

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



Help Your Employees Get and Stay Healthy

A SUMMARY FOR EMPLOYERS AND BROKERS



[HealthNet.com](https://www.healthnet.com)

Decision Power[®] Health & Wellness

Seeking better health is our best defense against chronic medical conditions. That's why we created Decision Power[®] Health & Wellness.

With customized tools and inspired goals, our members can get on track to make healthy and lasting changes.

A bridge to healthy actions

Decision Power is a program to help improve employee health and wellness. Topics include:

- Health & Wellness
- Integrated Care Management
- Case Management
- Women and Children's Health



Health & Wellness online

Members can access most Decision Power Health & Wellness programs and services 24/7.

Look for this  icon throughout the brochure to find programs with online access.



Take a Look at What Decision Power: Health & Wellness has to offer!



Health Assessment and Personal Health Record

Staying healthy is as important as getting better. That's why we offer tools like our Health Assessment and Personal Health Record (PHR). Members can connect to detailed information about their mental and physical health. And, get an action plan based on their unique health needs.

They also get suggested programs and resources to help them better manage their health and promote healthy habits. Plus, when members sign up to access these tools, they can opt in to get emails with updates and useful program information.



myStrength – Strength for Mind, Body and Spirit

- Pain management
- Substance abuse
- Trouble sleeping
- Depression
- Worry and more

Program highlights include:

- In-the-moment tracking
- Virtual tools
- Instant stress-relief tips
- Weekly action plans
- Mood improvement
- Daily words to inspire
- Mobile app
- Step-by-step eLearning modules

Members get all this at no extra cost!

Members can access the **Health Assessment online** and sign up for **myStrength** when they log in to:

- www.healthnet.com – Group members
- www.myhealthnetca.com – Individual & Family Plan members



Healthy Lifestyle

Online wellness

Decision Power lets members improve their health and wellness on their own terms. They can get a wide range of online content that features health topics such as:

- Healthy weight
- Eating better
- How to manage stress
- How to quit smoking for good

Online wellness resources highlight:

- Articles
- Videos
- Health trackers
- Health contests and more

Wellness health coaching

Your employees can get help from an expert health coach online, or by phone. They can also connect via secure email and eLearning modules. The online features include coaching tools like:

- Journaling
- Goal-setting
- Exercise/food trackers

Start Smart for Your Baby® program

Start Smart for Your Baby is a program for those who are pregnant and new moms. Your employees can get custom support and guidance from a care manager throughout the pregnancy. Plus, they can sign up to get health information such as, *Mother's Guide to Pregnancy and Guide to Life After Delivery*.

Tobacco Cessation program

Our Tobacco Cessation program covers any type of tobacco. This includes the use of Electronic Nicotine Delivery Systems (ENDS), such as e-cigarettes and e-pipes. Plus, members can talk with a quit coach for advice and support. Highlights of the program include:

- An in-depth review and plan to help you quit
- Medication support
- One-on-one guidance over the phone
- No limit on calls to program clinicians
- Daily modules that include video lessons and more

Online chronic condition resources

Help is available for members if they have a current health condition. They can access online information that can help them stay healthy for the long term. Members can find articles, videos and virtual tools on:

- Diabetes
- Heart disease
- Asthma
- High blood pressure
- Cancer and more

Integrated Care Management program

Health Net's Integrated Care Management program supports and manages health care if a member has complex health issues. It also helps members with chronic conditions such as:

- Diabetes
- Asthma
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)

The program is not just for members. It offers support for their families and caregivers, as well. Your employees can find their best quality of life through better ways to manage their health.

Smart Treatment Decisions

Members use the Smart Treatment Decisions tool to review their options for:

- Medical tests.
- Medicines.
- Surgeries.
- Treatments and other issues.

They get help making informed health choices. And, they learn about the benefits, risks and costs of each option.

