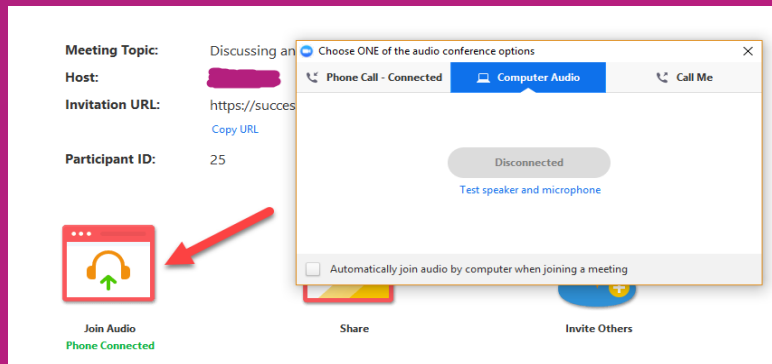




Welcome to Health Net's Monthly Wellness Webinar

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

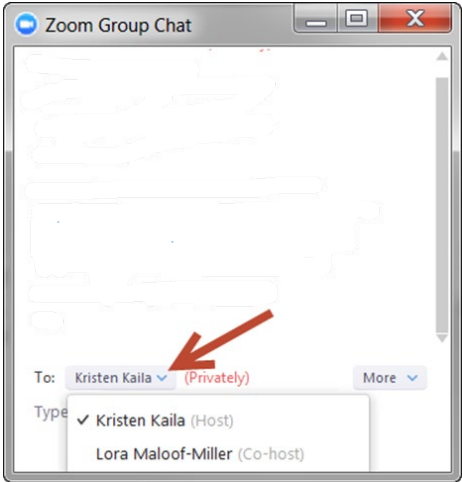
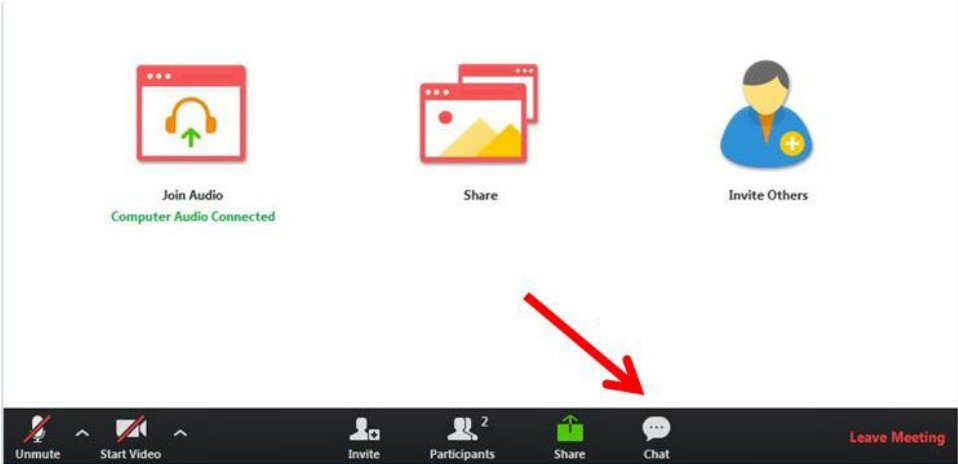
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



Call-in number for audio: 1-669-444-9171

Conference Code: 938 6938 5179

Chat Function



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.



