



# 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: 929 5823 0753**



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## Mindfulness in the Workplace

Presented by: Jeffrey Ring, PhD

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.

# Mindfulness at Work

HealthNet

May 21, 2025

Jeffrey Ring, Ph.D.







# Mindfulness











# What is mindfulness?

Awareness of one's internal states and surroundings.

Mindfulness emerges from learning to observe thoughts, emotions, and present moment experiences without judging or reacting to them.

When have you experienced mindfulness?

Pathways to learning to observe thoughts, emotions and present moment experiences?





# The Summer Day by Mary Oliver

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Who made the world?

Who made the swan and the black bear?

Who made the grasshopper?

This grasshopper, I mean-

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down-

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?



# Mindfulness at Work

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What does  
mindfulness at  
work look like?





# Emotional Intelligence (Primal Leadership, Goleman et al. 2013)

	Self	Social
Awareness	Emotional Self-Awareness Accurate Self-Assessment Self-Confidence	Empathy Organizational Awareness Service
Management	Emotional Self-Control Transparency Adaptability Achievement Initiative Optimism	Inspirational Leadership Influence Developing Others Change Catalyst Conflict Management Building Bonds Teamwork & Collaboration

# Reflection Question

- What do you plan to do new, enhanced, or improved based on our work together today?



# 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

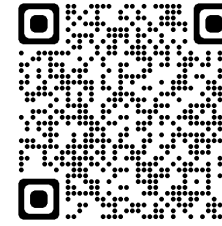
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking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



## Fitness club discounts

- American Specialty Health
- Active&Fit



# Online Health Challenges



## Ongoing monthly challenges

Stress

Steps

Sleep

Nutrition



## June Health Challenge

Healthier You

(90-day challenge)



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

Social Well-being 101

June 18, 2025

12pm-12:45pm pacific time



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# THANK YOU FOR YOUR TIME TODAY!

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