for a Healthy Lifestyle

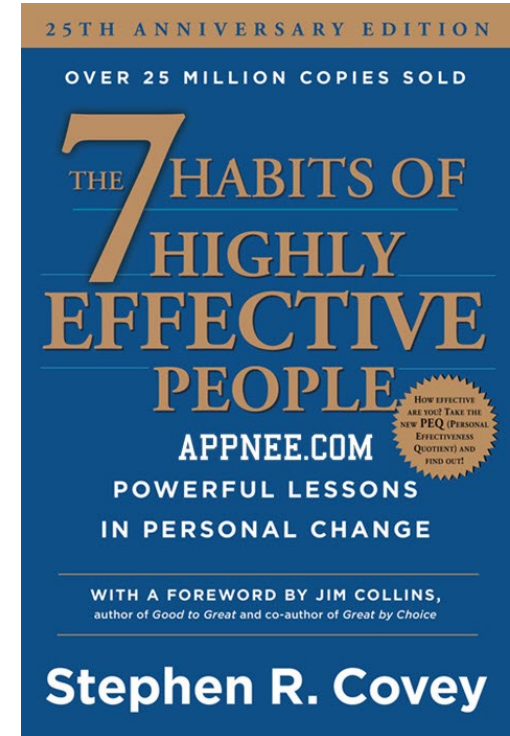
- Healthy Eating
- Keep Moving
- Stay hydrated
- Replace diet soda
- Play it Safe in the Sun
- Be Smoke-free
- Manage Stress
- Sleep



- Weigh yourself
- Start with Breakfast
- Go for the Greens
- Choose healthy foods

7 Habits of a Healthy Person

- ✓ Hydrate
- ✓ Move
- ✓ Sleep
- ✓ Eat Lean Protein
- ✓ Eat natural foods
- ✓ Find an outlet
- ✓ A sense of purpose



Healthy Routine: How To Do It

- ✓ Create a routine that is right for you.
- ✓ Start small.
- ✓ Add to your existing habits.
- ✓ Make swaps.
- ✓ Have a plan.
- ✓ Make time for things you enjoy.
- ✓ No guilt.



PLANNING YOUR ROUTINE

WHAT ARE SOME THINGS YOU WANT TO BE PART OF YOUR ROUTINE?
Examples: exercise, reading, quality time with my kids

1. _____
2. _____
3. _____

WHAT GETS IN THE WAY OF YOU ACCOMPLISHING YOUR GOALS OR TASKS ABOVE?
Examples: working overtime, needing new glasses, too tired

1. _____
2. _____
3. _____

WHAT ARE THINGS YOU CAN DO TO ADDRESS THE BARRIERS YOU WROTE DOWN IN THE BOX TO THE LEFT?
Examples: start with a 30 min walk, go to bed earlier

1. _____
2. _____
3. _____

Use this calendar to lay out things you can change and incorporate into your schedule. The calendar can include specific things you want to incorporate into your routine (like a specific exercise), or changes you need to make to reduce barriers (like going to bed early). Use the support column to think of people or things you can use to help you accomplish your goals.

ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	SUPPORT

HOW CAN YOU REWARD YOURSELF FOR SUCCESSFULLY MAKING NEW THINGS PART OF YOUR ROUTINE? Example: if I walk for 30 min, 3 times per week for 2 weeks, I can treat myself to a dinner out.

1. _____
2. _____
3. _____

Preventive care



Types of screenings:

- Flu, pneumonia, covid-19 vaccination
- Depression and anxiety screening
- Breast cancer screening
- Prostate cancer screening
- Colorectal cancer screening
- Cervical cancer screening
- Bone Density Test
- Hearing/Vision/Dental Check ups

Preventive Health Guidelines

Health Net of California, Inc. and
Health Net Life Insurance Company (Health Net)



