



# 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: 979 5909 9924**



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## Healthy Meals for Busy Lives

Presented by: Lora Maloof-Miller, MPH

Webinar host: Kristen Kaila, MPH

*Las dispositivas están disponibles en español si las solicita.*

# 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.

# Overview

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Meal Challenges

Lora's Cooking in the Kitchen

Meal Prep Strategies

Healthy Convenience Foods

Healthy Eating on the Go

Quick and Easy Make-Ahead  
Dishes





# Meal Challenges

- Time
- Meal Prep Stress
- Decision Fatigue
- Healthy Eating
- Cooking for one



# Quick Meals Ideas: Salmon and Roasted Vegetables



# Meal Prep Strategies

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Save time. Wash and prep.

Store in individual well sealed containers.

Prep once, eat all week.

Passive cooking techniques.

Look for:

- zero-prep items
- pre-chopped
- frozen





# Quick Meals Ideas: Salsa Chicken Bowl





# Healthy Convenience foods

Greek yogurt

Canned beans and legumes

Rotisserie chicken

Whole grain crackers and nut butters

Frozen berries

Veggie burgers or plant-based patties

Protein bars or energy bars

Cottage cheese

Salsa and guacamole

Salad kits

Eggs





# Quick Meal Ideas: Tortilla Soup

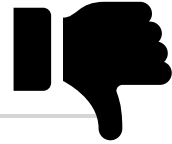


# Quick Meals Ideas: Won Ton Soup





# Healthy Eating on the Go



- Salad bowls – add grilled protein and dressing on the side.



- Skip or share sides
- Low-calorie drinks
- Ready-made snacks



# Zucchini Fries





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# Plan ahead – dishes

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## Roasted Asparagus Side Dish





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# Crustless Quiche

Confidential and Proprietary Information





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# Homemade Hummus





You can do it!

Inventory your pantry.

What's for dinner this week?

Make a grocery list.

Plan weeknight meals – prep on the weekend.

Leftovers for lunch.

Make extra and freeze.

# 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

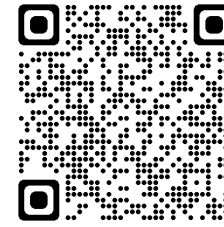
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking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



## **Hearing aids and screenings**

- Nations Hearing
- Hearing Care Solutions



## **Fitness club discounts**

- American Specialty Health
- Active&Fit™

# Online Health Challenges



## Ongoing monthly challenges

Stress

Steps

Sleep

Nutrition

Non-HN members register or log on: [sharecare.com](https://sharecare.com)

HN members register or log on : [healthnet.sharecare.com](https://healthnet.sharecare.com)



## April Health Challenge

Healthier You

(90-day challenge)





# Upcoming Wellness Webinar

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Alternative Health for Pain  
Management

April. 16, 2025

12pm-12:45pm pacific time



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# THANK YOU FOR YOUR TIME TODAY!

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