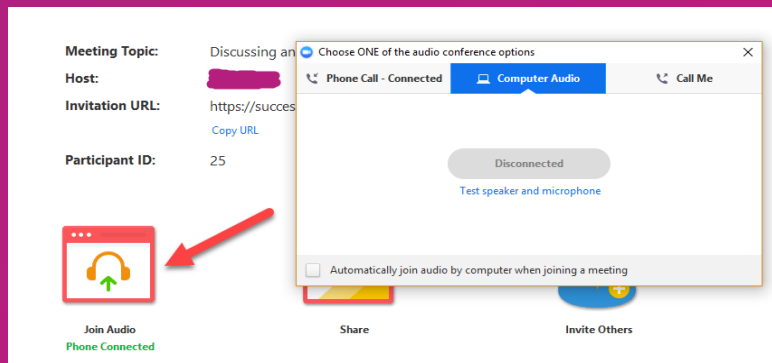




Welcome to Health Net's Monthly Wellness Webinar

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

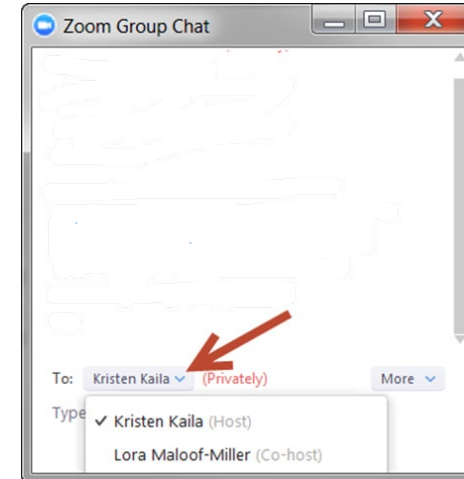
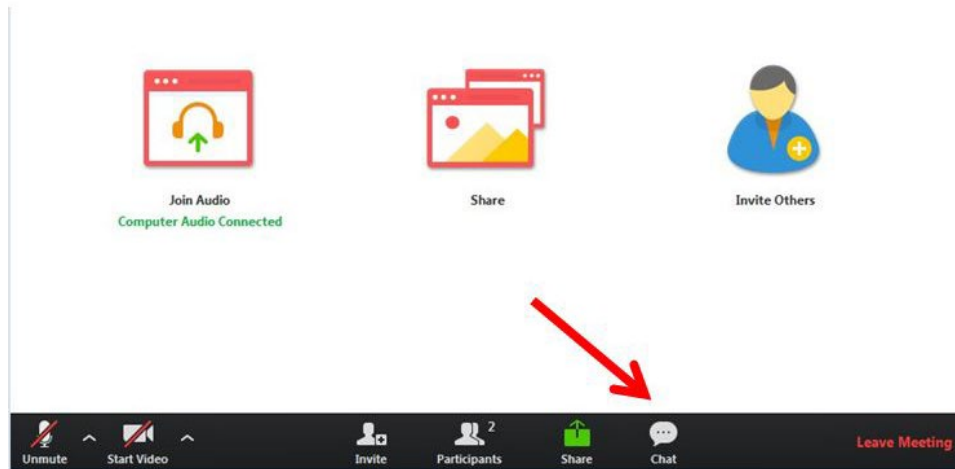
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



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

Conference Code: 922 3169 5178

Chat Function



Disclaimer

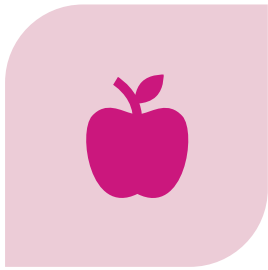
The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



Start the Year off Right: Well-being Tools

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

Overview



WELL-BEING
PROGRAMS



WELL-BEING
TOOLS



WELL-BEING
RESOURCES



WHEN TO
SEEK CARE

Wellness vs. Well-being





health net™

Well-being Programs

Well-being Programs

- Online health promotion programs
 - Health coaching
 - Healthy Eating
 - Health challenges
 - Tobacco cessation
- Behavioral/Mental health

Online Health Promotion Programs



Healthy Weight

Tobacco Cessation

Physical Activity

Healthy eating

Managing stress

Is this statement True or False?

Health coaching is a great way to get personal support to help me achieve my personal health goals. But I don't have the time to talk to someone over the phone. There are no other options.

Lifestyle Management – 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 speaking coaches with additional languages using an AT&T language line

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Is this statement True or False?