Give your Immune System a Boost

Presented by: Lora Maloof-Miller, MPH and Kristen Kaila, MPH

Overview

What is the immune system

Type of immunity/immune disorders

Keep the immune system healthy

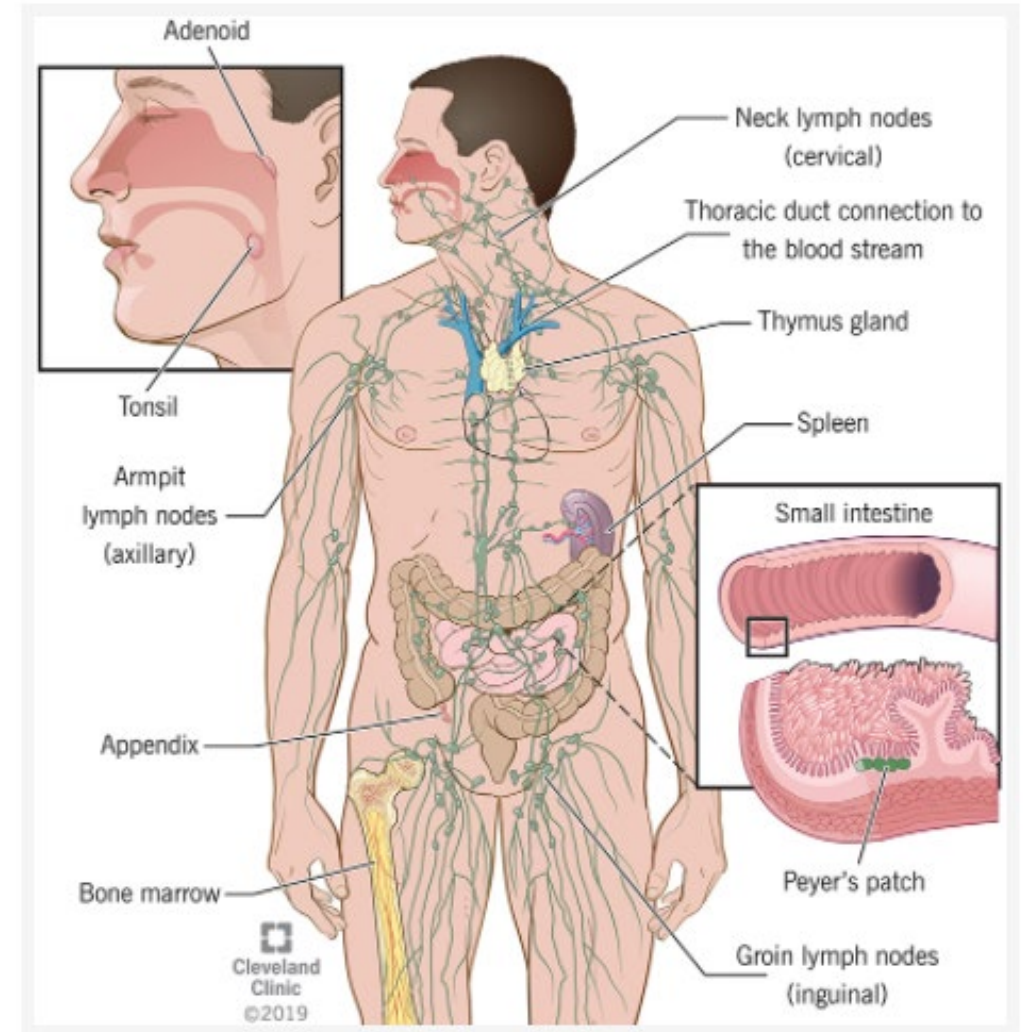
Ingredients and Recipes

Immune support with supplements

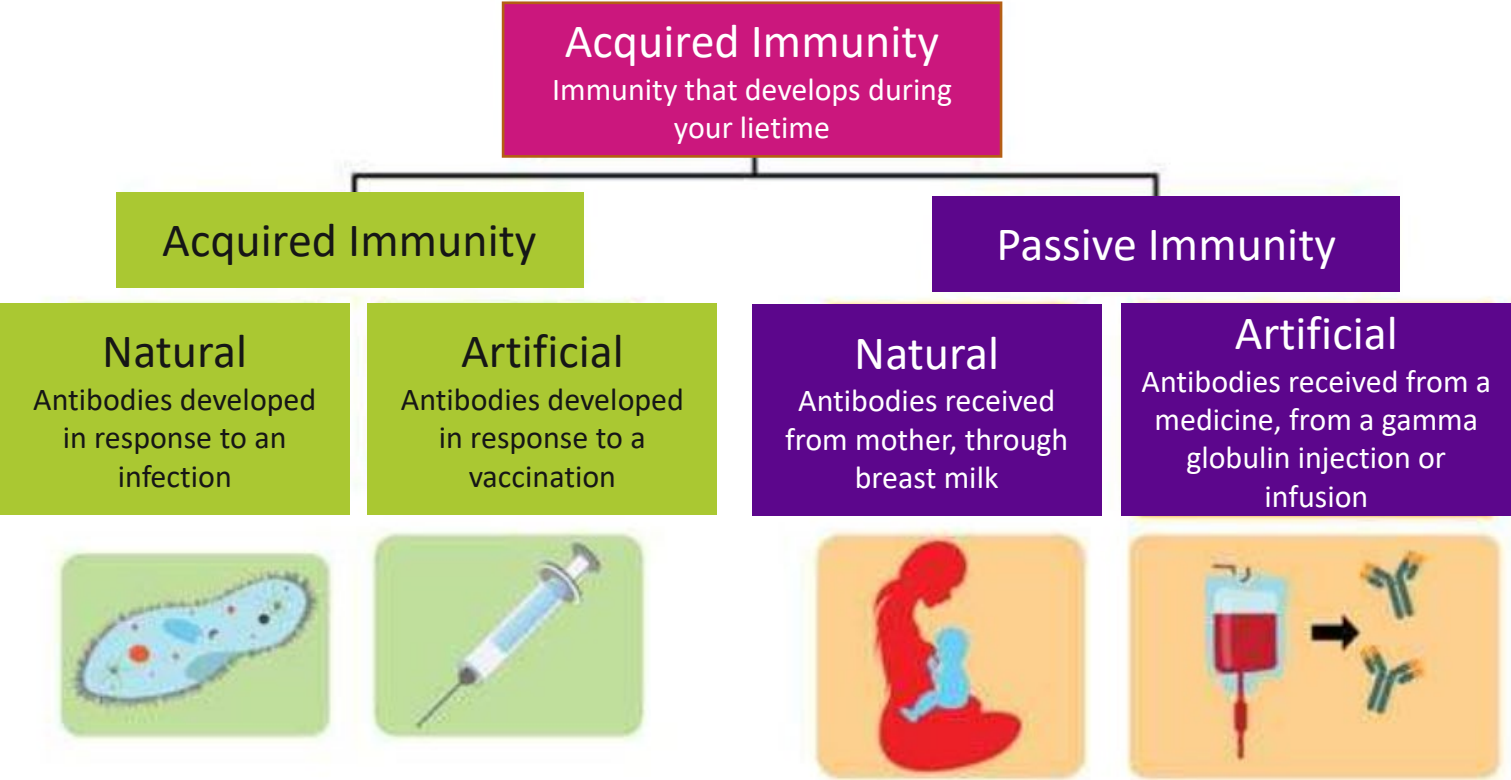
The Immune System

What is the Immune System?

- White blood cells
- Lymph nodes
- Spleen
- Tonsils and adenoids
- Thymus
- Bone marrow
- Skin and mucus membranes
- Stomach and bowel
- Appendix
- Peyer's patch



Types of Immunity



