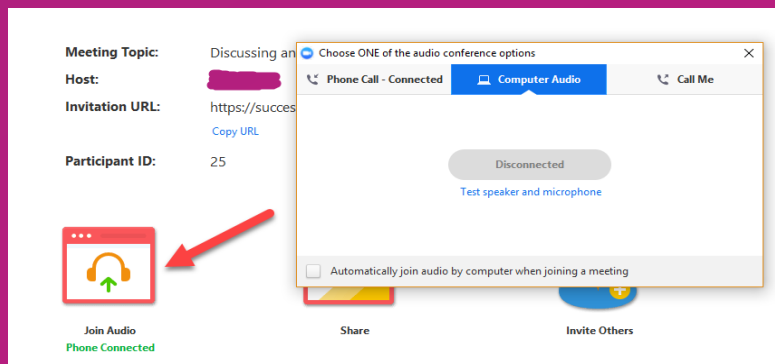




## Welcome to Health Net's Monthly Wellness Webinar

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

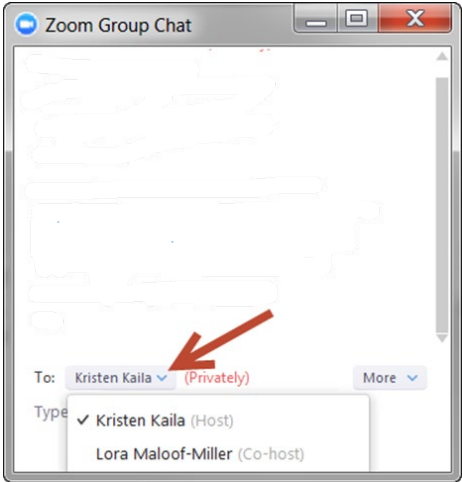
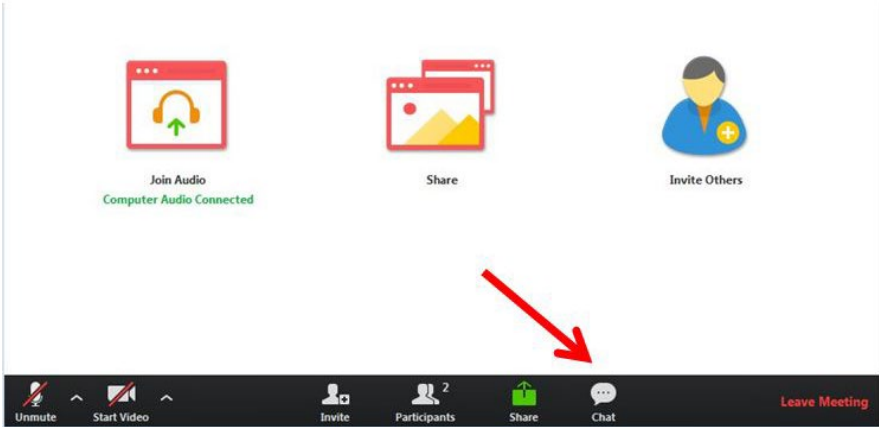
**If you wish to change your audio setting:** click on the “Join Audio” icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



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

**Conference Code: 958 9212 3206**

# 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.



# Your Brain Matters

Lora Maloof-Miller, MPH and Kristen Kaila, MPH

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## Overview

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Anatomy and Function

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Types of brain injuries

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Brain injury prevention

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Alzheimer's and other brain conditions

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Ways to keep your brain healthy and engaged

