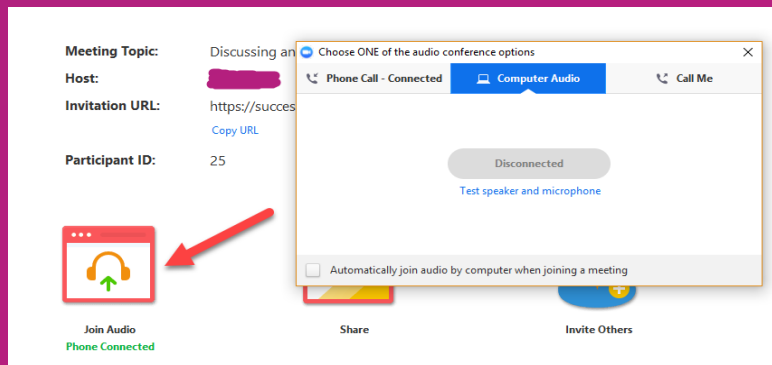




Welcome to Health Net's Monthly Wellness Webinar

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

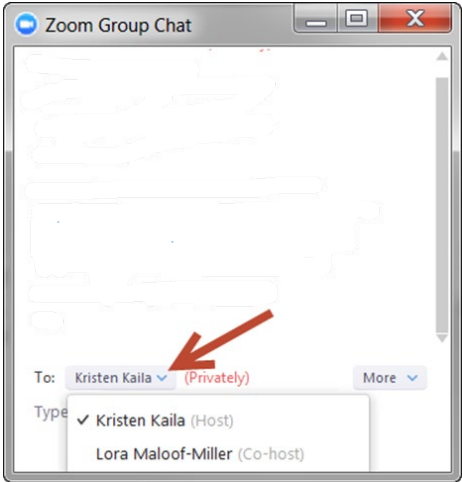
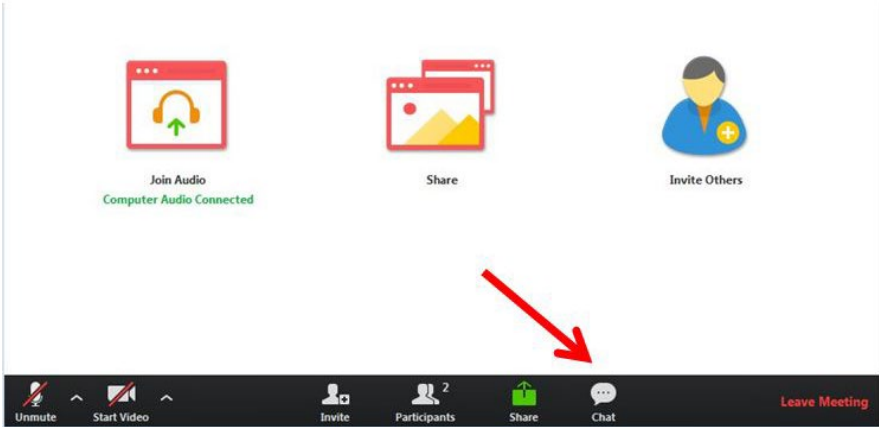
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



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

Conference Code: 996 6453 0406

Chat function





Positive Thinking: A New Attitude

Lora Maloof-Miller, MPH and Kristen Kaila, MPH

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

Characteristics of a positive mindset

Our thoughts make a difference

Positive mindset in life & work

Optimism and longevity

Resilience and gratitude

Looking on the bright side

Is this house floating or sinking?



True optimism is not about avoiding reality – it's about being able to accept and manage obstacles with the intention of not letting them stop you from enjoying life.

Characteristics and Traits of a Positive Mindset

Optimism

Acceptance

Resilience

Gratitude

Mindfulness

Integrity

Positivity is Powerful



Choose to be
generally
optimistic



Build a positive
framework
for your
thoughts



Improve overall
health

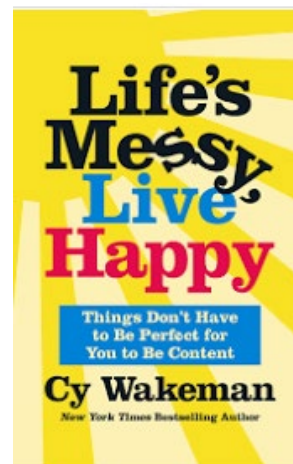


The Power of
Thoughts

If you change how and what you think, you will change how and what you feel.