Negative Impact on the Immune System

Factors that have a negative affect on our Immune System

Older age

Environmental toxins

Excess weight

Poor diet

Chronic diseases

Chronic stress

Lack of sleep/rest



Aging and Immunity



The immune system is slower to respond

An autoimmune disorder may develop

Slower healing time

Increased risk of cancer

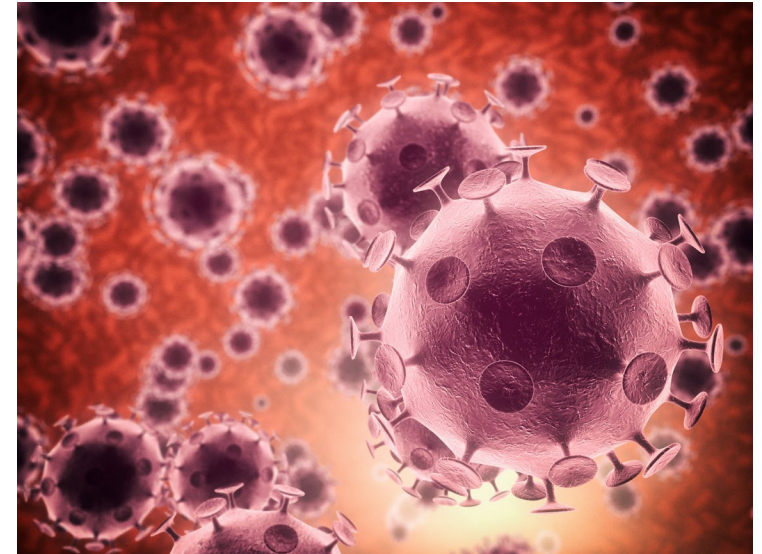
Immune System Disorders

Disorders of the Immune System

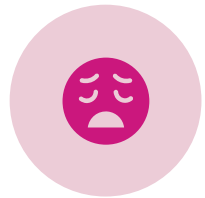
Allergy

Autoimmune Disease

Cancer



I seem to get sick a lot. When should I call my doctor?



