

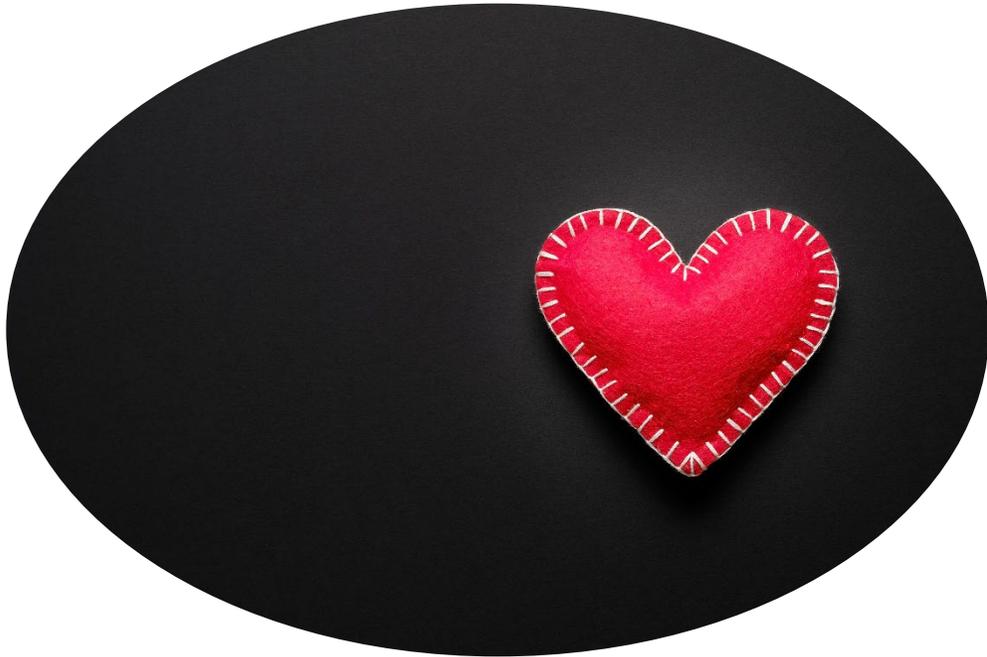


# Welcome to Health Net's Monthly Wellness Webinar

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: 960 4376 2902**



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## The Heart of Well-being

Presented by: Lora Maloof-Miller, MPH, CHES

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

- Wellness vs. Well-being
- Heart health and chronic disease prevention
- Emotions and Heart Health
- Resilience benefits the heart
- Purpose and well-being
- Realistic goals for whole-person well-being
- Resources



# WELLNESS VS. WELL-BEING

## WELLNESS

Focuses on a single aspect of health

vs.

## WELL-BEING

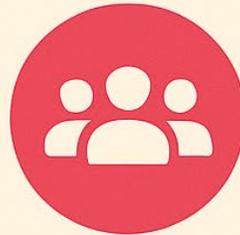
Takes a holistic view including multiple dimensions



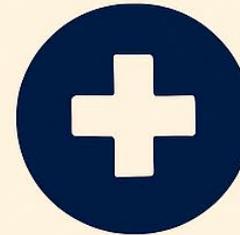
PHYSICAL



EMOTIONAL



SOCIAL



CLINICAL



FINANCIAL

# Heart Health/Disease Prevention

Know your risk

Healthy Heart foods

Physical activity

Sleep



Chat us

*What are you doing today  
to protect your heart?*

# Protect Your Heart

- Decrease job-related stress
- Use your Paid Time Off (PTO)
- Preventive check ups/screenings
- Treat high blood pressure
- Floss your teeth regularly

