

HEALTH NET NEWS

Sign up for Health Net’s Market Insights September Webinar

Industry Insights to Enhance Your Business

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

- Hosted By:



Commercial Officer, Alyson Stone

Join Alyson and her special guests for a discussion packed with priceless information straight from the experts. Glean 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

- High-Level Peak Season Updates
  - Speakers:



Ernie Bernal  
Vice President IFP Sales



Stan Kim  
Vice President SBG Sales



Dan Minahan  
Director LG Sales



Garrick Brazier  
Director LG Sales

When:

Tuesday, September 23, 2025  
11:00 a.m. to 12:00 p.m. PST

Sign Up Today!

INDUSTRY NEWS

Americans Say Prior Authorizations Are a Major Problem, Insurers Vow to Reduce Burden



[BenefitsPro](#) (7/30) reports that a voluntary initiative to reduce prior authorization burdens was introduced by health insurance companies, Secretary of Health and Human Services Robert F. Kennedy Jr., and Dr. Mehmet Oz of the Centers for Medicare & Medicaid Services. [Centene](#), the largest Medicaid insurer, is among the participants. The initiative promises to reduce prior authorization frequency, speed up reviews, and use clear communication. Despite participation from major insurers like UnitedHealthcare, Humana, and CVS Health Aetna, awareness of the initiative remains low, and skepticism persists about its impact.

Insurers argue that prior authorizations help prevent unnecessary procedures, while providers and patients believe they can delay treatment. American Medical Association (AMA) President Bobby Mukkamala said, “The AMA intends to carefully monitor the implementation of these pledged reforms, gauge their impact, and do everything in our power to see that good intentions become concrete reality.”

TALKING TREND

Top 10 Behavioral Health Trends

From the publication [Behavioral Health News](#).

- Integrated Care Models

Growing efforts to integrate behavioral health with primary care, including expansion of Certified Community Behavioral Health Clinics (CCBHC) and services tailored for individuals with complex needs, such as those with Intellectual and Developmental Disabilities (IDD).

- Mental Health Parity Enforcement

Stronger enforcement of parity laws to ensure behavioral health services are as accessible and well-funded as physical health care.

- Digital Health & AI Expansion

Increased use of AI, digital tools, and mobile electronic health records (EHRs) to support personalized care, streamline workflows, and improve patient access and outcomes.

- Policy Shifts Under the Trump Administration

Potential regulatory and funding changes may reshape behavioral health priorities, access, and provider practices.

- Preventive Mental Health Approaches

Greater focus on early intervention and community-based programs to prevent mental health conditions before they escalate.

- Support for Vulnerable Populations

Targeted services for high-risk groups, including people experiencing homelessness, individuals with IDD, and communities facing health disparities.

- Youth Mental Health Prioritization

Rising attention to the mental health of children and teens, especially regarding social media’s impact on emotional well-being.

- Behavioral Health Workforce Development

Strategies to combat workforce shortages through training, incentives, and expanded roles to attract and retain professionals.

- Data-Driven Care

Wider use of data and analytics to improve clinical decision-making, service delivery, and outcomes in behavioral health.

- Overdose Prevention & Zero Overdose Initiatives

Continued focus on addressing the opioid crisis through community-based training, overdose risk tools, and broader adoption of the ZO Overdose Safety Plan©.

[Health Net Members](#) can access Behavioral Health assistance with [Teladoc Health](#)

- For managing mental and physical health
- Guided and diverse programs to help manage chronic pain
- Evidence based modules for many behavioral and physical health challenges
  - Depression
  - Anxiety
  - Chronic Conditions
  - Substance use disorders
  - Pregnancy & early parenting



IN THE COMMUNITY

More Older Adults In California Can Access Bedside Dialysis, Behavioral Health And Other Services Thanks To \$295,000 In Grants From Health Net



A press release carried by [PRNewswire](#) (7/30, Net) reports that [Health Net, a Centene Corporation company](#), awarded \$295,000 in grants to several organizations focused on improving the well-being of older adults. The grants, announced recently, will support initiatives such as expanding mental and behavioral health services, improving access to healthy meals, and enhancing coordination of community support services. Rachael Rudd, Health Net’s senior vice president of plan product, stated, “When people feel seen, supported, and empowered, they can live with greater independence and dignity.” Sen. Anna Caballero thanked Health Net for “investing in programs that recognize the full dignity of older adults.”

WELLNESS

September Wellness Webinar – Active at Any Age

Discover the best ways to stay active at any age with our webinar on physical activity for different age groups. We'll describe exercise recommendations tailored to various life stages, highlighting the unique benefits of staying active, from childhood through older adulthood. You'll learn about the recommended activity levels based on age, along with special considerations for pregnancy and postpartum, chronic conditions, and disabilities. Plus, we'll explore useful apps and other resources to support your fitness journey. Whether you're looking to improve your own fitness or support others, this webinar offers valuable insights for everyone.



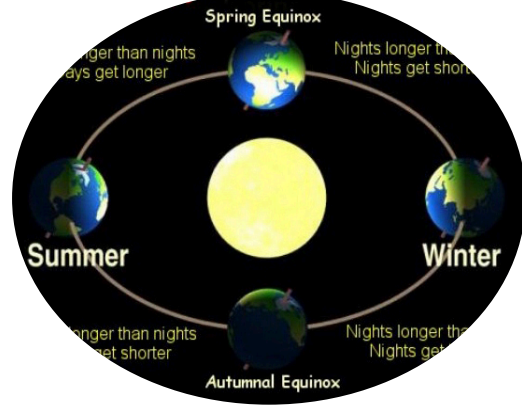
WHEN

Wednesday, September 17, 2025  
12:00 p.m to 12:45 p.m. PST

Register Now!

JUST FOR FUN

When and What is the Autumn Equinox?



In America, the exact moment of the autumnal equinox in 2025 will be September 22, at 8:19:18 P.M.

The Autumn equinox (also called the fall equinox) is the day in the year when day and night are about the same length—roughly 12 hours each. It marks the official start of autumn in many parts of the world.

This happens because the sun is exactly above the equator, so both the northern and southern halves of the Earth get the same amount of sunlight.

In the Northern Hemisphere, after this day, the nights start getting longer and the days shorter, leading up to winter.

Global Autumnal Equinox Traditions

Greek Myth of Persephone

In Greek mythology, autumn marks the descent of Persephone to the underworld. Abducted by Hades, she was tricked into eating six pomegranate seeds, binding her to spend half the year below. Her mother Demeter, goddess of the harvest, mourned her absence by letting the earth grow barren—explaining the changing seasons.

Higan (Japan)

Observed during both equinoxes, Higan is a time to honor ancestors. Families visit graves, clean headstones, and offer food, incense, and flowers. Rooted in Buddhist belief, it symbolizes crossing from this life to the afterlife—similar in spirit to the Day of the Dead.

Michaelmas (Western Europe)

Celebrated near the equinox, this feast of Archangel Michael was tied to the harvest. It marked the end of the agricultural year—when debts were paid, workers were hired, and people feasted on goose and blackberries.

Moon Festival (China & Vietnam)

Falling on the harvest moon, the Mid-Autumn Festival is a celebration of family, abundance, and harmony. People gather to admire the full moon and enjoy traditional mooncakes filled with lotus or bean paste.

Mayan Pyramid of Kukulkan (Mexico)

At Chichen Itza, the autumn equinox creates a striking light-and-shadow effect on the Pyramid of Kukulkan. Sunlight creates the illusion of a serpent slithering down the steps—an awe-inspiring tribute to Mayan astronomy and architecture.

Wishing You a Happy and Fun-Filled Autumn Season Ahead!