Exhaustion



Sore, aching
muscles



Difficulty
concentrating



Hair loss

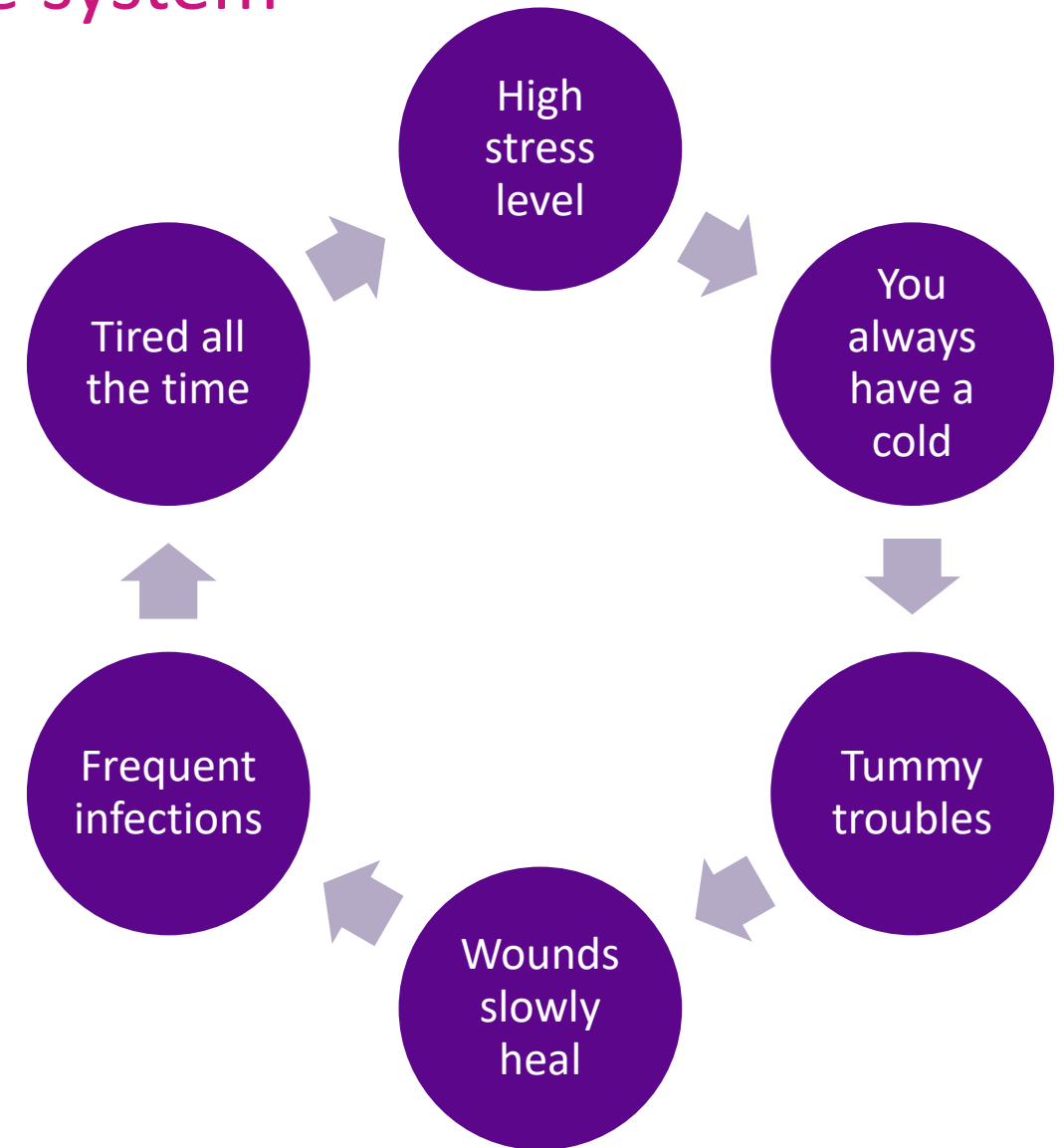


Inflammation or
rashes



Fingers or toes
that tingle or are
numb

Other signs of a weakened immune system



Keep the Immune System Healthy

Habits that support a healthy immune system



DON'T
SMOKE



EAT FRUITS
AND
VEGETABLES



EXERCISE



HEALTHY
WEIGHT



ALCOHOL IN
MODERATION

Habits that support a healthy immune system cont'd

Sleep

Avoid infection

Minimize stress

Vaccines

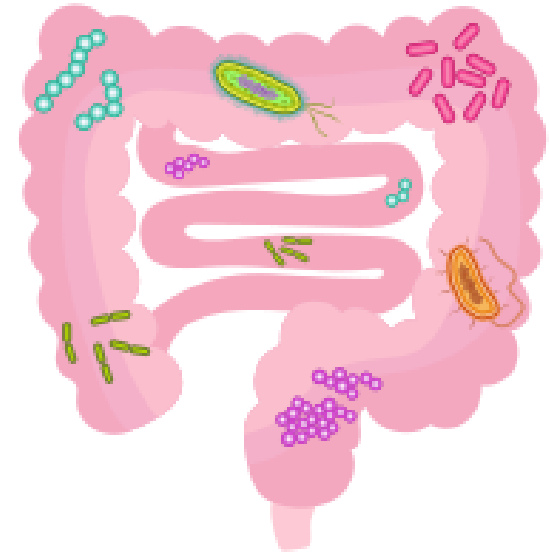
Hydrate

Diet and your Immune System

Each stage of the body's immune response relies on the presence of many micronutrients.

Diets:

- limited in variety and lower in nutrients can negatively affect a healthy immune system.
- play a large role in determining what kinds of microbes live in our intestines.



The microbiome plays a key role in immune function.

Prebiotics are essential to a healthy microbiome



Probiotic foods and beverages



Nutrients that support Immunity

- Vitamin A
- Beta Carotene
- Vitamin C
- Vitamin D
- Vitamin E
- Zinc
- Protein



Ingredients that support a healthy immune system

Turmeric,
Garlic, Ginger,
Cinnamon

Green Leafy
Kale
Spinach

Sweet Potato,
Carrots

Almonds

Omega-3 fatty
acids
Salmon

Yogurt

Onions

Black beans

Recipes

Recipes



❖ Parmesan chicken



❖ Skillet Swiss steak



❖ Sweet and sour beef
cabbage soup

Recipes

❖ Paprika Shrimp and Green Beans Sauté



❖ Baked Sweet Potato with Black Bean Chili



❖ Salmon Tacos with Mango Salsa



Recipes