Learn About Health Net's Preventive Screening Guidelines

USE THESE GUIDELINES TO HELP KEEP YOU AND YOUR FAMILY HEALTHY



HealthNet.com



Recommended health screenings (tests) Schedule for adults^{1,2,4}

Service	Age (in years)		
	19-39	40-64	65 and over
Routine health exam	Every year		
Hearing screening to check for hearing loss	Per your doctor's advice		
Vision screening to check for eye problems	Every 5-10 years	Every 2-4 years for ages 40-54; every 1-3 years for ages 55-64	Every 1-2 years
Aspirin therapy to prevent heart disease	Discuss with your doctor in routine health exam		
Blood pressure to check for high blood pressure	Every 1-2 years		
Body mass index (BMI) to check for obesity	Check during routine health exams		
Cholesterol screening to check for blood fats	Per your doctor's advice	If at increased risk, check every 5 years starting at age 25 for men and age 45 for women	
Colorectal cancer screening to check for colorectal cancer	For ages 40-45, Per your doctor's advice. Beginning at age 45, talk to your doctor about how often and what test to be done.		
Glucose screening to check for blood sugar	Check if high risk	Every 3 years or per your doctor's advice	
Human immunodeficiency virus (HIV)	One-time screening, repeat screening if at high risk	Per your doctor's advice	
Dental	Every 6 months		
Hepatitis C and hepatitis B	Screen if high risk or per your doctor's advice		
Request for HIV Pre-exposure prophylaxis (PrEP) medication	Discuss with your doctor if high-risk		



Recommended health screenings (tests) Schedule for men^{1,2}

Service	Age (in years)		
	19-39	40-64	65 and older
Breast exam by doctor	Every year		
Self breast exam/breast self-awareness to check for breast changes	Monthly		
Screening to check for Chlamydia and/or Gonorrhea, sexually transmitted illnesses (STIs)	Every year through age 24 for sexually active non-pregnant people; every year beginning at age 24 if high risk		
Bone density test to check for bone loss		Screening based on risk	Every 2 years

Recommended health screenings (tests) Schedule for men^{1,2}

Service	Age (in years)		
	19-39	40-64	65 and older
Prostate-specific antigen (PSA/DRE) to check for prostate cancer	Per your doctor's advice		
Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area)			Once, for those ages 65-75 who have ever smoked or have risks
Testicular self-exam	As your doctor suggests		
Screening to check for sexually transmitted illnesses (STIs), such as Chlamydia and/or Gonorrhea	Discuss with your doctor if high-risk		

A Word About Medications

Here are some tips to help you take your medication properly:



Always take your medication on time. It's important to take your medication at the same time every day to ensure that it's effective.



Follow the instructions on the label. Be sure to read the label carefully and follow the instructions. If you have any questions or concerns, ask your doctor or pharmacist.



Don't skip doses. If you forget to take your medication, take it as soon as you remember. If it's close to the time for your next dose, wait and take the next dose at your regular time.



Keep track of your medication. It's helpful to keep a record of when you take your medication to make sure you don't miss any doses. Be sure to refill medication before you run out.

Medications for Chronic Conditions

Diabetes Medication

Blood Pressure Medication

Diabetes and Heart Disease

Asthma/COPD Medications

Antidepressants



Oral Health and Your Heart

Good dental hygiene is important for heart health

Brush and floss regularly

Gum disease can nearly double the risk for heart disease



Caring for Your Eyes

Eye exams can help detect serious health issues

Eye exams help your children succeed in school

Peace of mind is priceless



Love Your Heart and it will Love You Back

Take care of your heart and blood pressure
Know Your Blood Pressure Numbers

Current blood pressure guidelines¹

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120–129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120



¹Guidelines as recommended by the American Heart Association.

