



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: 923 7761 2418



Sunny Days, Healthy Ways

Presented by: Lora Maloof-Miller, MPH, CHES

Webinar host: Stacey Noonan

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.

Overview

- The Benefits of Sunlight
- Sunlight and Mental Health
- Summertime Self-Care
- Summer Foods/Meal Ideas
- Outdoor Movement
- Play it Safe in the Sun



The Benefits of Sunlight

- Vitamin D
- Improved sleep
- Circadian rhythm
- Stronger bones
- Lower blood pressure



Sunshine and Mental Well-being



- Lowers Stress
- Boosts brain chemicals
- Promotes relaxation
- Cognitive performance
- Overall well-being

Summertime Self-Care

- Mind, Body and Mood
- Self-care matters
- Nutrition with Intention
- Building resilience and self-trust
- Tune into your energy level

Tip: Build your summer wellness routine around what fuels you—not what drains you.



Self-Care Ideas

- Morning sunshine
- Hydration
- Skin care
- Enjoy movement
- Rest and restore
- Seasonal foods
- Tech breaks
- Social connection
- Mindful moments

Tip: Sometimes self-care is as simple as stepping outside – letting the sunlight calm your body, clear your mind, and remind you to breathe.



Summer Foods for Energy and Well-being

- Summer foods – think light and refreshing
- Choose hydration and in-season foods
- Mindful eating habits
- Passive cooking techniques



Tip: Ask yourself what would make you feel nourished right now—not just full.

Summer Meal Ideas

Refreshing salads

Cooling foods on hot days

Seasonal Smoothies

Hydrate through food

Snacks and treats

Tip: Build one small wellness habit this summer, like a morning walk or a fruit-and-protein snack each afternoon.



Boost Your Health with these Refreshing Recipes!

Enjoy these healthy drinks right away or chill them in the fridge for at least an hour.

Strawberry and Kiwi-Infused Water

Strawberries are great for your heart! They're packed with vitamins, fiber and antioxidants.

These heart-shaped gems help to:

- Protect your heart
- Increase your HDL (good) cholesterol
- Lower your blood pressure
- Guard against cancer

Mix with 3 cups cold water:

- 3-5 sliced strawberries
- 1 sliced kiwi

Cucumber, Mint and Lime-infused Water

Did you know cucumbers are a fruit? They fall under the squash and melon family. The peel and seeds are the most nutrient-dense parts of the cucumber!

They provide a unique blend of:

- Antioxidants
- Anti-inflammatories
- Anticancer benefits

Mix with 3 cups cold water:

- 5 thin slices of cucumber
- 1-2 mint leaves
- 3 slices of lime

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Lora's Cooking Watermelon, Jicama, Feta Salad.mp4





Outdoor Movement Ideas

- Outdoor movement opportunities
- Indoor movement when air quality is poor
- Focus on enjoyment, not intensity
- Explore nature
- Stay cool with water-based activities
- Turn outings into movement

Tip: Try building a simple summer rhythm that includes light movement during the day and a consistent wind-down routine before bed.

Play it Safe in the Sun

- ❖ Excessive Heat Warnings
 - Heat Watch
 - Heat Advisory
 - Heat Warning
- ❖ Heat-related conditions
 - Heat Exhaustion
 - Heat Stroke
 - Dehydration
- ❖ Sun Protection
- ❖ Summer First Aid Kit





Heat Safety Tips

- ✓ Hot cars can be deadly
- ✓ Hydration
- ✓ No A/C – cooling centers
- ✓ Light colored clothing
- ✓ Take breaks
- ✓ Check on your pets

Evacuation ready: Go Kits



- Water
- Non-perishable food items
- First Aid kit
- Rx medications
- Extra glasses/contacts/sunglasses
- Flashlight
- Whistle
- Phone charging cables
- Hygiene/Sanitation items
- Pet supplies (food, leash, carrier, litter box)
- Change of clothes/shoes
- Cash, wallet, ER contact list, important documents
- Face masks, gloves
- Infant items (food, diapers)
- Optional: blanket, sleeping bag

Rise to the Challenge

Set small realistic goals.



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

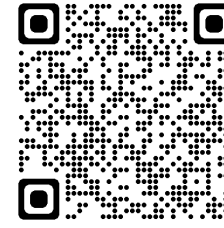
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking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



Hearing aids and screenings

- Nations Hearing



Fitness club discounts

- Active&Fit

Online Health Challenges



Ongoing monthly challenges

- Stress
- Steps
- Sleep



July Health Challenge

- Destination Challenge
- Architectural Adventures
- Barcelona



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

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Upcoming Wellness Webinar

Move Outside, Feel Alive

July 15, 2026

12pm-12:45pm pacific time

THANK YOU FOR YOUR TIME TODAY!