❖ Chipotle Tofu
Fajita Wraps



❖ Spiced lentils
with brown rice



❖ Indian spiced kale
and chickpeas

Do Vitamin Supplements boost the Immune System?

- Some preparations have been found to alter some components of immune function
- Deficiency in certain nutrients can also immune response
- At risk populations may benefit from supplements



Do Herbal Supplements boost the Immune System?



Echinacea may offer small chance of protection from catching a cold



Garlic is proposed to have antiviral effects



Green Tea cell studies show tea catechins can increase immune activity, however human trials are limited

Decision Power Health & Wellness

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



Telephonic Support/Lifestyle Management Health Coaching



Personalized support

Work one on one with a health coach:

Learn what to expect when trying to make a healthy change.

Understand what motivates you.

Decide exactly what you want to focus on.

Set specific health goals.

Track your progress – Your coach will help you stay with it!



Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

Healthy Discounts

With Decision Power[®] Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



Weight management

- Weight Watchers
- Jenny Craig



Chiropractic/
acupuncture
services and
more
ChooseHealthy



Eye care
EyeMed



Hearing aids
and screenings
•Connect Hearing
•Beltone



Fitness club
discounts
ChooseHealthy

myStrength



Proven tools for your mind, body and spirit

Help you learn to
reduce stress,
anxiety,
depression, or
substance use.