Choosing healthy foods is part of a healthy lifestyle. Most well-being nutrition programs focus on dieting, food restrictions, and eliminating foods from my diet.

Eat Right Now

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



Online Healthy Challenges

The online Health Challenges have a comprehensive array of challenges in the library focusing on tracking activities such as:

- Steps
- Sleep
- Weight
- Stress



HN members register or log on : healthnet.sharecare.com

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

Destination Challenges

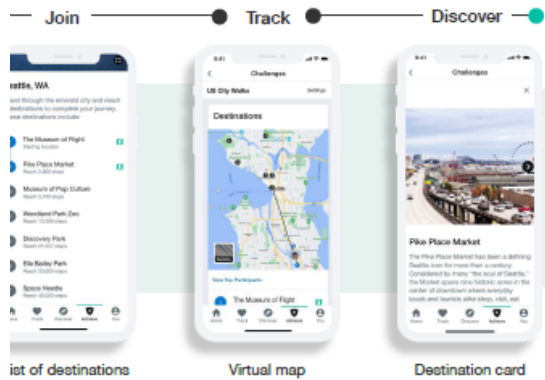
Explore the world while you step towards a healthier you

Overview

Destination challenges provide an interactive experience where members can travel through popular and historical locations, learning about each destination as they progress throughout a steps challenge. These challenges provide a fun, fresh way to drive engagement and encourage members to stay committed to their health and wellness journey. As participants progress throughout the challenge, they will unlock aspirational and educational content to keep them engaged and motivated to keep exploring.

How it works

When a participant joins a step challenge, they will see all the destinations and the associated step counts to unlock each destination. They can then track their progress via an interactive virtual map. Upon reaching each destination, participants will unlock content to see images, videos, interesting facts and historical information related to each destination.



All destinations are preconfigured for ease of implementation and have a specific number of total steps. Some destinations are best suited for individual challenges while others are better suited as team challenges based on the number of steps. The challenge can also be setup as a challenge series if multiple destinations are desired within a single challenge.



Over 170+ destinations available.

U.S. City Walks

- + Boston, MA (10 destinations)
- + Chicago, IL (8 destinations)
- + New York, NY (12 destinations)
- + Seattle, WA (7 destinations)

Architectural Adventures

- + Barcelona, Spain (12 destinations)
- + Budapest, Hungary (11 destinations)
- + Istanbul, Turkey (14 destinations)
- + Lisbon, Portugal (12 destinations)

The Amalfi Coast (11 destinations)

The Heart 200 (10 destinations)

Everest Base Camp, Nepal (13 destinations)

The Florida Keys (8 destinations)

Walk Across England (14 destinations)

Coastline of Australia (13 destinations)

Historic U.S. Route 66 (15 destinations)

New for 2023 Destination Challenges

- Popular and historical locations
- Unlock aspirational and educational content
- Preconfigured with specific number of steps
- Individual and team challenges available

HN members register or log on : healthnet.sharecare.com

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

Is this statement True or False?

Smoking is the leading cause of preventable death worldwide. However, quitting can be difficult to do.

Craving to Quit - Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to an online community for support
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Post-quit survey after 6-months although the program is ongoing after quit - for post-quit support.



Is this statement True or False?

The global pandemic had no effect on our mental health.

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
 - Mindfulness



HN members can enroll at: mystrength.com/go/healthnet
Community members: www.mystrength.com Access Code: HNcommunity

Unwinding

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.



HN members register or log on : healthnet.sharecare.com

Community members register or log on: sharecare.com



Well-being Resources

Wellness Resources

- Nurse Advice Line
- Wellness webinars
 - Health content
 - Healthy discounts
- Preventive health guidelines

Nurse Advice Line



Not sure what to do?

Call our Nurse Advice Line.

A registered nurse is ready to answer your questions.

Call 1-800-893-5597


Wellness Webinar Series

- The Wellness Webinar Series is offered the third Wednesday of each month from 12-12:45pm pacific time.
- The program is promoted in the member portal but **can be accessed by all**. Webinars are recorded *with no expiration date to the recording link*.

Our free wellness webinars help employees live a healthier lifestyle.



Health Net of California, Inc. and Health Net Life Insurance Company (Health Net)



Learn Healthy Ways to Live Your Best

DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2023 – made simple and convenient for you!

