

health net News Now

JANUARY, 2026

HEALTH NET NEWS

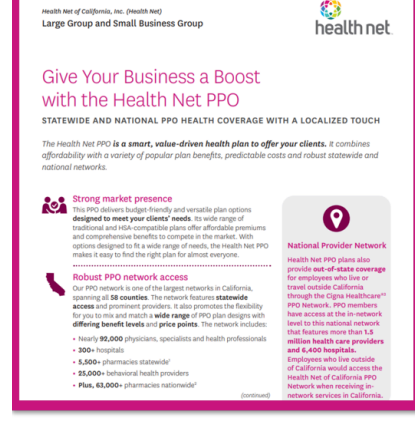
Health Net's PPO Plans: A Strong Option for Small and Large Group Clients

Health Net's PPO plans remain a reliable choice for clients seeking flexibility, broad provider access, and competitive benefits.

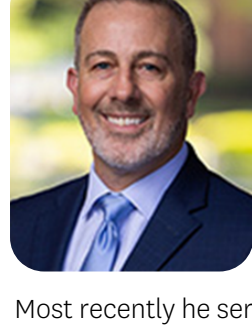
With statewide and national coverage, a variety of plan designs, and popular member programs, they're built to meet diverse needs.

To help you showcase the value of PPO plans, we've created the PPO Strength Flyer. It's a quick-reference tool that makes it easy to highlight what sets Health Net's PPO apart.

Download [Health Net's PPO Strength Flyer](#) (PDF).



MORE HEALTH NET NEWS



Introducing Rob Carnaroli – New VP of Large and Major Account Sales

We are thrilled to welcome Rob Carnaroli as the newest addition to the Health Net family as he steps into the role of Vice President of Large and Major Account Sales.

Rob returns to Health Net as an accomplished healthcare industry leader with more than 30 years of commercial sales experience across California.

Most recently he served as Vice President of Sales at Sutter Health Plan where he helped transform the startup provider-sponsored plan into a rapidly growing HMO payor. Rob spent two decades at Health Net where his journey started as an individual contributor. His career then blossomed into several leadership roles. He shared with us that some of his most meaningful work began at Health Net, and he's eager to come back, pick up where he left off and take our Large and Major Accounts strategy to the next level.

Rob's experience is far-reaching – serving public and private sector employers that include municipalities, counties, school districts and more.

He's known for his skills in building strong broker and consultant relationships – and he thrives in creating cross-functional partnerships that drive real results.

Rob's proven track record features his keen ability to develop talent, strengthen collaboration and consistently exceed revenue and retention goals. He will be a great asset as we continue to strengthen our Large Group position and expedite our overall commercial strategy.

Please join us as we welcome Rob back to Health Net. We're excited for his expertise, energy and leadership – and even more excited for what we'll accomplish together!

For inquiries or collaboration opportunities, please feel free to contact Rob at robert.carnaroli@healthnet.com.

Together, let's unlock new possibilities!

Sign Up for Health Net's Market Insights February Webinar

Industry Insights to Enhance Your Business

We're pleased to invite you to the February session of our quarterly Health Net Market Insights Webinar Series.

Hosted By:



Commercial Officer, Alyson Stone

When:

Tuesday, February 17, 2026
11:00 a.m. to 12:00 p.m. PST

[Register Today!](#)

Join Alyson and her special guests for a discussion packed with priceless information straight from the experts. Gain valued strategies in thought leadership and explore the latest healthcare trends. All designed to help you to gain new and dynamic insights and stay informed about current industry developments. In this webinar you'll learn about the latest:

Regulatory and Legislative Updates

Speaker



Jason Gabhart,
Government Affairs Advocate

Marketplace updates

Speaker



Ernie Bernal D
Vice President IFP Sales

Provider Contracting Updates

Speaker



Sean Lemon
Commercial Operations Officer

TALKING TREND

8 Breakthrough Technology Trends That Will Transform Healthcare in 2026

According to [Forbes](#), technology will continue reshaping healthcare in 2026, giving clinicians powerful new tools while expanding care beyond traditional settings. At the same time, leaders must balance innovation with privacy, security, and the essential human connection patients rely on.



1. Generative AI in Drug Discovery

After major 2025 breakthroughs, generative AI will accelerate drug development by rapidly analyzing compounds, simulating how they interact with the human body, and helping researchers bring new, more affordable therapies to patients.

2. AI Agents in Healthcare

Advanced AI agents will move beyond chatbots to perform multi-step tasks across the patient journey—from symptom triage and scheduling to test analysis and follow-up care. Labs will use them to automate research workflows, while patients will use them to track treatments and spot early warning signs.

3. From Telehealth to Virtual Hospitals

Telemedicine is evolving into full virtual hospitals that extend specialist care anywhere. Examples like Saudi Arabia's SEHA Virtual Hospital and the UK's planned Online Hospital show how virtual hubs can help address aging populations and provider shortages.

4. AI-Powered Medical Diagnosis

More AI diagnostic tools are being cleared for clinical use, from breast cancer screening to stroke detection. Expect wider adoption in 2026, allowing clinicians to spend less time reviewing scans and more time with patients.

5. CRISPR + AI

AI-guided gene editing is speeding up safe and precise experimentation. In 2026, this partnership could advance new treatments for cancer and genetic conditions such as cystic fibrosis and muscular dystrophy—pushing personalized medicine closer to reality.