How Do You Change Your Thoughts?

- Notice and acknowledge the negative thought
- Examine carefully to determine if it is true
- Replace with a new one



What percentage of the human population is inherently optimistic?

10%

50%

80%

What Kind of Mindset Do You Have?

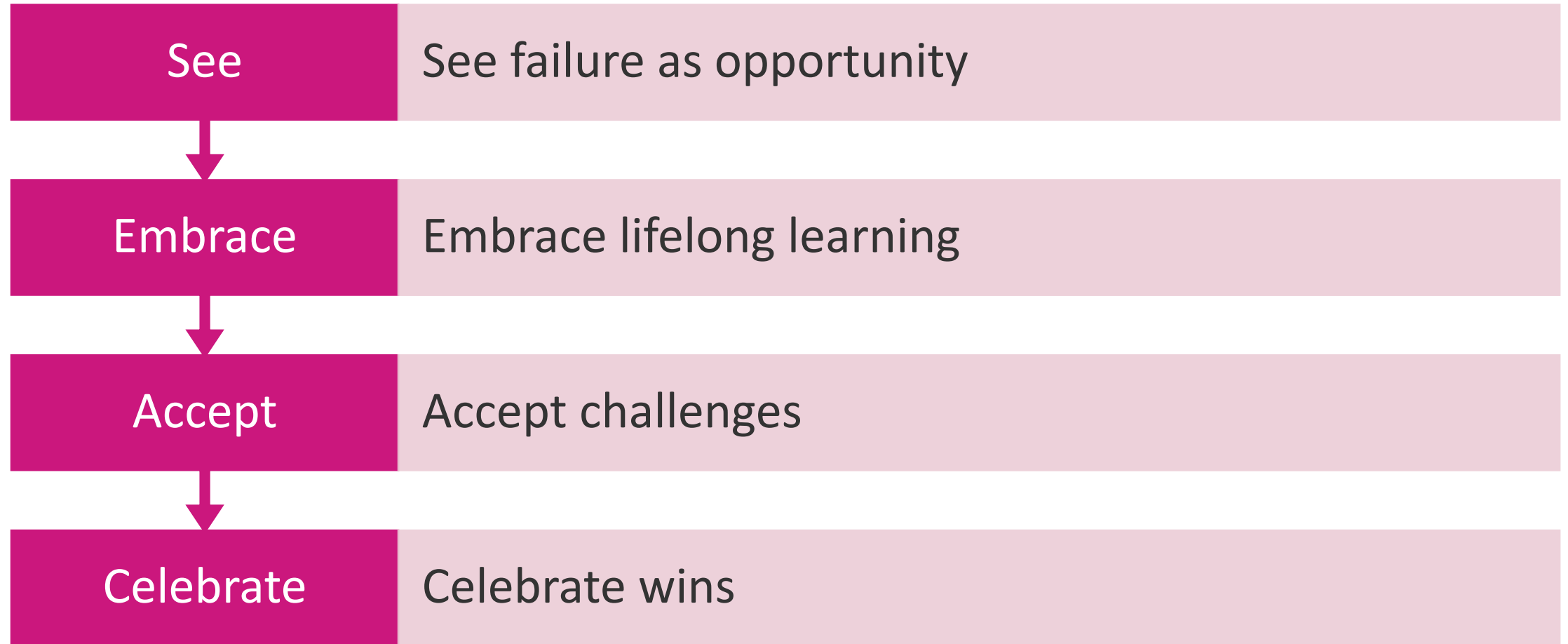


I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.

Grow Your Growth Mindset



Keep a Positive Mindset in Life and at Work



Focus on the good things



Find humor in bad situations



**Turn failures into lessons—and
learn from them**



Focus on the present



**Surround yourself with
positive people**

Keep a Positive Mindset in Life and at Work (continued)

Your response determines the outcome of a situation.

Decide to be happy by being grateful.

Challenge yourself to maintain a positive attitude when something goes wrong.

Actions for a Positive Mindset

Keep

- Keep a gratitude journal

Use

- Use positive words

Don't let

- Don't let yourself get pulled into other people's complaints.

Breathe

- Breathe—consciously, with purpose and mindfully.

Make

- Make someone else smile



True or False?

More than 50% of optimistic [people] are likely to reach age 85 than their negative counterparts.