AHA guidelines: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

Get Accurate Blood Pressure Readings at Home

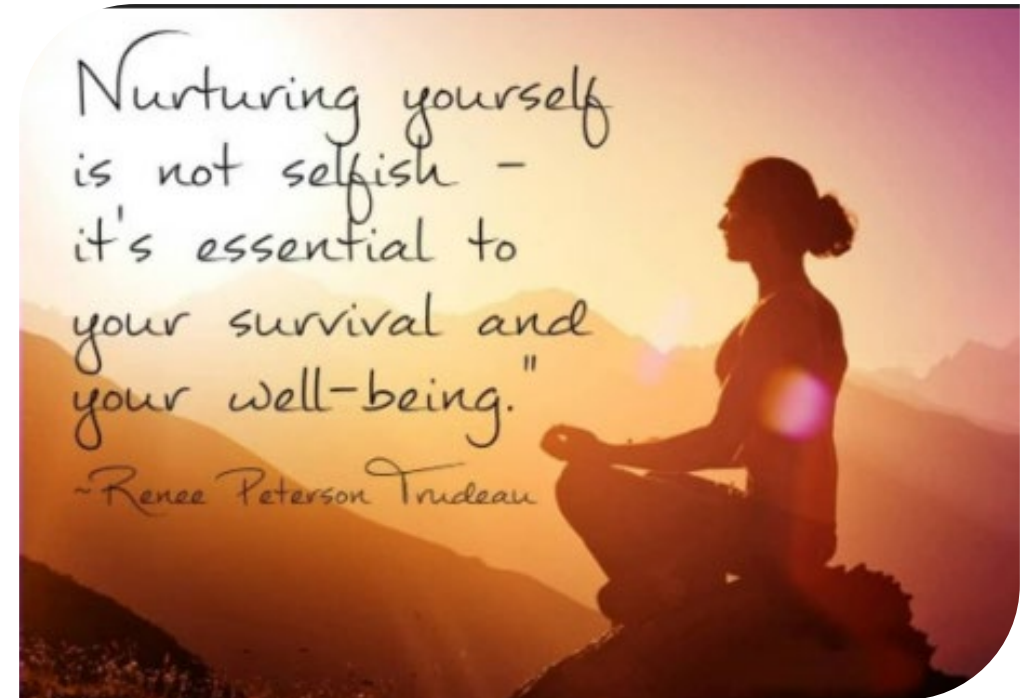


- ❖ Avoid smoking, alcohol, caffeine and exercise 30 min. before taking it.
- ❖ Empty your bladder.
- ❖ Sit calmly without talking.
- ❖ Feet flat on floor, legs uncrossed.
- ❖ Take measurement on a bare arm.
- ❖ Rest between measurements.

Self-Care

Self-Care Starts with You

- Put yourself first
- Physical self-care
- Emotional self-care
- Social self-care



Self-Care Ideas

- Wind-down time before sleep
- Movement
- Choose healthy foods
- Say “no”
- Plan a getaway
- Get outside
- Enjoy pets



2023 Wellness Webinars

Useful tips

Heart Healthy Foods

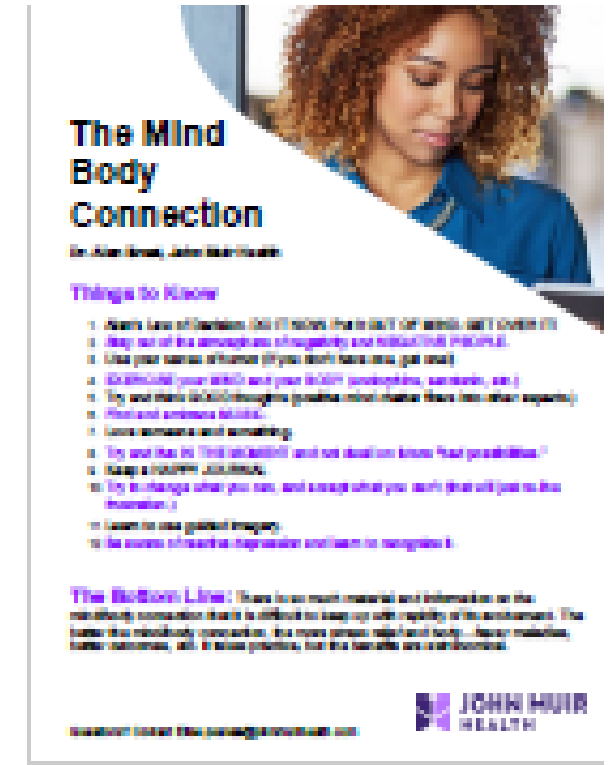
When you eat a heart-healthy diet, you can prevent or reverse heart disease.

A balance of:

- Limit saturated fat
- Watch out for sodium (salt) – it seems to be in everything
- Get more fiber in your diet
- Dairy
- Vary your protein

Mind-Body Connection

- ❑ Our thoughts have a big impact on our body.
- ❑ Limit negative media such as the news.
- ❑ When upsets happen, deal with it and move on.
- ❑ Surround yourself with people who are positive.
- ❑ Maintain good physical health.
- ❑ There is a lot of good in the world, just look for it.



The Mind Body Connection
By John Huir, John Huir Health

Things to Know

- 1. **Beats** love of life. Do it every day. (It's not just about the body.)
- 2. **Stay** out of the news. (It's not just about the body.)
- 3. **Use** your sense of humor. (If you don't have one, get one.)
- 4. **Be** kind to your body and your mind. (Exercise, eat well.)
- 5. **Try** and think about things you love. (It's not just about the body.)
- 6. **Find** and exercise skills.
- 7. **Love** someone and something.
- 8. **Try** and be in the moment. (It's not just about the body.)
- 9. **Stay** a happy person.
- 10. **Try** to change what you eat, and accept what you can't (it will just be the transition.)
- 11. **Learn** to use guided imagery.
- 12. **Be** aware of your thoughts and how to recognize it.