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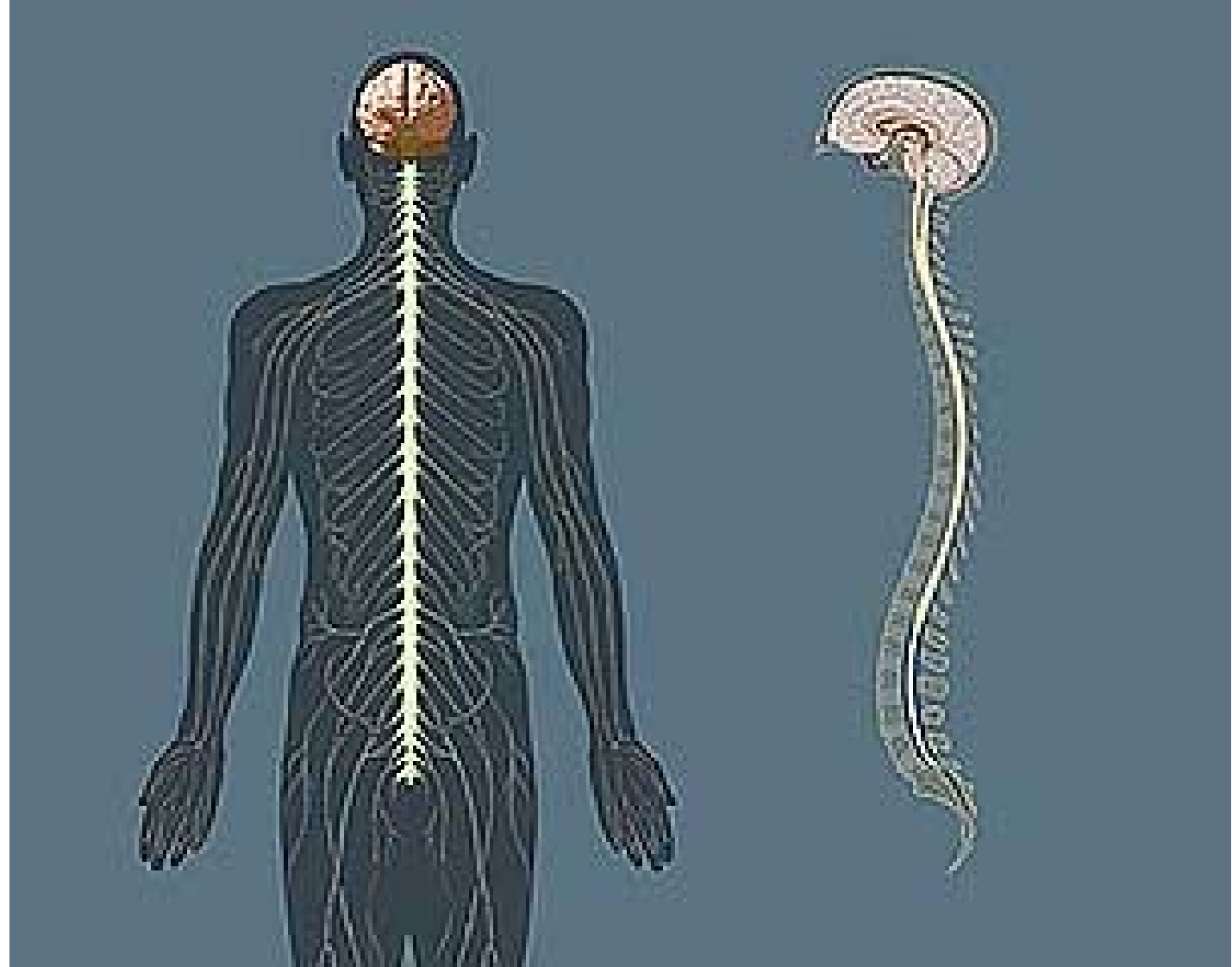
# True or False?



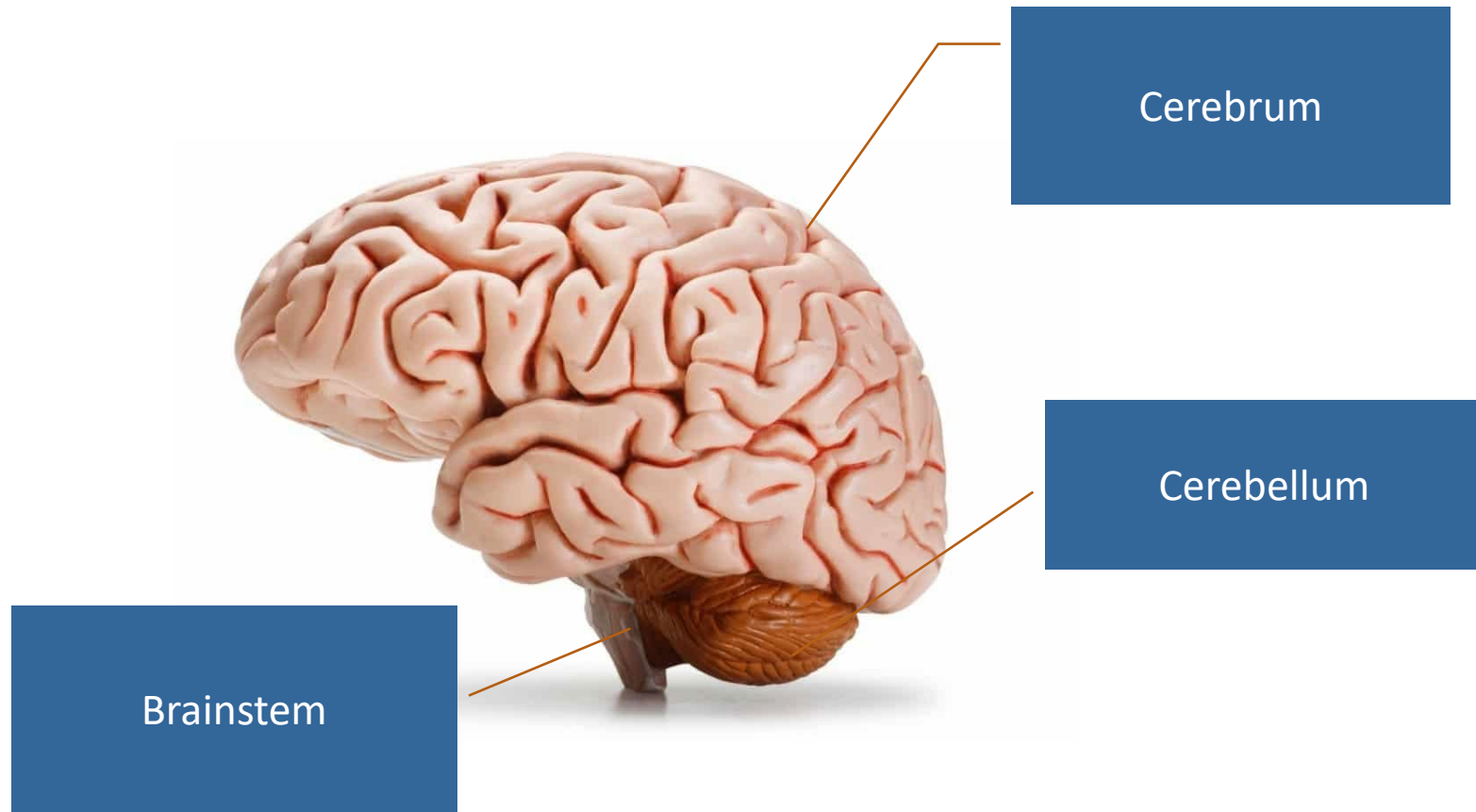
We use 10 percent of our brain.