# Your Heart and Emotions

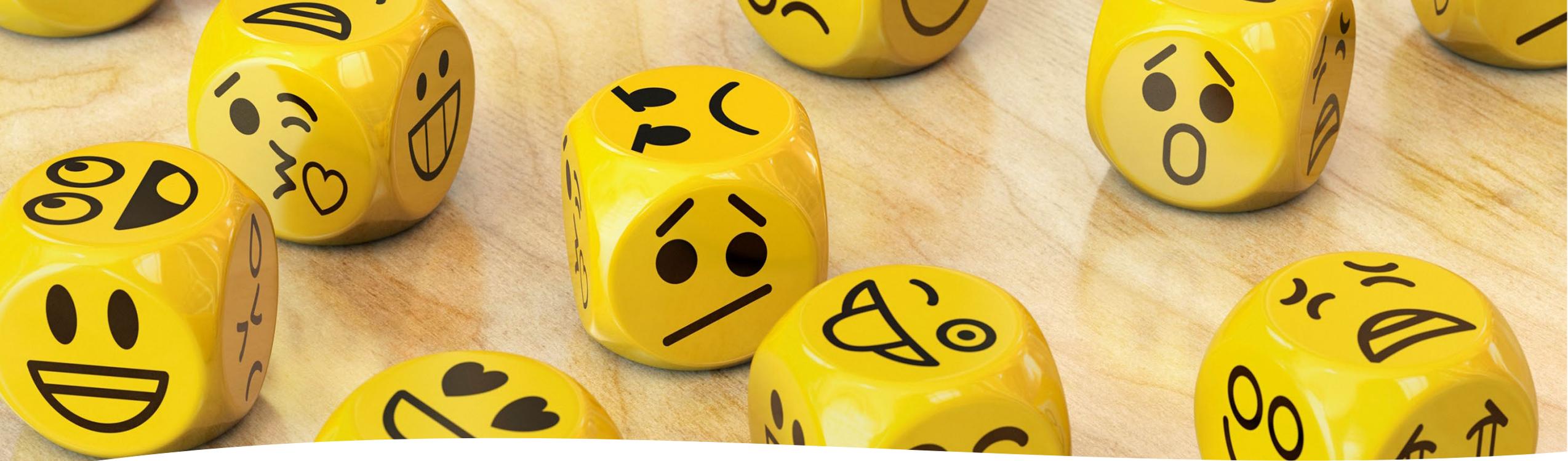
Be happy.

The Stress response.

Our relationships.

The heart and mental health.





## Resilience benefits Heart Health

- Our emotions influence what we care about, what motivates us, and how we connect with others.
- Without emotions, life would feel empty and directionless.
- Resilience is the ability to withstand difficulties and bounce back from setbacks, using challenges as opportunities for growth and continued well-being.



Use the chat.

How do you build or maintain resilience?

# Ways to Build Resilience



- Baby steps
- Get support
- Practice self-care
- Stay present in the moment
- Gratitude
- Moving your body
- Try some relaxation techniques

Use the chat. What gives you purpose?



# Purpose and Well-being



# Purpose and Well-being

- A sense of purpose is an overarching guide for actions and decisions
- Research links a strong sense of purpose to better physical and mental health and increased longevity
- Purpose may reduce stress and inflammation, which supports overall well-being
- Finding purpose is personal and may involve staying socially connected helps maintain purpose and supports better health and a longer life

