

Find out



**EXPLORE YOUR HEALTH NET BENEFITS!** 





### Your Health Net Benefits Guide

We've packed this folder with information to help you get started, navigate your care, and make the most of your Health Net plan.

### New to Health Net? We're here to help.

## Prescription Transition of Care program

We make it easy for new members to keep taking their current medications. If you use maintenance drugs for ongoing conditions, you have 90 days from enrollment to make sure they're covered.

Check our drug list to see if your medication is included.

If it needs prior authorization, just fill out the simple form in your enrollment packet — your doctor or pharmacy can help if needed.

This quick process helps you stay on track without missing a dose.

### Continuity of care

If you or a family member are receiving ongoing medical treatment from a nonparticipating provider, call our Member Services to discuss your options. We're happy to help you fill out and submit a Continuity of Care request form. This form will tell us if you can receive continuity of care assistance.

#### Nurse Advice Line

Receive timely access to registered nurses for help with everyday health questions – 24/7.

You can get help with a number health issues.

These include:

- How to care for minor injuries and illnesses;
- Helping you spot health emergencies;
- Help answer questions about medications.





Have questions or need help?
Call Health Net Member Services at 800-522-0088 or the number on your Member ID card.

## Take Control of Your Health with Our Wellness Programs

#### **Health & Wellness**

All of our plans come with wellness programs that can help you to make healthy lifestyle choices for you and your family. As a member, you have access to:

- RealAge® Program This program targets the 4 highest lifestyle risks – stress, sleep, nutrition and activity.
- Health Coaching Programs

  Work one on one with a Health
  Coach to find what motivates you
  and address the specific health
  behaviors. A self paced model
  is also available. This includes
  multiple lessons related to stress,
  tobacco use, exercise, weight,
  and gaps in care.
- Craving to Quit® This tobacco cessation program covers most types of tobacco, lets you talk with a quit coach for support, and offers a personalized plan to quit.
- Eat right now\* Step off the diet roller coaster and create healthy habits that last. The program offer three tracks: Mindful Eating, Weight Loss, and Diabetes Prevention.¹ After taking a brief assessment, you'll be matched to a track that supports your health goals.

To access these programs and more, log in to **www.healthnet.com**.



We've included these valuable programs with all Health Net plans – at no additional cost to you!



### Do More with Our Online Tools

As a Health Net member, you have access to many tools and resources to help you manage your health plan and improve your health – all at your fingertips! Once enrolled, you can register at www.healthnet.com

### Find what you need, right at your fingertips:



**Access** your digital Member **ID** Card



View your health plan benefits and stay informed



**Find care** – locate urgent care centers, hospitals or doctors

copayment details. Plus, review

your Evidence of Coverage (EOC)



Find LGBTQ+ resources and support



Get important updates about your coverage and

benefits



**Change** your Primary Care 🍑 Physician (HMO members)

Get your benefit and



Get the information you need quickly and easily at HealthNet.com. Its mobilefriendly design is easy to use on-the-go.

# Find a Provider



You may find yourself looking for a new doctor. Or you may need a specialist or local hospital. With *Find α Provider*, you'll get the most up-to-date listings of our provider network. These include doctors, hospitals, urgent care centers, and other types of health care providers.

Go to **healthnet.com** and click on *Find a Provider* on the top menu bar. Then follow the easy search steps.



Register at HealthNet.com to manage your plan and get updates.

<sup>1</sup>Not all employer groups qualify for the Diabetes Prevention track. Check your EOC for details.

This overview provides benefit information highlights only. Your Evidence of Coverage (EOC), which you will receive after you enroll, contains the exact terms and conditions of your Health Net coverage

You have access to our wellness programs through current enrollment with Health Net of California, Inc. Our wellness programs is not part of Health Net's commercial medical benefit plans. They are not affiliated with Health Net's provider network, and their services may be revised or withdrawn without notice. These programs, including access to any clinicians, are additional resources that Health Net makes available to enrollees. The information provided is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions

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