



Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171
Conference Code: 966 1795 0240

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



Be Well in Winter

Presented by: Lora Maloof-Miller, MPH, CHES

Webinar host: Kristen Kaila, MPH

Las dispositivas están disponibles en español si las solicita.

Overview

- Nutrition and Seasonal Eating
- Physical Activity in Winter
- Mental Health and Mood
- Winter Wellness Essentials
- Cold and flu prevention



Chat Us: How do stay well in Winter?



Nutrition and Seasonal Eating

Seasonal Eating and its Benefits

- Consuming produce at its peak
- Variety of foods all year
- More sustainable
- Budget-friendly



California Seasonal Produce

Apples
Avocados
Beets
Cabbage
Carrots
Dates
Kale
Kiwi

Lettuce
Oranges
Peas
Peppers
Persimmons
Spinach
Sweet Potatoes
Winter Squash





Immune-boosting Foods for Winter

1. Vitamin D, A and C
2. Vegetables, leafy greens, fruit, berries
3. Nuts, healthy fats and spices
4. Stay hydrated



Healthy Comfort food Ideas

Soups

Casseroles

Smoothies

Hearty breakfasts

Links to the recipes discussed will be in the post webinar email.

True or False

In winter, with less perspiration and decreased thirst, we do not need to stay hydrated.



Staying Hydrated during Colder Months



What is your
favorite winter
beverage?

Symptoms of dehydration

Caffeine and hydration

Alcohol is not the best choice

Indoor environments affect hydration

Physical Activity in Winter

A group of people, including adults and children, are participating in a flag football game on a grassy field. They are wearing winter hats and jackets. One person in the foreground is wearing a yellow mesh vest over a grey long-sleeved shirt and green pants. Another person is wearing a maroon long-sleeved shirt and a striped beanie. A football is on the ground, and one person is reaching for it. The background is a blurred green field.

The Benefits of Winter Activity

No heat and humidity

Longer workout – calorie burn

Enjoy the sunlight

Immunity boost

Winter activity that counts as a workout

Safe Outdoor Activity

- Stay warm and dry
- Warm up and cool down
- Take precautions in snow and ice
- Check the weather
- Be prepared



Indoor Workout Options

Workout online

Dancing

Active housework

Mall walking

Yoga

Bodyweight exercises

Indoor exercise equipment



Stay Motivated to Exercise in Winter

1. Have a plan. Write it down.
2. Focus on short term goals.
3. Buddy up.
4. Track your progress.

Mental Health and Mood

Understanding Seasonal Affective Disorder (SAD)

- ❖ What is SAD?
- ❖ Symptoms
- ❖ SAD vs. Winter Blues
- ❖ Who gets SAD?
- ❖ What causes SAD?



Common Treatments for Seasonal Affective Disorder (SAD)

Light therapy

Psychotherapy

Antidepressant medication

Vitamin D



Social Connection during Colder Months

- Look for local groups
- Invite friends to join an activity
- Connect in-person or virtually



Winter Wellness Essentials

Skin Care

- ✓ Moisture
- ✓ Vitamin C
- ✓ Gentle cleansing
- ✓ Exfoliate
- ✓ Lip balm
- ✓ Humidifier
- ✓ Shower temperature
- ✓ Hydrate



Fun fact: Your skin is the body's largest organ.



Winter Sleep Tips for Healthy Rest

- Avoid hibernation
- Consistent sleep schedule
- Limit caffeine and screens
- Relaxing bedtime routine
- Sleep environment
- Exercise and light exposure
- Seek help

Cold and Flu Prevention

- Vaccines
- Wash hands frequently
- Clean frequently touched surfaces
- Cover mouth and nose when coughing
- No tissue? Sneeze into your elbow
- Stay home if you are sick
- Avoid touching mouth, nose, and eyes
- Health habits



Winter Wellness Wrap-up



Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

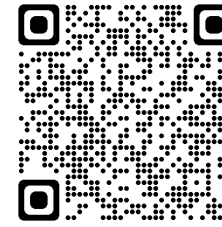
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit® by Sharecare

Tobacco Cessation Program



[Kick It California – Home](#)

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now® by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management

- Weight Watchers



Chiropractic/acupuncture services and more

- Choose Healthy
- American Specialty Health



Hearing aids and screenings

- Nations Hearing



Fitness club discounts

- Active&Fit

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

Nutrition



January Health Challenge

Destination Challenge

U.S. City Walks (New York)

40K steps



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Upcoming Wellness Webinar

From Burnout to Balance, the
2026 Energy Reset

January 21, 2026

12pm-12:45pm pacific time

THANK YOU FOR YOUR TIME TODAY!
