



HEALTH NET A Better Decision ONLINE CAPABILITIES



WWW.HEALTHNET.COM/STATEOFCT

MAKING HEALTH CARE A BREEZE FOR YOU AND YOUR FAMILY

Health Net's dedicated website for State of Connecticut Employees and Retirees empowers you to make better more educated choices about your health care by providing you with online access to valuable tools and information resources.

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Our web site is the quickest and easiest way for members to:

Review Benefits ("My Health Net")

- View medical benefits
- Check claims and patient responsibility

Find Care ("Provider Search")

- Locate participating providers.
- Create a customized provider directory

Take Action ("Get Things Done")

- Change your primary care provider, order new ID cards, and update contact information
- Access an on-line forms library
- Email Health Net's Dedicated Member Services for State of Connecticut employees and retirees.

DECISION POWER POWERED BY WEBMD®

Health Net's new **Decision Power**, powered by WebMD® provides easy access to the information you need to make better, more educated choices about your health. From critical information about preventing or managing a serious disease, to a personalized health improvement plan. You'll find a variety of powerful and easy-to-use tools from trusted sources of health and medical information.

Assess My Health

The Health Risk Questionnaire (HRQ) helps you understand potential health risks, and take positive steps to control them. This program gives you the tools to help stay one step ahead of potentially serious or chronic health problems. All you have to do is answer a few simple questions about your health, lifestyle, and family history. Within minutes, you'll receive an easy to understand report that highlights your health risks along with a detailed and personalized plan to help reduce them.

My Records

Our health tracking tools make it possible for you to create a Personal Health Record (PHR) to keep all your health information in one secure, easy-to-access location. The tools help you track health claims and child development in a permanent record that you can take anywhere health information is needed. Once you complete the HRQ, the information you enter becomes part of your PHR.

Medication Center

The Medication Center provides you with the latest information about prescription medications, over-the-counter medications and supplements.



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Improve My Health

Weight management, smoking cessation, nutrition, fitness and pregnancy programs provide customized health improvement support. From managing your weight, quitting smoking, or even pregnancy planning — you will find a variety of different programs designed to inspire and reinforce positive behavior change. You will also get personalized, private support and healthy methods with a proven track record of success.

Condition Centers

Disease and Condition Centers give current, reliable information about specific health care problems. From life-threatening conditions like heart disease, diabetes and cancer — to chronic problems like allergies and back pain, the Disease and Condition Centers give you reliable, updated news about diagnosis, treatment options and prevention techniques.

News and Information

News and Features incorporates your areas of interest and keeps them up-to-date on medical developments and health topics. Online medical encyclopedias give you 24-hour access to reliable, up-to-date information on health issues. You can also access suggested treatment actions. Search gives you instant access to a wealth of reliable health and medical information, categorized by specific topics of interest. You can even choose to receive targeted newsletters featuring health information, links to health tools, and up-to-the-minute medical information based on your personal profile.

Treatment Cost Estimator

This tool gives you location-specific costs for common health care services such as diagnostic tests, drug categories, inpatient procedures, office visits, outpatient procedures and treatments. It also provides a list of health care services typically needed for common medical conditions, along with the location-specific costs for those services.



Health Net®
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NCQA has awarded an accreditation status of Excellent for service and clinical quality to all three of Health Net of the Northeast's commercial lines of HMO and POS products (NY, NJ and CT).

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Treatment Cost AdvisorSM