



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: 914 8787 1933



Wellness Tips While Traveling

Presented by: Lora Maloof-Miller, MPH, CHES

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.

Overview

- Well-being tips
- Jet lag
- Fitting in Exercise
- Relax, Unwind for the Mind
- Sleep Solutions for Hotel Stays
- Healthy eating: it's all about the food
- Travel Immunizations
- Managing Medications
- Accessing health care



True or False

Staying hydrated is only important in hot climates.



True or False

You can rely on air conditioning to keep you hydrated during long flights or bus rides.



Well-being Tips for Travelers

- Hydration
- Stay active
- Wellness Kit
- Stick to a routine
- Balance connectivity and unplugging
- Reduce travel stress
- Get up and move with long flights
- Avoid travel-related illness
- Wash your hands



True or False

It's important to maintain a fitness routine while traveling to prevent jet lag.



Managing Jet Lag

What is Jet Lag?

Symptoms of Jet Lag

Tips for reducing Jet Lag

It's all about the light

Travel tips: before, during and arrival



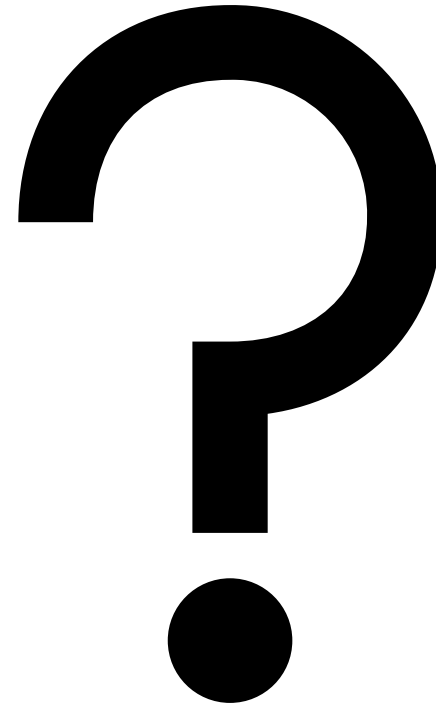
Fitting Exercise into Travel

- Exercise while traveling
- Simple Travel-Friendly Exercises
- Staying Active with Limited time



True or False

It's okay to skip exercise during travel if you're busy with sightseeing or meetings.



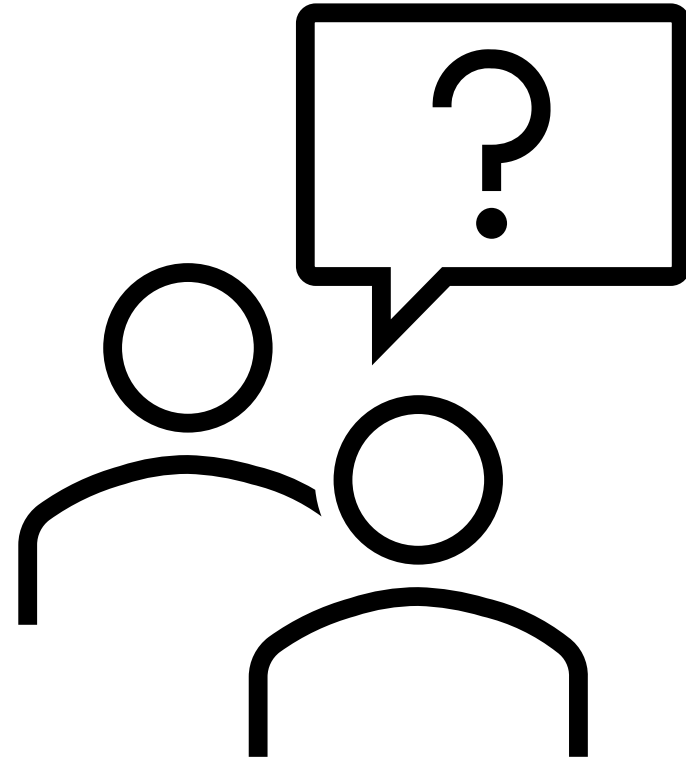
True or False

Walking tours are a great way to stay active while exploring a new destination.