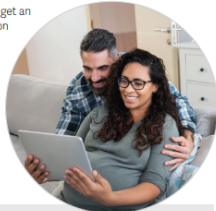
Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:


- View them from your work station¹ at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.²

Plus, you can watch any of the past webinars you may have missed by visiting www.healthnet.com.

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



2023 Wellness webinar schedule	
January	Start the year off right: Well-being tools
February	Cooking for a Healthy Heart
March	Mind Body Connection
April	Work-Life Balance
May	Mental Health – in the Wake of COVID-19
June	Eat Healthy on a Budget
July	Expand Your Well-Being Portfolio with Green Space
August	The Benefits of Acupressure
September	Micro Workouts – Working Out Efficiently
October	Take Charge of Your Health
November	Healthy Gut, Healthy You
December	Healthy Habits for Life

 To sign up, visit www.healthnet.com > Health & Wellness > Health Net Wellness Webinar Series.

¹The workplace wellness webinars are scheduled on a monthly basis.
Health Net of California, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, LLC and Centene Corporation. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.
FUDK0754EFD0 (3/23)

Health Content

Extensive library of health content

Over 150 health topics:

- Purpose
- Social
- Financial
- Community
- Physical



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Jenny Craig, Active&Fit, and more.



Weight management

- WW
- Jenny Craig



Chiropractic/ acupuncture services and more

- American Specialty Health



Eye care

- EyeMed



Hearing aids and screenings

- Connect Hearing
- Beltone



Fitness club discounts

- ChooseHealthy
- Active&Fit

don't miss this deal

YOUR SUCCESS STORY
COULD START TODAY!

"I don't need to be perfect. I just need to be consistent to see change."

—NAOMI M., WEIGHTWATCHERS MEMBER,
LOST 68 POUNDS[^]

[^]People following the WW program can expect to lose 1 to 2 pounds per week.



join WeightWatchers[®]
through Health Net and receive
discounted pricing on the WW
membership for
as low as **\$8.48 per month***

Sign up by February 28 and get a
FREE WW Bluetooth[®] Body scale.†

Learn more at [WW.com/healthnet](https://www.weightwatchers.com/healthnet)
Then get your scale at [WW.com/freescale](https://www.weightwatchers.com/freescale).



Please contact customer service on the back of your Health Net ID card with assistance with signing up for the discounted Health Net rate.

^{*}Savings reflect WW's Core plan for your organization's employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel. Pricing will adjust to the standard monthly rate when your employment with your organization terminates or the agreement between your employer and WW terminates.

[†]FREE scale offer: Get a free Bluetooth body weight scale when you buy an eligible WW plan between 1/1/23 and 2/28/23. Available only where WW plans are offered through your employer/health plan in participating areas only. Allow approximately 4 to 6 weeks for delivery. Redeem by 3/11/23. While supplies last. U.S. addresses only. Allow 3 to 4 weeks for delivery. Offer not available to current members. Cannot be redeemed for cash. Nontransferable. Offer subject to change without notice.

WW Logo and Weight Watchers are the trademarks of WW International, Inc.
©2023 WW International, Inc. All rights reserved.

Preventive Health Guidelines

Stay up to date with well-care visits.

Guidelines cover:

- ✓ Recommended vaccines by age
- ✓ Recommended screenings by age
- ✓ Recommended health screenings by gender





Well-being Tools

Well-being Tools

- Health risk assessment
- Personal Health Record/Profile
 - Tracker tools
 - Symptom checker
 - Provider Search