Your Outlook and Longevity

Sustained positivity can lead to a healthier, longer life

Long term study from the University College London

- Reported enjoyment or satisfaction in two or more questions lived longer
- Good mental health, social connections, maintaining friendships are key

People with a positive outlook are 13% less likely to have a heart attack than their negative counterparts.

KEY CHARACTER TRAITS: RESILIENCE & GRATITUDE



Resilience



STRENGTHEN YOUR
CAPACITY TO REBOUND
FROM DIFFICULTIES



TRAIN YOUR BRAIN TO
BUILD RESILIENCE



FACTORS FOR BUILDING
RESILIENCE



MINDFULNESS AND
MEDITATION

Resilient Characteristics and Behaviors

- Optimism and effective coping styles
- Personal connections
- Sense of purpose
- Self-efficacy
- Healthy diet/active lifestyle



Build Your Resilience

- Notice positive experiences
- Opportunity to Learn
- Open Your Heart
- Take Care of Yourself



Boost Your Mental Strength

Talk to yourself

Helpful mantra

Recall previous
hard times

Future self

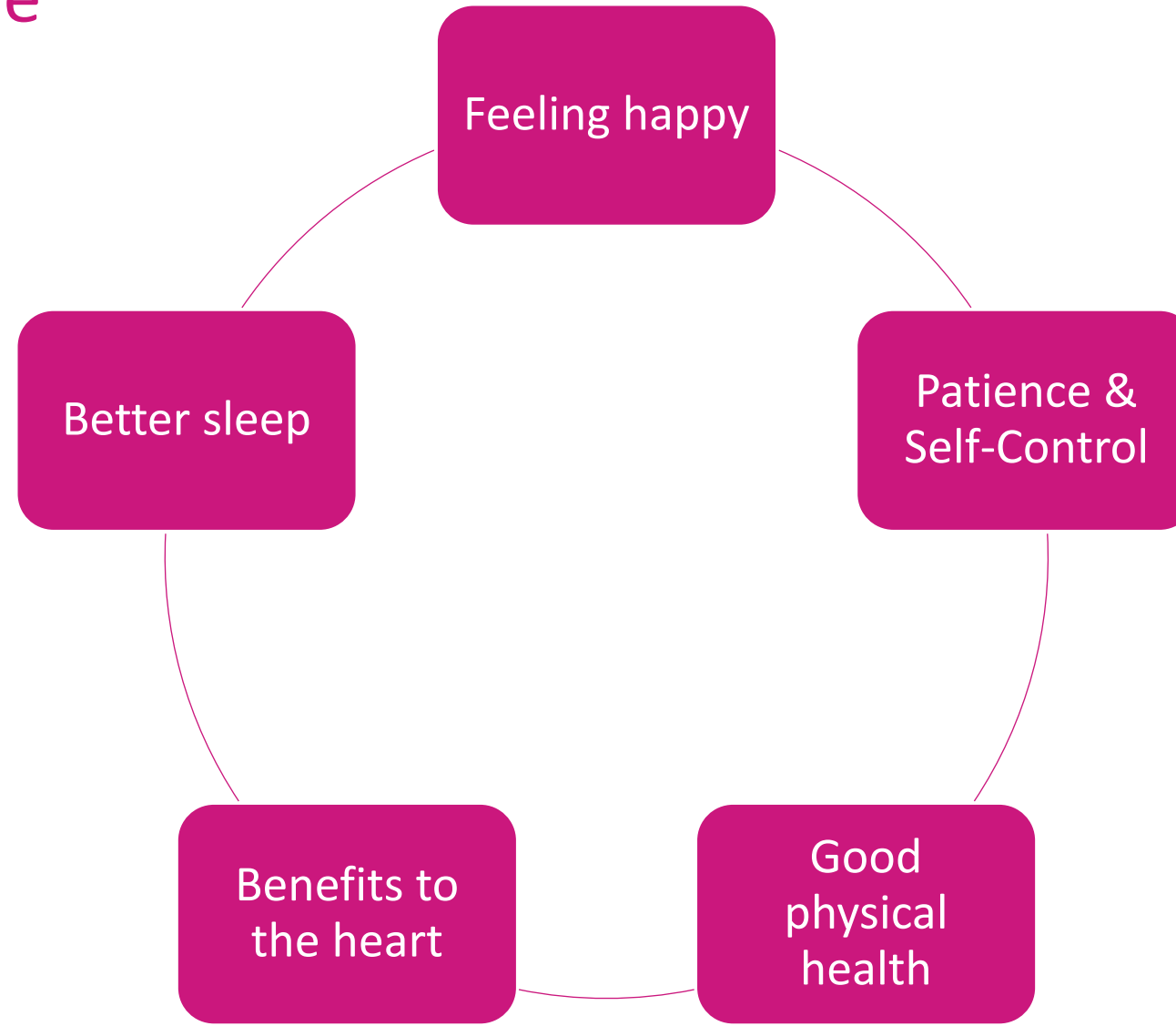
Name your
feelings

Healthy coping
skills

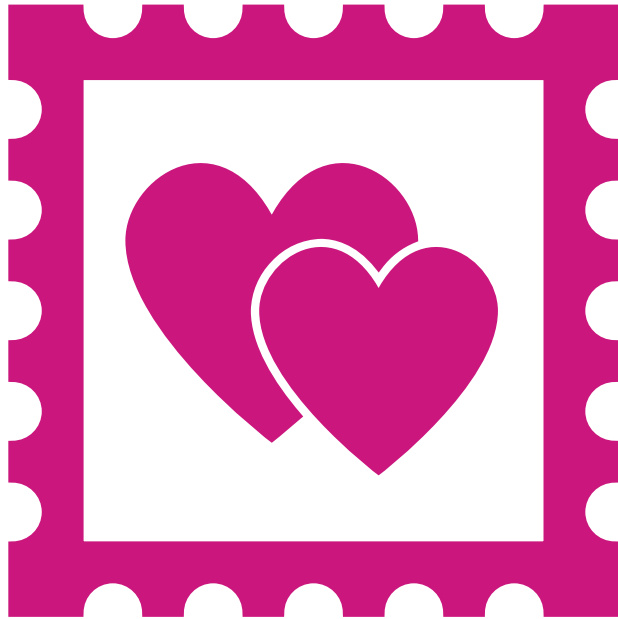
One small step

“It is not joy that makes us grateful;
it is gratitude that makes us joyful.”

Benefits of Gratitude



Simple Ways to Practice Gratitude



- Tell someone you love them and how much you appreciate them
- Reward effort, if someone does something nice for you, do something nice for them
- Make gratitude a part of family life
- Say “thank you”.

Be the change you want to see in the world by making gratitude a part of each day

PRACTICAL TIPS FOR LOOKING ON THE BRIGHT SIDE



Planning Positive Activities

Activities that are fun or enjoyable

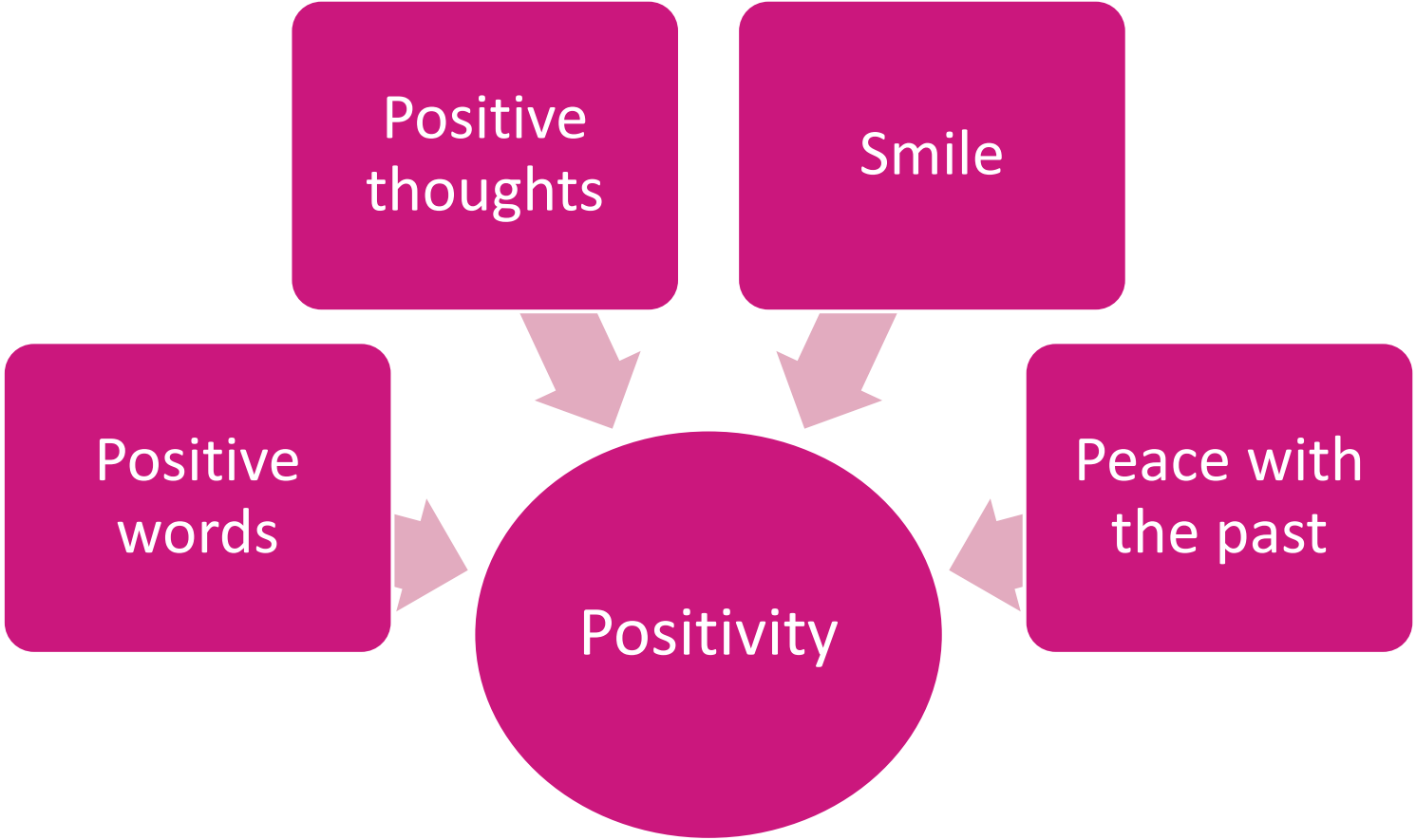
- Eating a good meal or snack
- Exercise, stretching
- Playing a game
- Reading a book or magazine
- Watching a TV show or movie
- Singing, dancing