# Anatomy and Function

What is the central nervous system (CNS)?



# Anatomy and Function





# Anatomy and Function

## Functional areas of the brain

### Frontal lobe

- Movement
- Problem-solving
- Concentrating, thinking
- Behaviour, personality and mood
- Control of voluntary muscles

### Temporal lobe

- Hearing
- Language
- Memory
- Smell
- High-level visual Processing (faces & scenes)

### Parietal lobe

- Sensations
- Language
- Perception
- Body awareness
- Attention

### Occipital lobe

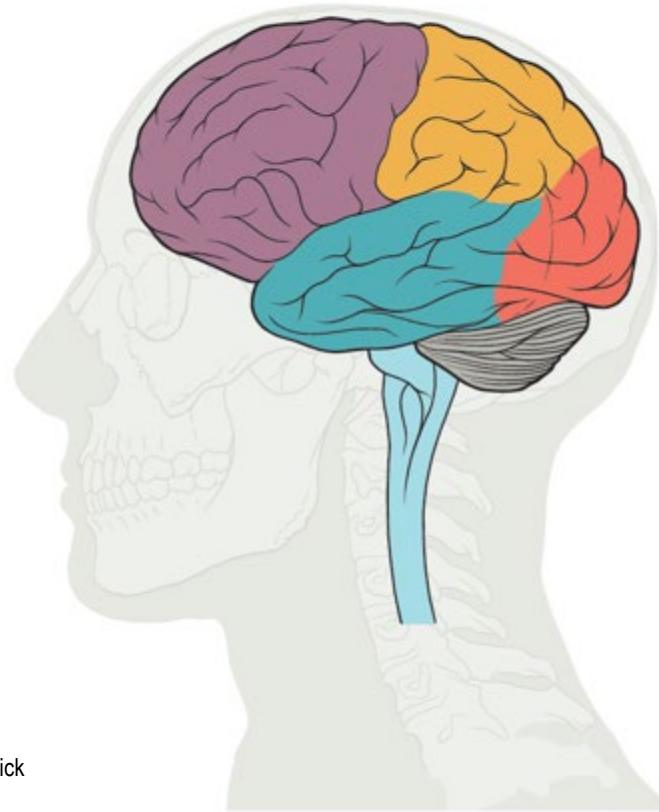
- Vision
- Perception
- Dreams

### Cerebellum

- Posture
- Balance
- Co-ordination of movement
- Fear and pleasure

### Brain stem

- Consciousness
- Breathing
- Heart rate



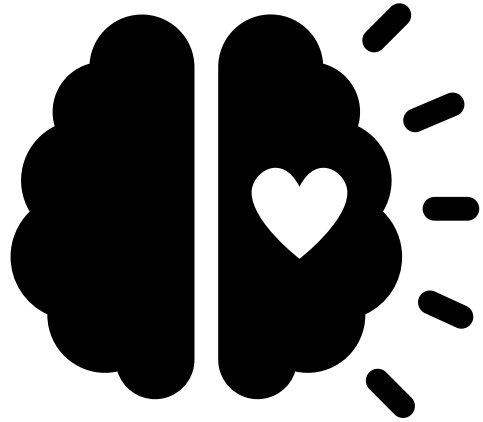
Sources: Nature Neuroscience; Patrick Lynch; The Economist

## Why the grey matter, matters

- Your brain determines every aspect of your life.
- Processes 70,000 thoughts each day using 100 billion neurons that connect at more than 500 trillion points through synapses that travel 300 miles/hour.
- Your life experiences create patterns of activity.