RealAge Test – Health Assessment

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
health net



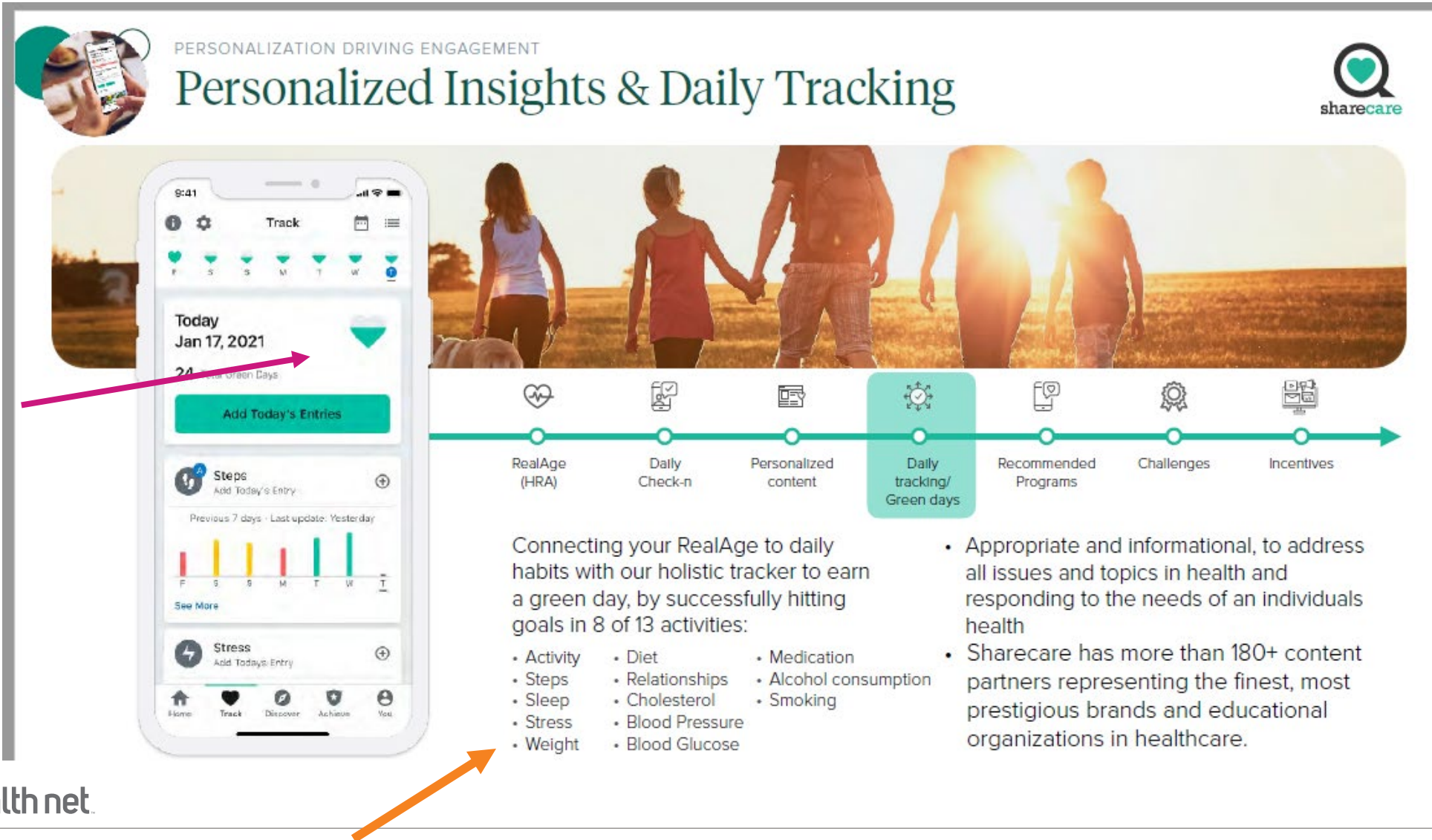
Personal Health Record

Track all your health information in one place:

- Health care team/appointments
- Medical conditions
- Vaccinations
- Medications
- Procedures
- Biometric data



Tracking Tools



PERSONALIZATION DRIVING ENGAGEMENT

Personalized Insights & Daily Tracking

sharecare

9:41 Track

Today Jan 17, 2021

24 Green Days

Add Today's Entries

Steps Add Today's Entry

Previous 7 days · Last update: Yesterday

Stress Add Today's Entry

RealAge (HRA) Daily Check-n Personalized content **Daily tracking/ Green days** Recommended Programs Challenges Incentives

Connecting your RealAge to daily habits with our holistic tracker to earn a green day, by successfully hitting goals in 8 of 13 activities:

- Activity
- Diet
- Medication
- Steps
- Relationships
- Alcohol consumption
- Sleep
- Cholesterol
- Smoking
- Stress
- Blood Pressure
- Weight
- Blood Glucose

- Appropriate and informational, to address all issues and topics in health and responding to the needs of an individuals health
- Sharecare has more than 180+ content partners representing the finest, most prestigious brands and educational organizations in healthcare.

health net

Some trackers include GoogleFit, HealthKit and FitBit, including Apple Watch integration.

Symptom Checker



You'll be prompted to answer questions and guided to the best course of action.

Some examples include:

- ❖ Low back pain
- ❖ Headache
- ❖ Runny or stuffy nose
- ❖ Covid symptoms
- ❖ Skin irritation/rashes/blisters
- ❖ Abdominal pain

Provider Search

Establishing yourself with a health care provider is an important step in maintaining good health.