Nurse Advice Line

Health Net members also have the option to reach out to a registered nurse – 24 hours a day – and get instant support. They can also connect via phone or by using the online chat system to ask questions in real time. They get answers to questions about:

- Cold and flu symptoms
- Minor illness and injury
- Minor burns
- Bug bites and stings
- Chronic pain
- Medical tests and medications

Progress trackers

Your employees will stay up-to-date on important lifestyle habits using online tracking tools. Our progress trackers are available to help them monitor:

- Blood pressure
- HbA1c (blood glucose)
- Exercise
- Stress and more

Workplace wellness displays

We provide wellness displays for use in the workplace. They're used for open enrollment, for health fair events and for reinforcing monthly health observances. They are designed to inform, interact and are easy to set up.

Video library

To help promote awareness, Health Net offers a free video lending library. This library provides general health information to employer groups in a concise, cost-effective manner. Employers can customize their education program to suit many types of group presentation formats. Choices include:

- Single presentation (DVD only).
- Presentation with a quiz (DVD and related questions to help information retention).
- Series package presentation (three DVDs with linked health topics, plus a quiz).
 - **Heart Health:** blood pressure, cholesterol and exercise
 - **Weight Management:** weight control, healthy eating and exercise
 - **Cardiometabolic Risk:** prediabetes, metabolic syndrome risk and high cholesterol



More Online Tools
and Media

Healthy Discounts

Members also enjoy our Healthy Discounts program – giving them valuable discounts on health-related services and products. Categories include:

- Weight loss
- Fitness clubs
- Chiropractic and acupuncture
- Eye care
- Hearing aids and screenings
- Vitamins, minerals and more

Preventive screening guidelines¹

These guidelines offer members a schedule for Health Net's suggested health screenings and vaccines for children, teens and adults. These guidelines also give information about pediatric and maternity screenings. Find the current preventive screening guidelines by doing these simple steps:

1. Log in:
 - www.healthnet.com – Group members
 - www.myhealthnetca.com – Individual & Family Plan members
2. Click on *Wellness Center* then *Stay Healthy*
3. Choose the Preventive Guideline PDF that fits your needs



Useful **monthly newsletters** can help members make smart decisions to improve their health.

Support for monthly national observances

National observances for health and wellness are great to raise awareness among your employees. They focus on important issues facing millions of Americans each year.

Monthly Wellness Webinars

Your employees can get helpful topics monthly via webinars at work or at home! Topics include how to:

- Manage chronic pain
- Prepare for cold and flu season
- Handle holiday stress
- Manage money

Health Net offers the Wellness Webinar Series the third Wednesday of each month. Log in and click on the orange *New Series Wellness Webinar* button to sign up.

- www.healthnet.com – Group members
- www.myhealthnetca.com – Individual & Family Plan members

Healthy Challenge Series

Health Net has designed five distinct challenges to inspire healthy actions in an easy to apply format. The Healthy Challenge Series includes:

- **Volume 1:** My Road to Fitness
- **Volume 2:** My Can Do Nutrition Plan
- **Volume 3:** My Life in Balance
- **Volume 4:** Healthy Eating with Colorful Foods
- **Volume 5:** My Couch to 5K

Please contact your Health Net account rep to learn more about this series offered at no cost.



¹**Please note:** This information is not medical advice and does not indicate specific benefit coverage. Members should always seek and follow the care and advice of their doctor. These guidelines are updated regularly and may change. Members are advised to please check their plan benefit language for coverage, limitations and exclusions.

More information

You can find details about our Health & Wellness programs and services on our website. Sign up or log in:

- www.healthnet.com > *Wellness Center* – Group members
- www.myhealthnetca.com > *Wellness Center* – Individual & Family Plan members

Or, you can call the phone number on your member ID card.

Feel free to contact your Health Net representative with any further questions.



This summary brochure is available online

Please join our “go-green” effort to reduce waste by getting this brochure online.

Members have access to Decision Power and myStrength through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company (Health Net). Decision Power and myStrength are not part of Health Net's commercial medical benefit plans. They are not affiliated with Health Net's provider network, and they may be revised or withdrawn without notice. Decision Power and myStrength services, including clinicians, are additional resources that Health Net makes available to enrollees.

Health Net of California, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, LLC. Health Net and Decision Power are registered service marks of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.