Activities that can provide a sense of accomplishment

- Fixing or building something
- Checking off items on a to-do list
- Volunteer work
- Doing something challenging

Positivity Exercises

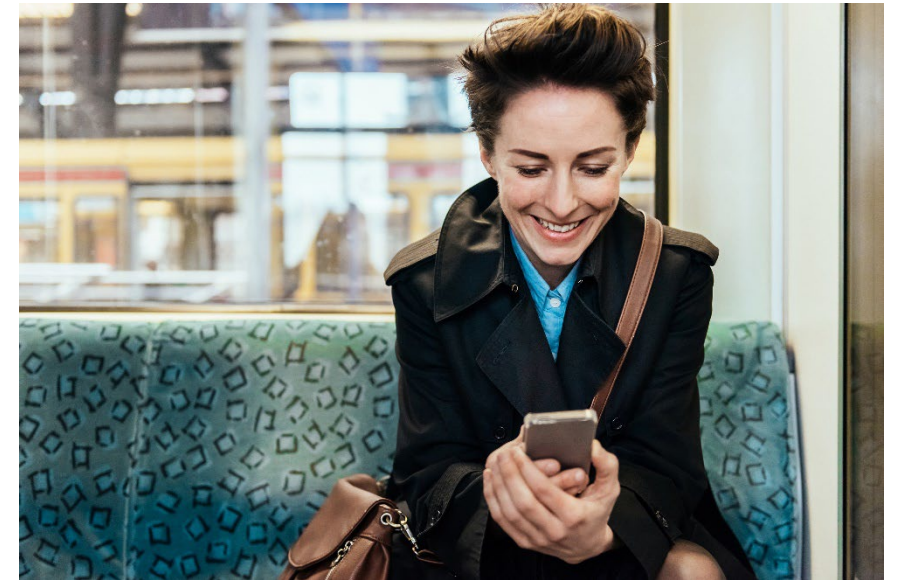


Need a little Inspiration?



**“Inspiration
comes from within
yourself. One has to
be POSITIVE. When
you're positive, good
things happen.”**

DEEP ROY



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



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!