Free and convenient

With web and
mobile apps,
you'll have
support at home
and on the go.



Personal and private

Your home page
is made for you.
myStrength is
secure and
private.



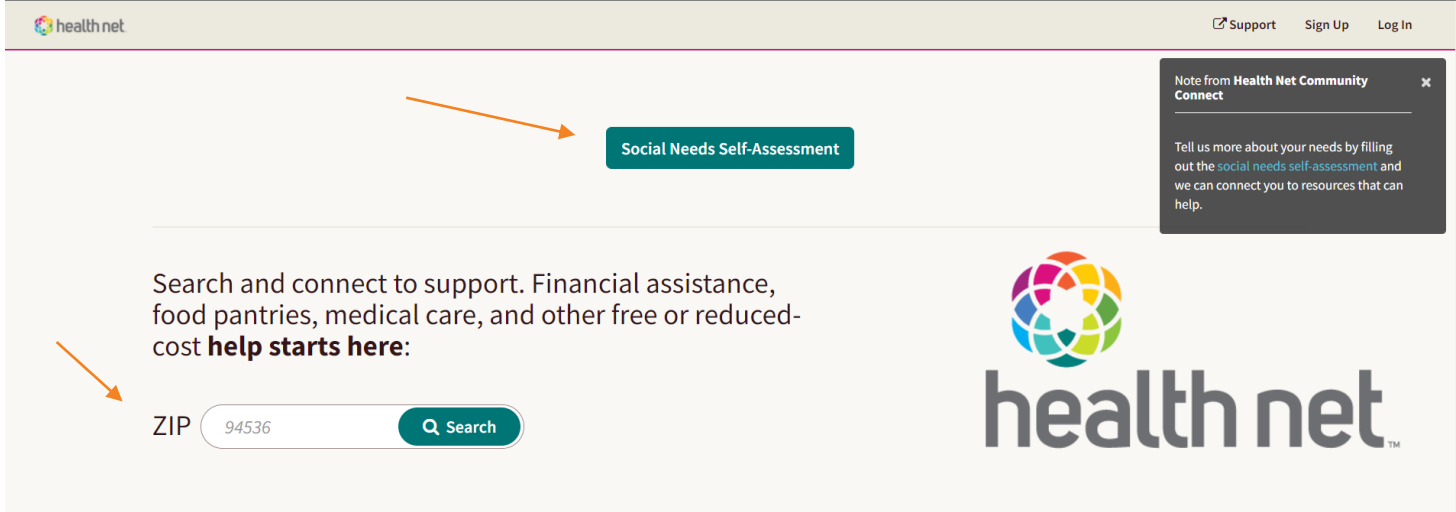
Engaging and inspirational

Activities help
you learn new
ideas while
keeping you
motivated!



Findhelp.com

<https://healthnet.findhelp.com/>



The screenshot shows the Health Net Findhelp website. At the top, there's a navigation bar with the Health Net logo, a 'Support' link, and 'Sign Up' and 'Log In' buttons. A teal button labeled 'Social Needs Self-Assessment' is highlighted with an orange arrow. Below it, a search area prompts users to 'Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here:' with a search bar containing 'ZIP 94536' and a 'Search' button, also highlighted with an orange arrow. A dark grey notification box on the right says 'Note from Health Net Community Connect' and encourages users to fill out a social needs self-assessment. The bottom of the page features a pink navigation bar with a search bar, a language selector, and icons for various services: Food, Housing, Goods, Transit, Health, Money, Care, Education, Work, and Legal.

health net

Support Sign Up Log In

Note from Health Net Community Connect

Tell us more about your needs by filling out the [social needs self-assessment](#) and we can connect you to resources that can help.

Social Needs Self-Assessment

Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here:

ZIP 94536 Search

health net

ZIP or keyword or program name

Select Language

FOOD HOUSING GOODS TRANSIT HEALTH MONEY CARE EDUCATION WORK LEGAL

Give Thanks

Walk for Wellness*

Non-HN members register or log on: sharecare.com



* 90 day challenges (Sept-Nov)



Upcoming Wellness Webinar



Diabetes Workshop: The Basics

Wednesday November 16, 2022

12:00pm-12:45pm Pacific time

THANK YOU FOR YOUR TIME TODAY!