True or false?



The brain stops developing in adulthood.

# Brain Development



Prenatal



Newborn



Childhood



Adolescence



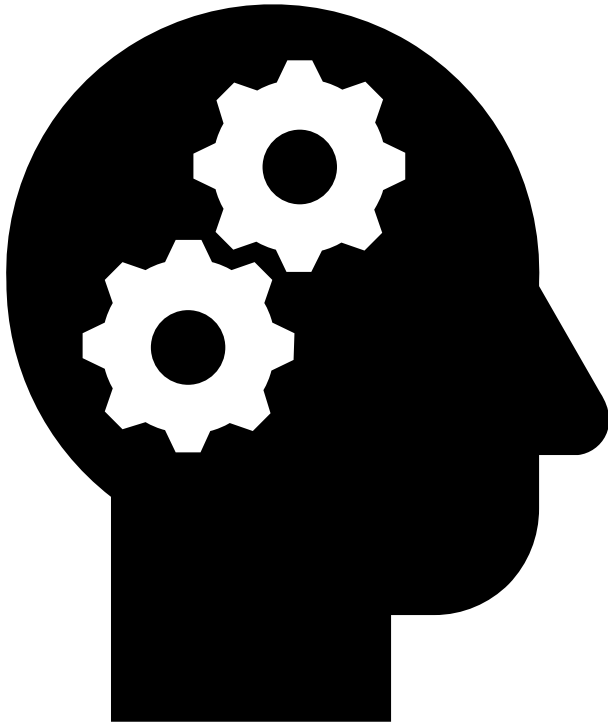
Adult

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# TYPES OF BRAIN INJURIES

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# True or False?



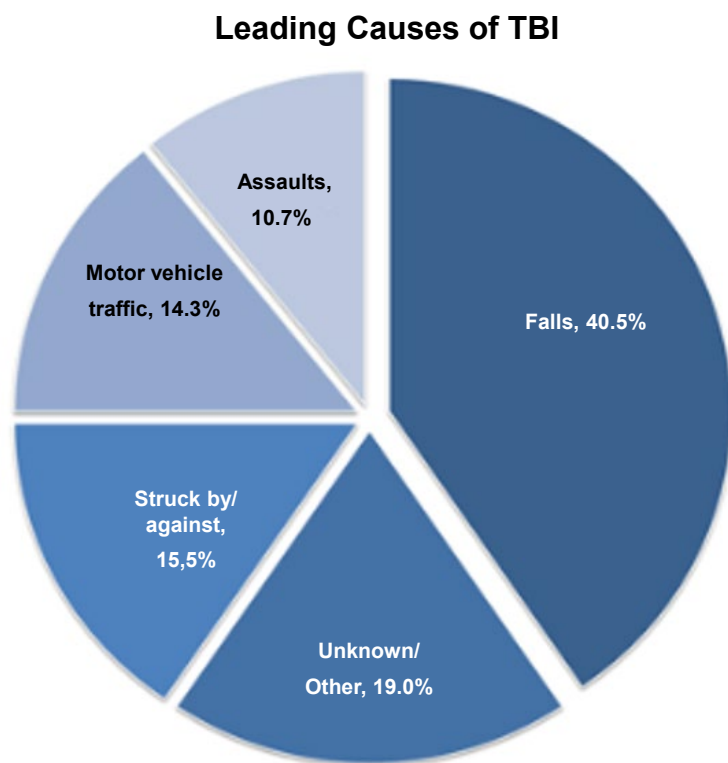
Brain damage is always permanent.

# Traumatic Brain Injuries (TBI)

Classification of TBI	Glasgow Coma Scale	Duration of loss of consciousness (LOC)	Duration of Post-Traumatic Amnesia (PTA)
Mild	13-15	<30mins	1 day
Moderate	9-12	30 mins-24hrs	1- 7 days
Severe(and very severe)	3-8	> 24hrs	> 7 days



# Leading Causes of TBI



## U.S. Totals:

- 64,000 TBI-related deaths in the U.S. in 2020.
- 223,135 TBI-related hospitalizations in 2019.

## Children (birth to 17)

- 2,774 TBI-related deaths in 2020.
- 16,070 TBI-related hospitalizations in 2019.



