

Find Ways to Live Your Best Health

Join Us for Our Free Wellness Webinars in 2021

Simple, convenient, for you

You can sign up for one or all of our monthly 45-minute webinars. Each is presented live, online and provides info on topics, like “Diabetes Prevention,” “Mindfulness” and “Pain Management.”

Watch our webinars in one of two ways:



- View them from your work station at home or office.
- Safely gather (social distance) with co-workers in a meeting room to view the webinars.

You’ll also get an email before each session with the topic, date and time so you can adjust your schedule.¹



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45-minute
webinars

2021 wellness webinar schedule

January	Member Experience Survey & Why It’s Important
February	Keep the Beat: Live Heart Healthy
March	Whole Person Self Care and Resilience
April	Good Night, Sleep Tight!
May	Mindfulness: The Art of Stillness
June	Return to the Outdoors: The Power of Nature
July	Acupressure: From Restlessness to Peace of Mind
August	Strategies to Improve Chronic Pain Management, and Prevent Opioid Misuse/Overdose
September	Beating the Winter Blues: Coughs, Colds and Flu
October	Keeping Your Lungs Healthy
November	Diabetes Prevention: Don’t Sugarcoat It
December	Money Talks: Plan for Tomorrow, Today

¹The worksite wellness webinars are scheduled on a monthly basis.

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FLY038211EP00 (1/20)

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