6. Quantum Computing Breakthroughs

Quantum computing is progressing toward real-world applications, particularly in modeling protein folding, drug interactions, and genetic processes. Early healthcare impacts may begin to appear as the technology matures.

7. Robots in Care Settings

Robots will play a larger role—from surgical assistance to transporting supplies and supporting elder care. As adoption grows, 2026 will offer a clearer picture of their true impact on efficiency and patient outcomes.

8. The Synthetic Health Data Revolution

Generative AI can create realistic, privacy-safe synthetic patient data. This accelerates drug research, model training, and clinical simulations. As usage expands, experts will watch for risks like "AI rot," which can occur when models rely too heavily on synthetic data.

Looking Ahead

As innovation accelerates, the challenge will be ensuring these technologies improve care responsibly—protecting privacy, upholding ethics, and keeping the human touch at the center of healthcare.

Read how [Centene/Health Net](#) has always emphasized innovation and a technology strategy that prioritizes our members' healthcare needs. By putting people at the center of all we do, we are able to use our information technology systems to provide insight into the behaviors of our members and providers and the challenges they face.

IN THE COMMUNITY

Recent SNAP Disruptions Highlight Urgent Need for Sustained Action Against Food Insecurity



Sacramento, Calif. (Nov. 26, 2025) – Health Net, one of California's most experienced Medi-Cal health plans and a Centene company, today announced more than \$1.4 million in 2025 investments to address rising food insecurity across the state. These efforts come as CalFresh and other federal nutrition program disruptions place added strain on millions of Californians struggling to access nutritious meals.

Health Net's investments strengthen food resources statewide—providing immediate relief while supporting long-term solutions to hunger. This work reflects the company's commitment to improving community health by addressing key drivers, including access to healthy food.

In partnership with the Centene Foundation and through direct initiatives, Health Net made the following key 2025 investments:

- \$1.1 million grant from the Centene Foundation and Health Net to the California Association of Food Banks
- Additional grants supporting organizations in Los Angeles and San Bernardino counties, including Hope the Mission, St. Barnabas Senior Center, and Westside Infant-Family Network
- \$105,000 in local support for food banks and community groups in Los Angeles, Sacramento, Tulare and Mono counties, specifically aimed at helping families affected by lost SNAP benefits

Employee Volunteer Commitment

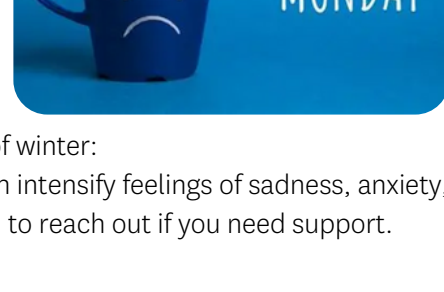
In 2025, Health Net employees contributed more than 500 volunteer hours to organizations addressing hunger, reflecting the company's hands-on commitment to supporting local communities.

Health Net also continues to support the California Food is Medicine Coalition (CalFIMC), which provides medically tailored meals and nutrition counseling to Californians facing food insecurity and chronic health conditions. To learn more about Health Net's local commitments, visit www.bridgingthedivideca.com.

WELLNESS

Get Ready for Blue Monday - January 19, 2026

Each year, the third Monday in January earns the nickname Blue Monday — a day often associated with low moods, dwindling motivation, and the post-holiday slump. While the concept began as a media gimmick, it has become a helpful reminder to prioritize emotional wellbeing, especially during the darker winter months.



Why Blue Monday Matters

There's no science behind the "saddest day of the year," but many people feel the weight of winter: shorter days, financial stress, and the pressure of new-year expectations. These factors can intensify feelings of sadness, anxiety, or burnout. Blue Monday now serves as a prompt to check in on your mental health — and to reach out if you need support.

Take Care of Your Mental Wellbeing

- If you're feeling low on Blue Monday (or any day), small actions can help:
- Connect with someone: Talking to a friend, family member, or mental health professional can provide relief.
- Move your body: Even a short walk can boost energy and mood.
- Limit negative input: Take breaks from news or social media if they increase stress.
- Create structure: Set one achievable goal to restore a sense of control.
- Practice self-kindness: Give yourself permission to rest and reset.

Support Through Health Net

Health Net offers mental wellness resources designed to help members care for their emotional health year-round. Through programs like [Sharecare's](#) mental wellbeing tool, [Teladoc Health's](#) self-guided stress-management content, and access to behavioral health providers, members can find support whenever they need it — not just on Blue Monday.

A Positive Reminder

Blue Monday isn't about labeling a single "bad day." It's about raising awareness, reducing stigma, and encouraging conversations about mental health. Use January 19 as an opportunity to check in with yourself — and with others — and remember that help is always within reach.

JUST FOR FUN

National Puzzle Day was founded 34 years ago by Jodi Jhill, who created this special day on January 29 to share her love of puzzles. Since then, she has led the celebrations each year, inspiring people all over the world to take part.

Puzzledayfun.com offers a variety of puzzles for all ages.

Show here is a simple Winter's Day crossword puzzle for you to enjoy.

[This link](#) will take you to the puzzle where all you have to do is download, print and have fun!

January 29 is National Puzzle Day!



Down

1. Horse-drawn vehicle
2. Silent
3. Gifts
4. "May your days be _____"
5. _____ days of Hanukkah
6. Polar _____

Across

3. _____, Balsam, and Noble are all types of this
5. What all of these words are (other than seasonal)
7. "And a partridge in a _____ tree..."
9. Festive color
11. Germanic winter festival
12. Rudolph was a type of one