# Concussion

## Concussion Signs Observed

- Can't recall events *prior to* or *after* a hit or fall.
- Appears dazed or stunned.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

## Concussion Signs Reported

- Headache or “pressure” in the head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”

# Anoxic or Hypoxic Brain Injuries

**Anoxic brain injuries** are caused by a complete lack of oxygen being provided to the brain.

**Hypoxic brain injuries** are brain injuries that form due to a restriction on the oxygen being supplied to the brain.



USE YOUR HEAD TO KEEP YOUR BRAIN SAFE

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A decorative magenta wavy shape that spans the width of the slide at the bottom, starting from the left edge and curving upwards towards the right.

# Head Injury Prevention

- Seat belts and airbags
- Do not drive under the influence of alcohol or drugs
- Wear a helmet
- Preventing falls
- Preventing head injuries in children



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# COMMON CONDITIONS THAT AFFECT THE BRAIN

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# Common Brain Conditions

Alzheimer's and  
dementia

Epilepsy (seizure  
disorder)

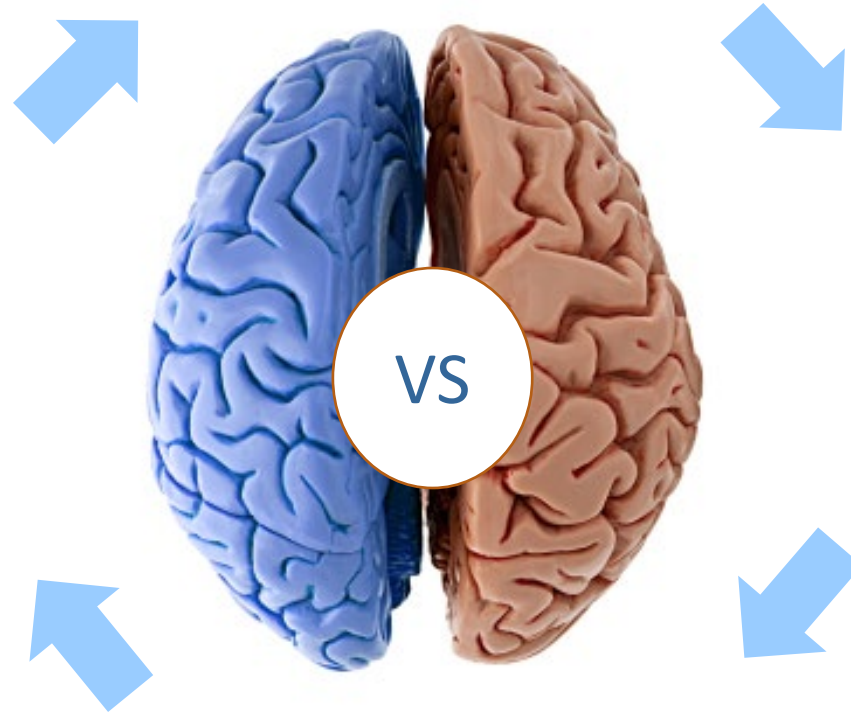
Parkinson's  
(movement  
disorder)

