

Health Net of California, Inc. (Health Net)



Learn Ways to Feel Better and Enjoy a Healthier Lifestyle

DISCOVER THE HEALTH NET SUPPORT PROGRAMS
TO IMPROVE YOUR TOTAL HEALTH



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

Health Net cares about your health

and that you get the right care at the right time. To that end we offer specific services to support you and your physical health. Our programs can help you stay well and may help you find health problems before they get worse. Here is a summary of our programs and how they can help you live your healthiest life.



Learn about COPD care and treatment search at **Krames Health Library: COPD**

Asthma and Chronic Obstructive Pulmonary Disease (COPD)

Get help and support. Our Asthma Management & COPD Program provides information on how to better manage your condition for a more normal, healthier life.

The program provides a care manager or clinical pharmacist who will work with you and your doctor by phone to form an action plan to:

- Help keep you healthy
- Find your asthma or COPD triggers
- Help you know more about your medication
- Teach you to track your symptoms
- Know when to call your doctor for extra support

Through the Asthma & COPD Program, you can receive relevant educational materials, outreach calls and texts.

If you'd like more information, the [American Lung Association](#) has:

- Helpful handouts
- An online support community
- A patient caregiver network

Their Lung Helpline is staffed with nurses and respiratory therapists to answer your questions. Or you can join the [Better Breathers Club](#). The club has in-person or virtual meetings, support groups and other tools you can use to help you keep active and healthy.

Learn about different types of Asthma medications and how to use them at [Krames Health Library: Asthma](#)

How Health Net helps

To enroll in the Asthma or COPD program, you may self-refer by calling the Member Services phone number found on the back of your Health Net Member ID card. You can also ask your doctor to email or fax a **referral form (PDF)** to us.

To find out more, call Health Net Health Education toll free at: **800-804-6074 (TTY: 711)**, Monday through Friday, 8:00 a.m. to 5:00 p.m. Pacific time. Also visit Health Net: **Asthma/COPD**.



Cancer

We're here to support you! Our Integrated Care Management team and clinical pharmacists are here to help you during this trying time. Members of our team will work with you and provide education about:

- Medications
- Medication side effects
- How to improve your chemotherapy sessions

A team member may also offer to talk to your doctor if you are not able to cope with medication. Or a team member can help you if you have trouble sticking to the treatment plan. By teaming up with you and your doctor, we will design a care plan that works best for you.

Plus, if you are faced with housing or other financial issues that impact your care, they can assist in linking you to helpful resources.

To enroll in the program, you may self-refer by calling the Member Services phone number found on the back of your Member ID card. Or you can ask your doctor to email or fax a [referral form \(PDF\)](#) to us.



More information

[The American Cancer Society](#) (ACS) has patient programs and services to help you during and after cancer treatment. They can also help you find other free or low-cost resources.

- **24/7 Cancer Helpline.** This service connects you to a trained specialist to help answer questions you may have. Call them at **800-227-2345**. Or schedule a video chat.
- **Extended Stay America.** If you need lodging during treatment, the ACS partners with Extended Stay America for deeply discounted hotel rooms. Call **800-227-2345** for lodging options. You can also download the [American Cancer Society CARES app](#) to gain access to more services and support.
- **Breast cancer support** is available. Chat with a survivor that knows what you're going through and offer you private support.
- **Transportation help.** To schedule a ride to cancer treatment call **800-227-2345**. Contact them to find out what is available in your area.
- **Mastectomy products.** Access hair-loss products for purchase on the [Ever You®](#) website.



Heart Attack and Stroke

Are you at risk for Heart Attack and Stroke? Your risk grows if you have:

- High blood pressure (hypertension)
- Diabetes
- High blood lipids (fat in the blood)
- Unhealthy diet

Care Managers

Care managers are available to talk to you about how to:

- Eat healthier foods
- Lose weight
- Increase exercise
- Strive for a healthier lifestyle

They can advise if you would benefit from a weight loss, exercise or a quit smoking program, and can help you set health goals and track your progress.

You are also at risk if you are overweight and smoke and/or don't exercise. Our Heart Disease and Stroke program is built to help you reduce your risk of heart attack.

If you have diabetes, heart disease or high blood pressure, our clinical pharmacist reviews medication reports of what you are taking. They may call you or your doctor to get more information and suggest medication that can help.

To enroll in the care management program, you may self-refer by calling the Member Services phone number found on the back of your Member ID card. Or you can ask your doctor to email or fax a [referral form \(PDF\)](#) to us.

For more information about how to reduce your risk of heart attack and stroke, visit the [Center for Disease Control website](#) to find information, support and available resources.

How Health Net helps: [Visit Your Heart's Health is Key to a Healthy Life](#) for a wide range of heart-health information.





High Blood Pressure

Do you have high blood pressure (hypertension)? Often symptoms of high blood pressure go unnoticed and without treatment. As this happens your risk of emergent heart disease or stroke can increase.

The best way to prevent high blood pressure is to **know your blood pressure numbers** and take action to keep your blood pressure under control. Go to [Health Net: Controlling Your Blood Pressure](#) to learn:

- What blood pressure numbers mean
- How to take your blood pressure
- How to log your blood pressure numbers routinely
- What questions to ask your doctor

Programs and benefits for Commercial members

- For [helpful tips to help lower your blood pressure](#) go to [Sharecare](#) and sign up for our health and wellness platform. Sharecare features:
 - Articles
 - Slideshows
 - Videos
 - Wellness activities
 - Access to tracking tools and consultants

More information

- [American Heart Association: Monitoring Your Blood Pressure at Home](#)





Diabetes

What to know about diabetes

Diabetes is a health condition that causes too much blood sugar (glucose) to build up in your blood. Your body does not make enough insulin or can't use it as well as it should.