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



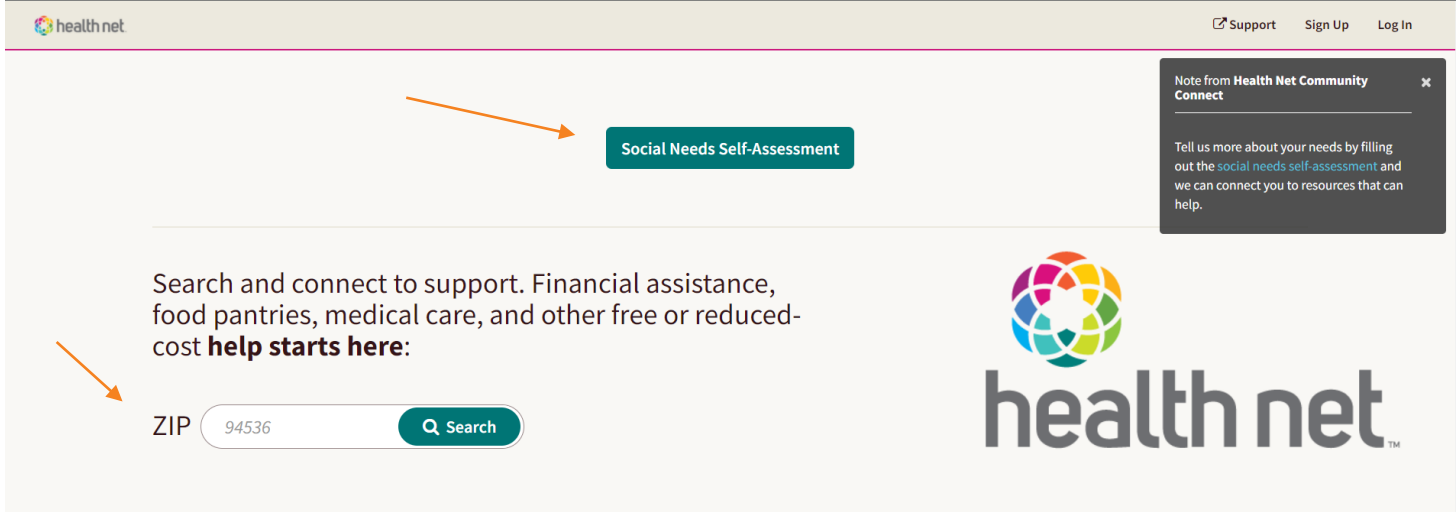
Hearing aids
and screenings
•Connect Hearing
•Beltone



Fitness club
discounts
ChooseHealthy

Findhelp.com

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



The screenshot shows the Health Net Findhelp website. At the top, there is a navigation bar with the Health Net logo, a 'Support' link, and 'Sign Up' and 'Log In' buttons. A 'Social Needs Self-Assessment' button is highlighted with an orange arrow. Below this, 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 '94536' and a 'Search' button, also highlighted with an orange arrow. A 'Note from Health Net Community Connect' pop-up is visible on the right. The bottom section features a search bar with the placeholder 'ZIP or keyword or program name' and a 'Select Language' dropdown. Below this is a row of icons representing various services: FOOD, HOUSING, GOODS, TRANSIT, HEALTH, MONEY, CARE, EDUCATION, WORK, and LEGAL.

health net

Support Sign Up Log In

Social Needs Self-Assessment

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.

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 Search

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

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



September Health Challenge

Healthy Breakfast

health net | sharecare

HEALTHY BREAKFAST CHALLENGE

Give your diet a boost this month.

A poor diet can expand your waistline, increase cancer risk and lead to heart disease. This month boost your intake of fruits, veggies, lean proteins, whole grains and healthy fats and start eating in the green! Aim for two healthy meals to meet the challenge goal and earn [incentive].

The goal

Update your diet tracker daily. Then, stay in the green by eating "excellent" or "good" quality meals for at least 21 days between [date] and [date].

How do I track my diet?

Log in to the Sharecare app to update your trackers each day. To update your diet tracker, select **Track**, then select **Diet**. Select your **Meal** from the drop-down menu; then select the **Quantity** and then **Quality**. Aim to stay in the green by eating "excellent" or "good" quality meals each day.

How the challenge works

- 1 Log in to your Sharecare account or register at azblue.sharecare.com.
- 2 Find the **Challenges** under the **Achieve** icon.
- 3 Look for **2 A Day Challenge** and click Join.
- 4 Track your stress daily from [date] to [date].

Guilt free rewards.

Keep your diet tracker in the green for at least 21 days between [date] and [date] you will earn [incentive details].

Have questions? Visit azblue.sharecare.com.

This challenge is open to [eligibility requirements]. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact your employer benefit department at [phone number].

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Upcoming Wellness Webinar

Nutrition to Reduce Stress

September 21, 2022

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