Mental Disorders

Stroke

# Alzheimer's vs. Dementia

**Dementia** is a general term for symptoms like decline in memory, reasoning or other thinking skills.



**Alzheimer's** is a specific brain disease that accounts for 60-80% of dementia cases.

# Early signs and symptoms of Alzheimer's

Memory loss

Challenges  
solving  
problems

Difficulty  
completing  
tasks

Lose track to  
time

Vision  
problems

Conversational  
issues

Misplacing  
things

Decreased or  
poor judgment

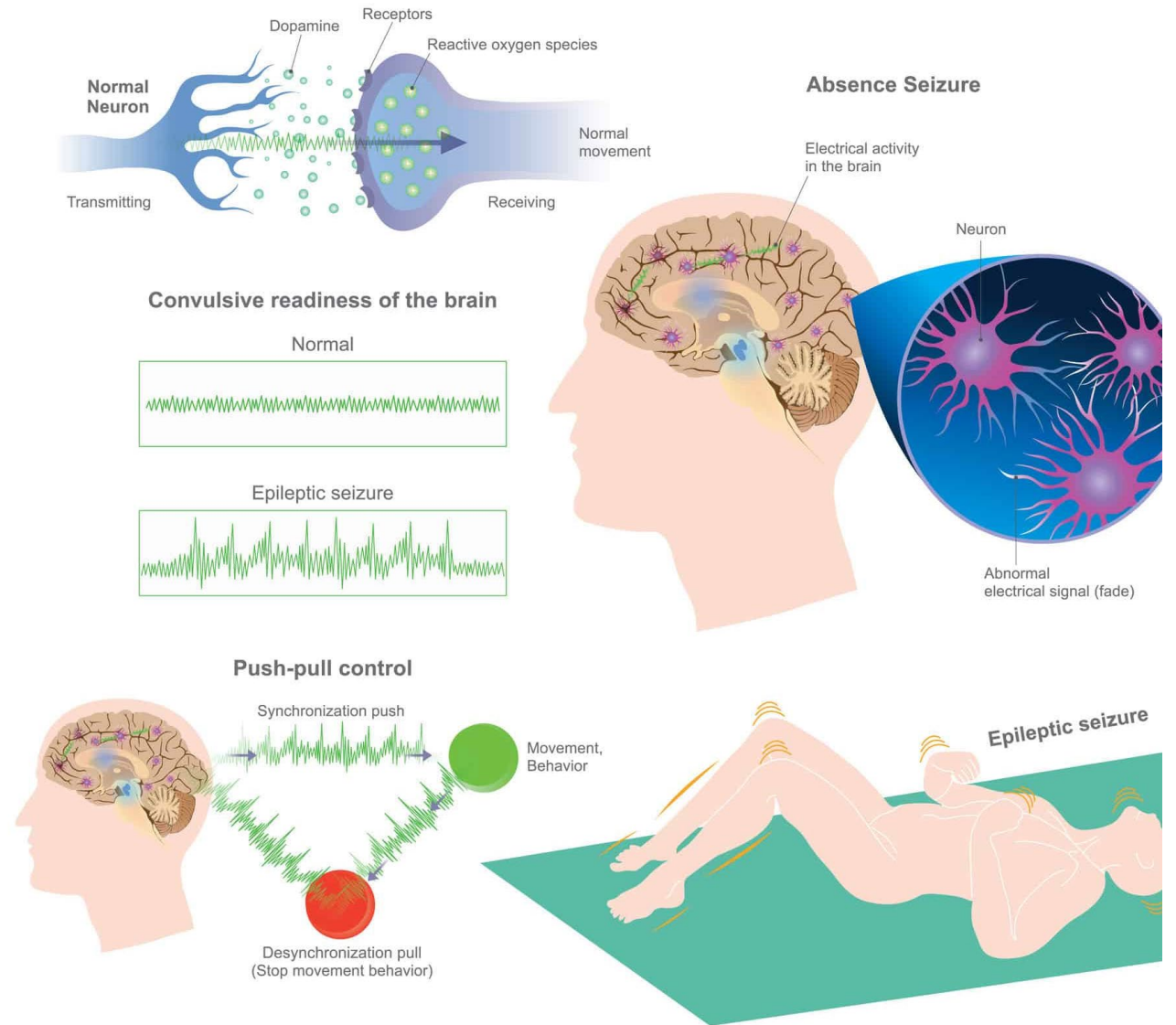
Withdrawal  
from work or  
social activities

Changes in  
mood and  
personality



# Epilepsy

- Epilepsy can affect people in very different ways.
- The way a seizure looks depends on the type of seizure.
- Epilepsy can be caused by different conditions that affect a person's brain.



# Parkinson's Disease

Parkinson's disease is a progressive nervous system disorder that affects movement.

Although Parkinson's disease can't be cured, medications might significantly improve symptoms

Parkinson's disease signs and symptoms can be different for everyone.

# Common Mental disorders

*More than half of  
Americans will be  
diagnosed with a mental  
disorder at some point in  
their life.*

---

Anxiety disorders

---

Mood disorders

---

Eating disorders

---

Personality disorders

---

Post-traumatic stress disorder

---

Psychotic disorders

# Stroke

- Stroke is the No. 5 cause of death and a leading cause of disability in the United States.
- 80 percent of strokes are preventable.

## Left Brain

If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss

## Right Brain

If the stroke occurs in the right side of the brain, the left side of the body will be affected, producing some or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

# Stroke Warning Signs

## Stroke Symptoms

By learning and sharing the F.A.S.T. warning signs, you just might save a life from stroke.

**F**

FACE  
DROOPING

**A**

ARM  
WEAKNESS

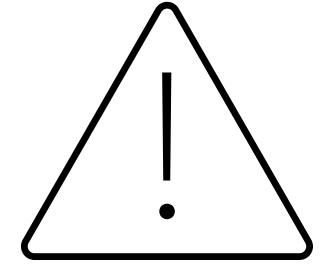
**S**

SPEECH  
DIFFICULTY

**T**

TIME TO  
CALL 911

# Modifiable Risk Factors for Brain Health



High blood pressure

Depression

Brain injuries

Medication

Lack of physical activity

Poor diet

Smoking

Drinking too much alcohol

Sleep problems

Social isolation

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# KEEP YOUR BRAIN HEALTHY AND ENGAGED