There are a variety of ways to search for the perfect provider for you and your family.

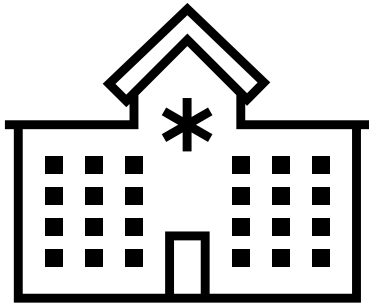
You can search for a provider on your health plans website, or you can call their customer service number.





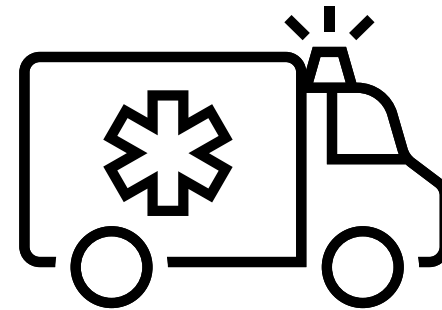
When You Need Care

Where to go when you need a doctor right away



Urgent Care

VS



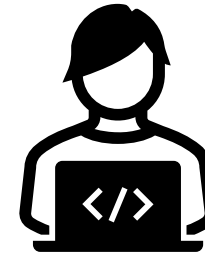
Emergency Room

What type of appointment is best for you?



In-person

VS



Virtual/Telehealth

Online Health Challenges



Ongoing monthly challenges

Winter Wellness*

Walking In Winter*

February Challenges

Stay Sharp

Positive self-talk

Smart Savings

Boost your mood

Sugar Savvy



Health Net Challenges

Jump Start Your Heart

Healthier You*

* 90-day challenge – runs through 2/28/23

HN members register or log on : healthnet.sharecare.com

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

**Green Day:
Healthier You Challenge**
GROW YOUNGER THIS SEASON.

It's the perfect time to kickstart your new year with healthier habits. Aim to track 60 green days this winter to help your RealAge grow younger!

The goal
Track 60 green days in 90 days.

How do I track my activity?

- Automatic Tracking:** Sync with your Samsung or iPhone's Health apps or Android's Google Fit app to allow for seamless, automatic input. You can currently track and sync glucose, sleep, steps, and blood pressure.
- Manual Tracking:** Each day, log in to the Sharecare app to manually update your trackers.

Have Questions? Call the wellness program 855-430-5272 to learn more or visit healthnet.sharecare.com.

This challenge is open to All eligible members. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact the wellness program at 855-430-5272.

© 2023 Health Net of California, Inc. It is a subsidiary of Health Net, LLC and Centene Corporation. Health Net registered service mark of Health Net, LLC. All rights reserved.



Green Days: Jump Start Your Heart Challenge

GROW YOUNGER THIS SEASON.

How will you take control of your health the rest of this winter? While the winter season can bring good things like tailgating, potluck and time with loved ones, it can all bring challenges like indulgent foods and higher stress levels. Aim to track 60 green days this winter to help your RealAge grow younger.

The goal

Update your trackers daily. When 8 trackers are in the green, you score a green day! Earn 28 green days between February 1st and February 28th to meet the challenge goal.

How the challenge works

- Log in to your Sharecare account or register at healthnet.sharecare.com.
- Find the Challenges under the Achieve icon.
- Look for Jumpstart your Heart Challenge and click Join.
- Start living in the green – track 28 green days by February 28, 2023.

How to track green days

If you've taken your RealAge Test and your mobile phone or wearable fitness tracker is linked with Sharecare, several of your daily health factors will automatically update. To manually update your trackers, sign into Sharecare, select Track and the day you would like to input your healthy activities. Select each of the relevant health trackers and enter your information for that day. When 8 of the 13 health factor goals are met or turn green, you've earned a green day!

Have questions?

Call 855-430-5272 to learn more or visit healthnet.sharecare.com.



This challenge is open to all eligible members. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact customer service at 855-430-5272.

Programs and services are subject to change. Members have access to Sharecare through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company, Health Net of California, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, LLC. Health Net is a registered service mark of Health Net, LLC. All rights reserved.



Upcoming Wellness Webinar



Cooking for a Healthy Heart

Wednesday Feb. 15, 2023

12:00pm-12:45pm Pacific time

THANK YOU FOR YOUR TIME TODAY!