The Bottom Line: There is so much material and information in the world today, it's hard to keep up. It's not just about the body. The body is the mind-body connection. The more you take care of your mind, the better you'll be. It's not just about the body. It's about the mind-body connection.

www.johnhuirhealth.com **JOHN HUIR HEALTH**

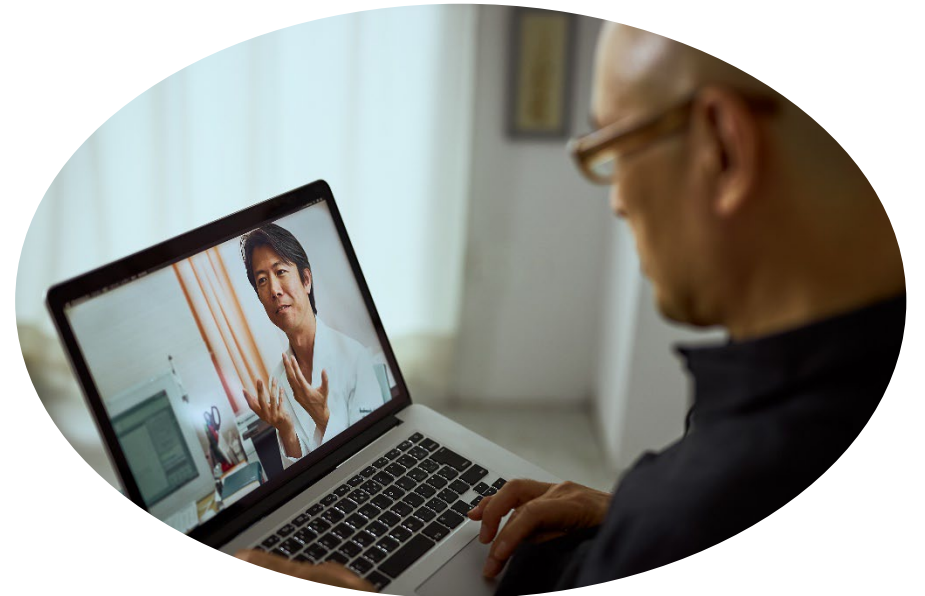
Make time for what counts

- ❖ Time for myself
- ❖ Have time for fun, family and friends
- ❖ Work on one thing at a time
- ❖ No longer feel rushed or chaotic
- ❖ Have more energy



Employee Assistance Programs- EAP

- Counselors can help with relationships, emotional distress, parenting, conflict resolution, grief and more.
- Work-life areas:
 - financial issues
 - legal issues
 - childcare
 - adult family care...and more



10 Tips to Eating Healthy on a Budget

1. Buy Fruits and Veggies in Season
2. Search for Sales!
3. Create a Budget
4. Prepare for the Week
5. Repurpose Leftovers
6. Include Vegetarian
7. Compare Prices
8. Get Creative
9. Purchase Only What You Need!
10. Affordable swaps

Nurtured by Nature



There are benefits of both green spaces and blue spaces (aquatic environments).

Well-being Programs

Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit[®] by Sharecare

Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now[®] by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Health & Wellness Resources

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

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management
• Weight Watchers



**Chiropractic/
acupuncture
services and
more**
• Choose Healthy



Eye care
• EyeMed



**Hearing aids
and screenings**
• Nations Hearing
• Hearing Care Solutions



**Fitness club
discounts**
• American Specialty Health
• Active&Fit

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



November Health Challenge

Give Thanks

health net | sharecare

Practice an Attitude of Gratitude

A daily gratitude practice can help you become a happier, healthier person. Join the **Give Thanks Gratitude Challenge** in November to get the motivation you need to begin this rewarding practice!

When you meet the challenge goal, you will earn N/A.

How The Challenge Works

- Register or sign into your account at healthnet.sharecare.com.
- Select **Achieve, Challenges**, and **Give Thanks Gratitude Challenge** to join.
- Reflect on one thing, big or small, that you are grateful for.

Join the challenge today at healthnet.sharecare.com.

Upcoming Wellness Webinar

Healthy Gut, Healthy You

November 15, 2023

12pm-12:45pm pacific time

- Connection between gut microbiome and your health
- Signs of a gut imbalance
- Improve good gut bacteria with your diet



THANK YOU FOR YOUR TIME TODAY!