# Set Realistic Goals for Whole-Person Well-being

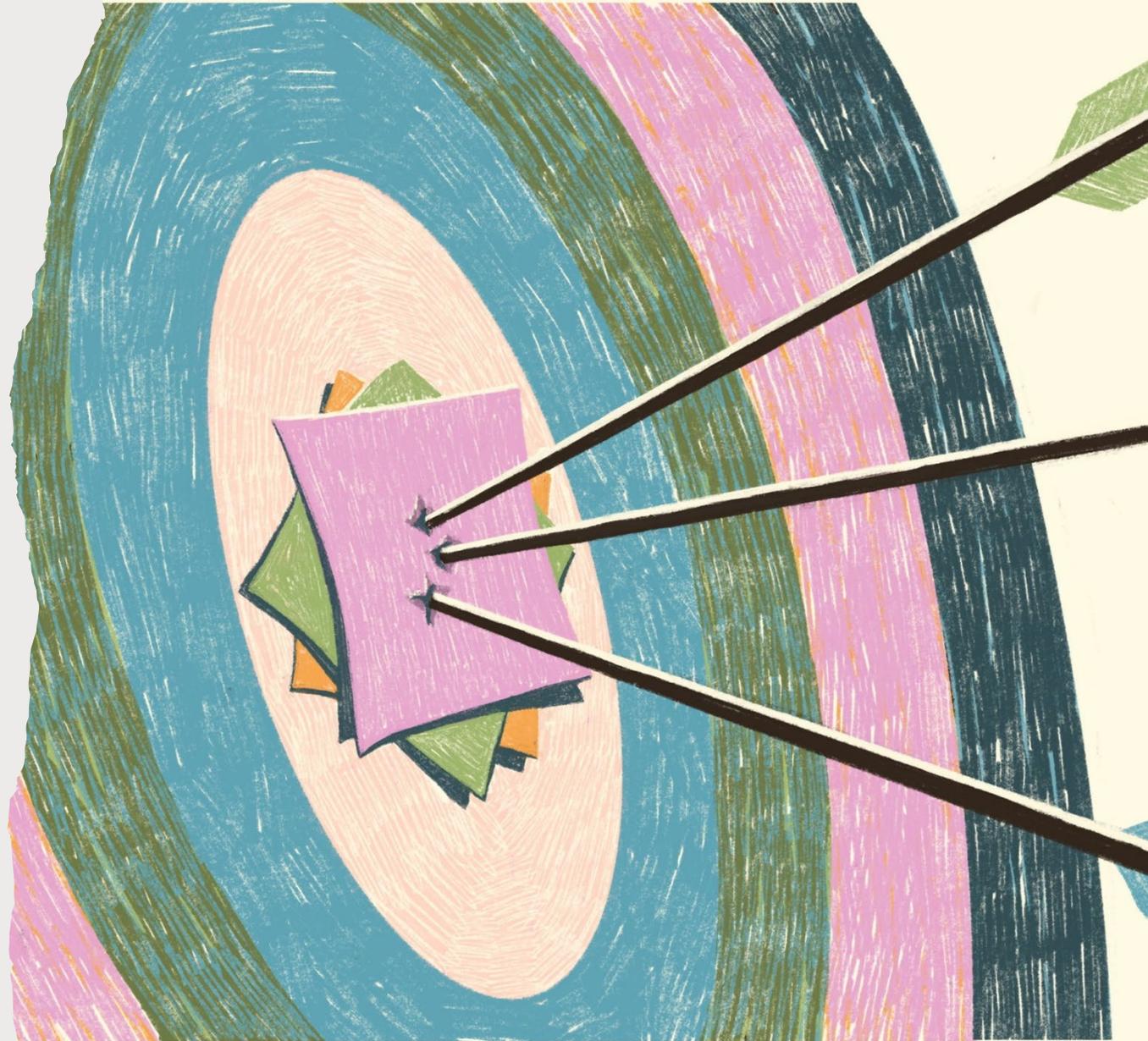
Mind: a mental reset habit

Body: one preventive or energizing habit

Spirit: a daily ritual for joy, meaning, or rest

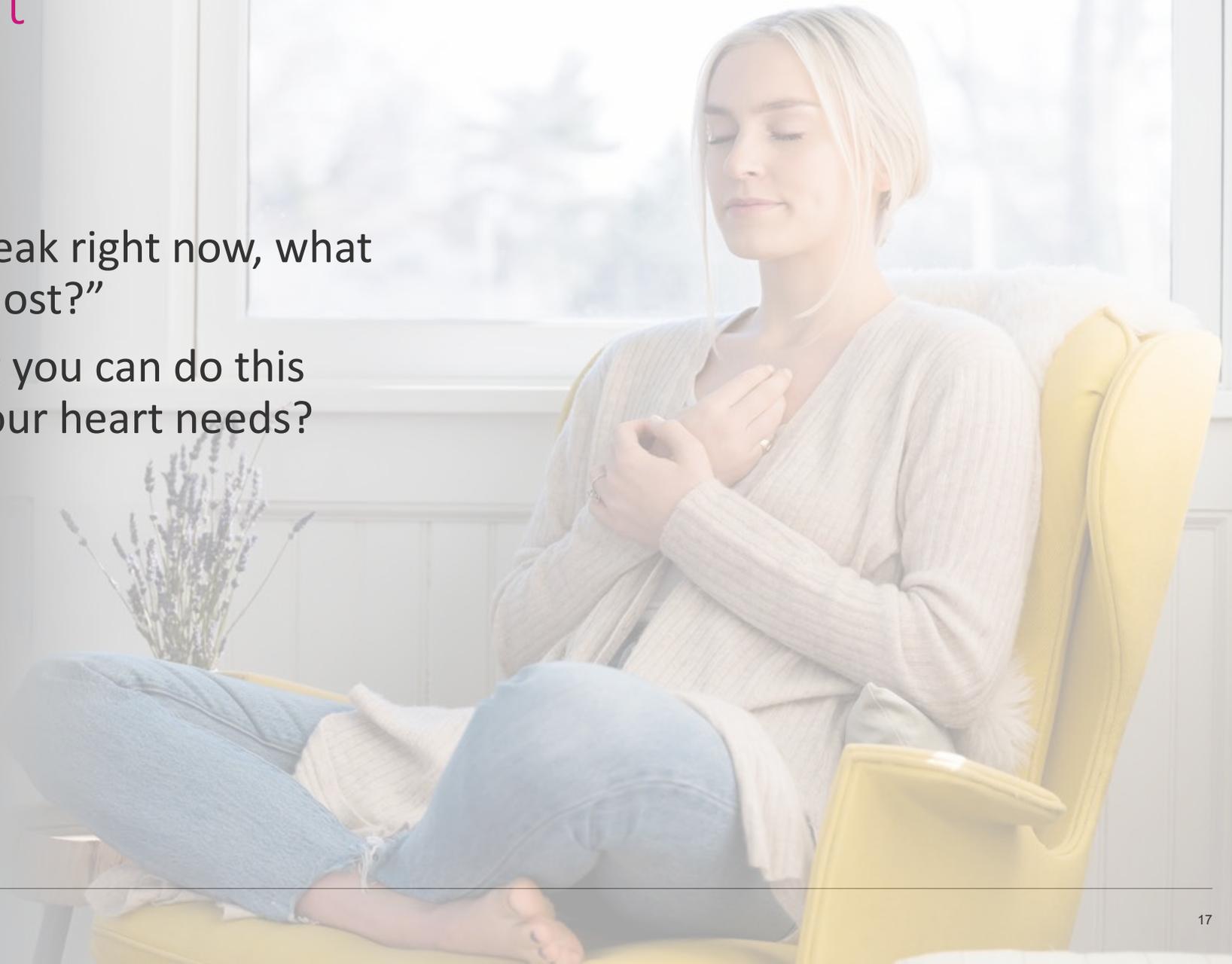
## **SMART framework**

Specific  
Measurable  
Achievable  
Relevant  
Time-bound



# Check in at the Heart

1. Take quick pause
2. “If your heart could speak right now, what would it say it needs most?”
3. What’s one small thing you can do this week to honor what your heart needs?



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# Resources

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# Resources: Heart Health & Preventive Care

American Heart Association (AHA) – *“Life’s Essential 8”*

Learn the 8 key habits and health measures that support cardiovascular wellness.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>

CDC Preventive Health Guidelines

Recommendations for check-ups, screenings, and vaccines by age and risk.

<https://www.cdc.gov/prevention>

Blood Pressure Tracker (Printable or Digital)

Free tool to monitor your numbers:

[https://www.nhlbi.nih.gov/files/docs/public/heart/hbp\\_low.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf)



## Resources: Nutrition

MyPlate.gov – Personalized healthy eating tips and meal planner

<https://www.myplate.gov/>

NutritionFacts.org – Science-based insights on food and heart health

<https://nutritionfacts.org/topics/heart-disease/>

Free App: Daily Dozen (by Dr. Michael Greger)

A simple way to track heart-healthy foods daily

<https://drgreger.org/daily-dozen-app>



# Resources: Emotional & Spiritual Well-being

HeartMath Institute: The Science of Heart-Brain Coherence

Explore how emotions affect your heart rhythm and how to find balance.

<https://www.heartmath.org/science/>

Insight Timer – Free meditation & mindfulness app

Guided meditations for calm, focus, sleep, and spiritual grounding

<https://insighttimer.com/>

Greater Good Science Center: Purpose & Meaning

Research and tools for cultivating joy, compassion, and purpose

<https://greatergood.berkeley.edu/>

# 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

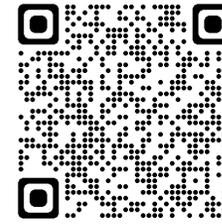
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking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



### Health Net Members March Health Challenge Healthy Plate



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)





## Upcoming Wellness Webinar

Intuitive Eating: How to Heal your Relationship with Food

March 18, 2026

12pm-12:45pm pacific time

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THANK YOU FOR YOUR TIME TODAY!

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