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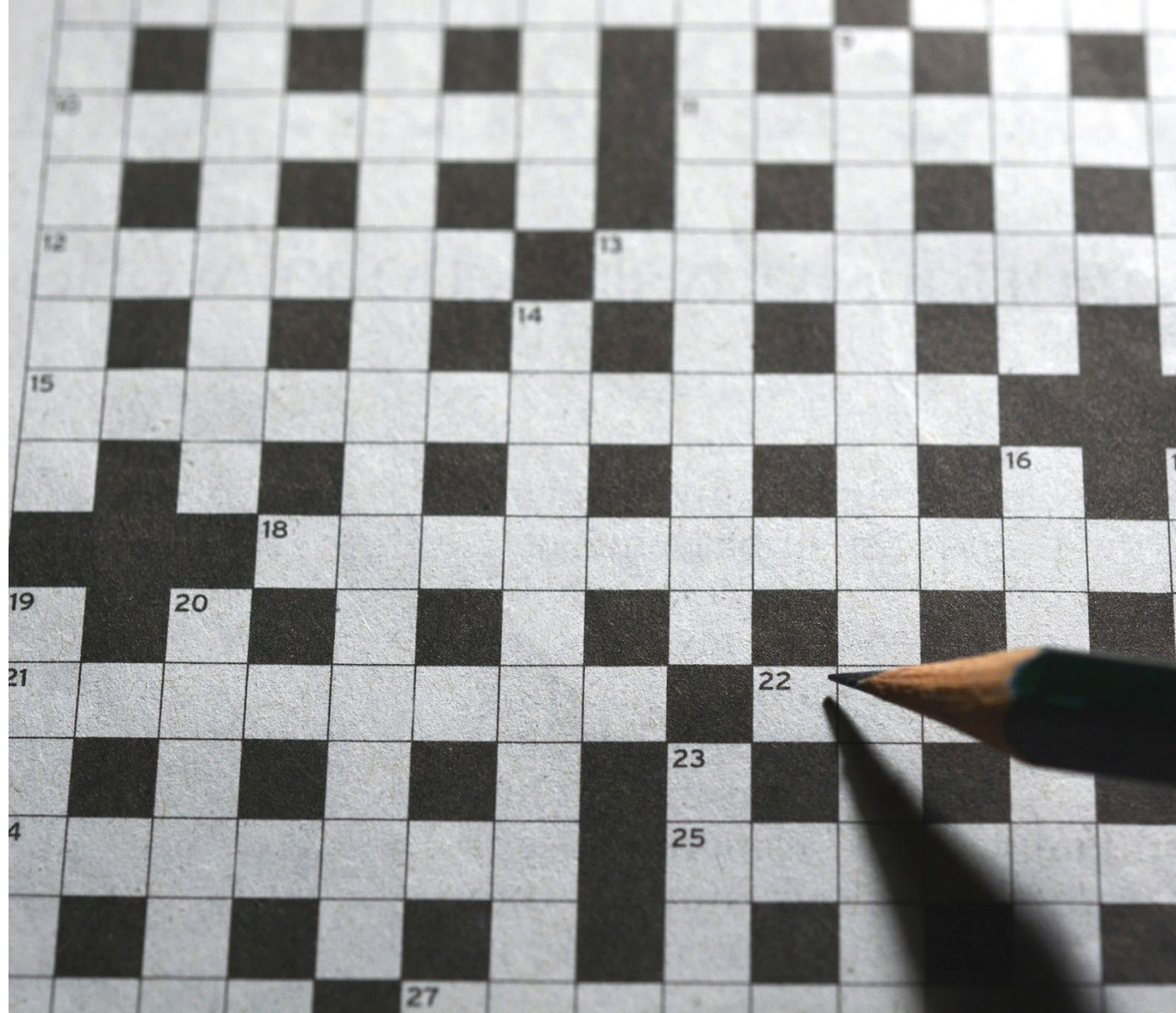


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A crossword puzzle a day can  
keep the brain doctor away.

---

True or False?





# Ways to Love Your Brain

- ✓ Read, do puzzles, challenge the mind
- ✓ Stay socially engaged
- ✓ Mental health
- ✓ Sleep
- ✓ Quit smoking
- ✓ Heart health
- ✓ Regular exercise
- ✓ Nutrition
- ✓ Manage stress



# The Healing Power of Pets

- Exercise- walk the dog
- Reduce stress – a dog can lower your blood pressure
- Feel less lonely - having a dog has been shown to reduce depression





# 4 Types of Foods to Support Memory

Eat	Eat your veggies
Be	Be sweet on berries and cherries.
Get	Get adequate omega-3 fatty acids.
Work in	Work in walnuts.



# Brain Supplements: Do they work?

By 2023, people will spend more than \$5 billion a year globally.

Research is in its infancy.

Supplements are loosely regulated by the U.S.



It's always best to discuss supplements with your physician before taking.