The best way to manage your diabetes is to keep your blood sugar levels near normal. You will want to manage food intake, medication and get plenty of exercise. You'll also want to know your blood pressure and how to track it. Plus, keep your cholesterol and lipid levels within normal range.

Routine health screenings can help find problems early. There are tests you need to complete on a regular basis. Talk to your doctor to learn about what tests are right for you.



Practice good selfcare

When you learn more about diabetes and good self-care it can help to lower your blood sugar. Watch this [video series](#) to learn more about seven diabetes self-care behaviors. Plus, ask your doctor if there are any diabetes education classes near you.



How Health Net helps

If you have any problems keeping your blood sugar under control, or have any other diabetes-related issue, we can help. A care manager or clinical pharmacist can work with you and your doctor to help you manage your symptoms and help you feel better.

To enroll in the program, you may self-refer by calling the Member Services phone number on the back of your Member ID card. Or you can ask your doctor to email or fax a [referral form \(PDF\)](#) to us.

Check out these links to learn more about how Health Net can help you manage diabetes.

- [Health Net: Diabetes](#)
- [Health Net Diabetes Resources](#)





Nutrition and exercise

As a member of Health Net, you may be able to get help from a nutritionist or join a gym at a discounted rate.



Weight Management

Did you know that a healthy weight is important for your long-term health? When you carry extra weight, it can increase your chances of heart disease and diabetes. Exercise for at least **150 minutes each week** and eat balanced meals to help your body work better.

Plus, when you lose weight can also help to decrease your risk of heart attack and stroke. Even losing a small amount of weight—like 5-10% of your body weight—can make a big difference. It can help to lower your:

- Blood pressure
- Cholesterol
- Blood sugar and more

Know your BMI

Your body mass index (BMI) is one way to track your weight. Learn how to get started by measuring your BMI. If your BMI is higher than you'd like, talk to your doctor about healthy ways to lose weight.

Programs and benefits for Commercial members

- [Log in to the member portal](#) to get access to your Healthy Discounts. Health Net offers discounts to our members for weight management which include both WeightWatchers and our Active&Fit program.
- [Sharecare](#) offers “Eat Right Now” a 28-day program to help you lose weight and keep it off. The program targets eating habits rather than dieting. It includes access to live weekly calls from a behavior change expert.



Pain Management

Teladoc Mental Health Digital Program

The **Teladoc Mental Health Digital Program** is an online program designed to help you manage discomfort and pain. This self-help program:

- Provides an increased sense of control by showing you available pain management options.
- Provides information about opioid drug use and guidance on how to use it sparingly and with caution.
- Gives tips on how to enhance teamwork with your doctor.
- Details strategies and customized tools to help you manage pain and live more fully.
- Highlights hope through moving stories from real people.

You can access Teladoc online using your laptop or mobile phone. Sign up at [Teladoc!](#)





Chronic Pain and Alternative Therapies

Programs and benefits for Commercial members

Health Net offers options to help reduce pain. Talk to your doctor about what therapy is right for you.



Physical therapy

Ask your doctor or sports medicine doctor about referring you to physical therapy. It may help to reduce your pain over time and restore your balance, flexibility and strength.



Alternative medicine

ChooseHealthy offers a **25% discount** on fees from network:

- Chiropractors
- Acupuncturists

Also know that some benefit plans **cover chiropractic services and/or acupuncture services**.

To confirm your plan benefits, access the [member portal site](#). To view your benefits, check your plan coverage document for details. Or contact the Health Net Member Services Department for help.

[Eat Right Now by Sharecare](#). Be at your best weight! It can help reduce back pain, lower your risk of diabetes, raise your energy level and more. Eat Right Now by Sharecare offers help so you can get to a healthy weight. Sign up today.

[Unwinding by Sharecare](#). Reduce stress! Tense muscles can lead to stiffness and pain. Unwinding by Sharecare is a mindfulness program that offers help to reduce stress, build strength and improve sleep. Loosen up your tense muscles with Unwinding by Sharecare.





Sickle Cell Program

Health Net's Sickle Cell program is designed to help you better manage sickle cell disease. The program can help you reduce emergency room visits and inpatient hospital stays.

A clinical pharmacist or care manager will work with you and your doctor to create a care plan that's right for you. They'll review your medications and make treatment suggestions that can help:

- Reduce your pain
- Lower your risk of infection
- Prevent organ damage

To enroll in the program, you may self-refer by calling the Member Services phone number on the back of your Member ID card. Or you can ask your doctor to email or fax a [referral form \(PDF\)](#) to us.



Krames Staywell Health Library

The Krames Staywell Health Library gives you access up-to-date patient education resources 24 hours a day, 7 days a week. Get simple, easy-to-understand health information quickly. You and your family can find answers to many of your health and wellness questions.

The library contains information about:

- Disease and conditions
- Medication
- Treatments
- Surgeries
- Procedures
- Wellness safety for all ages

[Krames Staywell Health Library](#) is available to you and your family today!



Findhelp

[Findhelp](#) is a free online platform that connects you to social services and care providers. It can help you find and connect to the social services you need, such as:

- Financial help
- Food pantries
- Medical care
- Other free services or reduced-cost help in your community

Try Findhelp today!

Call us and take a step today towards a healthier you!

This information is not intended as medical advice. Always consult your doctor before changing medications and when evaluating treatment and screening options. Refer to your health plan coverage document for coverage terms and conditions.

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