# 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







Highly interactive, individually-tailored applications

- Built-in progress tools and in-the-moment coping tools
- Online community support
  - anxiety, stress and depression
  - Alcohol and drug abuse
  - Pain management
  - PTSD and insomnia



**Members can enroll at:** [mystrength.com/go/healthnet/](https://mystrength.com/go/healthnet/)  
**Non-members access code:** [mystrength.com/go/healthnet/HNcommunity](https://mystrength.com/go/healthnet/HNcommunity)

# 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<sup>®</sup> 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

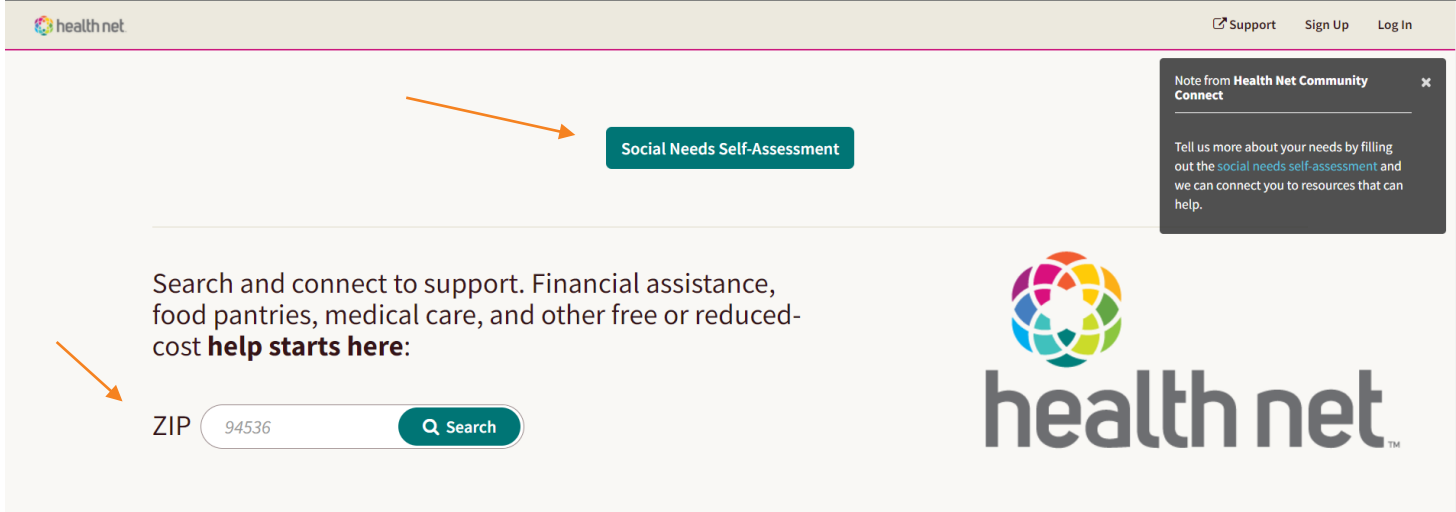


Fitness club  
discounts  
ChooseHealthy



# Findhelp.com

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



The screenshot shows the Health Net Findhelp website. At the top left is the "health net" logo. At the top right are links for "Support", "Sign Up", and "Log In". A teal button labeled "Social Needs Self-Assessment" is highlighted with an orange arrow. Below it, the text "Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost **help starts here:**" is displayed. An orange arrow points to a search bar containing the text "ZIP 94536" and a "Search" button. To the right of the search bar is the Health Net logo. A dark grey notification box in the top right corner contains the text: "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."

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

# Online Health Challenges



## Ongoing monthly challenges

Stress  
Steps  
Sleep

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

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



## August Health Challenge

Step It Up



### Step It Up Challenge

Step towards a younger you.

The Step It Up Challenge runs from 8/1/2022 to 8/30/2022. It's all about adding more movement to your day, while reaping the rewards. Getting more movement has shown to reduce stress, improve productivity, boost your sleep and lower your RealAge. Which means this challenge is a win-win!

#### The goal

Take 5,000 steps per day between 8/1/2022 and 8/30/2022 to meet the challenge goal of 105,000 steps. Don't worry, getting 105,000 is easier than you think. Take an extra lap around the block with the dog, try for a few more minutes on the treadmill or convert your daily activities to get credit for things like housework, yoga or gardening.

#### How the challenge works

There are two ways to track your steps:

- Automatic Tracking:** Sync with your Samsung or iPhone's Health apps or Android's Google Fit app to allow for seamless, automatic input of your steps data.
- Manual Tracking:** Each day, log in to the Sharecare app to manually record the number of steps you've taken. Use the steps conversion chart to convert your activities to steps.

#### Learn about the rewards

105,000 steps by 8/30/2022, you will earn \$100.00 in rewards.

Sharecare.com.

Participating in promotions and challenges due to the terms and conditions of the challenge.

Registered service mark of respective companies. All rights reserved.





# Upcoming Wellness Webinar

Positive Thinking: A New Attitude  
Wednesday August 17, 2022  
12:00pm-12:45pm Pacific time



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# THANK YOU FOR YOUR TIME TODAY!

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