True or False

Rest and relaxation during travel are important for maintaining your energy, mental clarity, and overall health.



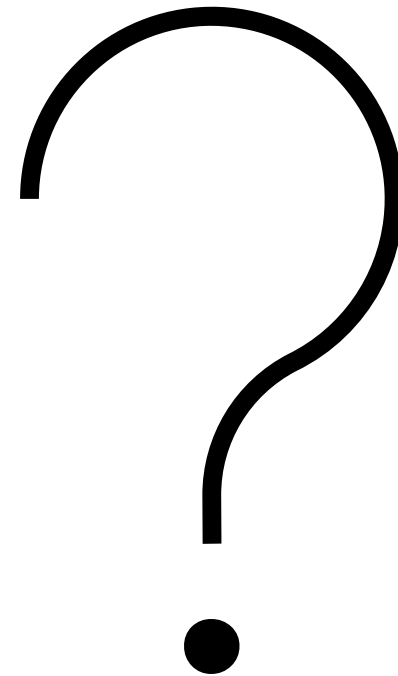
A photograph of two women lying on lounge chairs outdoors, laughing heartily. The woman in the foreground is wearing a green textured sweater and has her head tilted back. The woman in the background is wearing a striped shirt. They are in a sunny outdoor setting with a stone wall and foliage in the background.

Be Kind to your Mind

- ✓ Airport Stress
- ✓ Pamper yourself
- ✓ Meditation
- ✓ Gratitude
- ✓ Make a self-care plan

True or False

Traveling can affect your sleep patterns, so it's good to maintain a consistent bedtime routine.



Sleep Solutions when Traveling

- ❖ First Night Effect
- ❖ Hotel environments
- ❖ Create a comfortable sleep environment
- ❖ Sleep strategies



True or False

You should avoid eating fruits and vegetables when traveling to unfamiliar destinations.



It's all about the Food

- ✓ Portion sizes
- ✓ Healthy snacks
- ✓ Restaurant choices
- ✓ Explore local cuisine
- ✓ Plan for indulgences

True or False

You can always drink tap water while traveling internationally.



True or False

It's safe to drink any type of beverage served in a restaurant or café while traveling.



Travel Immunizations

Before travel:

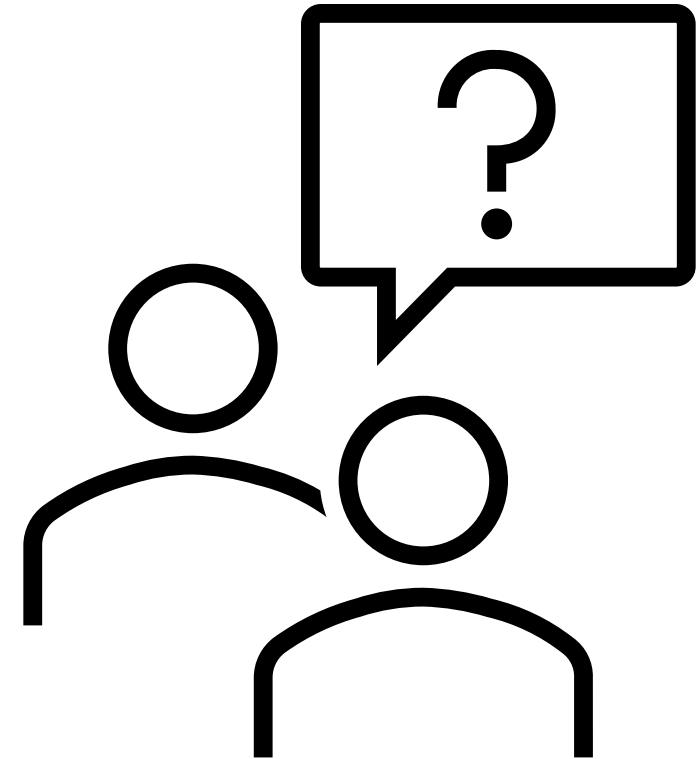
- Stay up to date on your routine vaccines.
- Find out about vaccines, medicines, diseases or health risks.
- Set an appointment 4-6 weeks ahead of travel.
- Where to get travel vaccines?

During travel:

- Carry documentation.
- Practice travel hygiene.

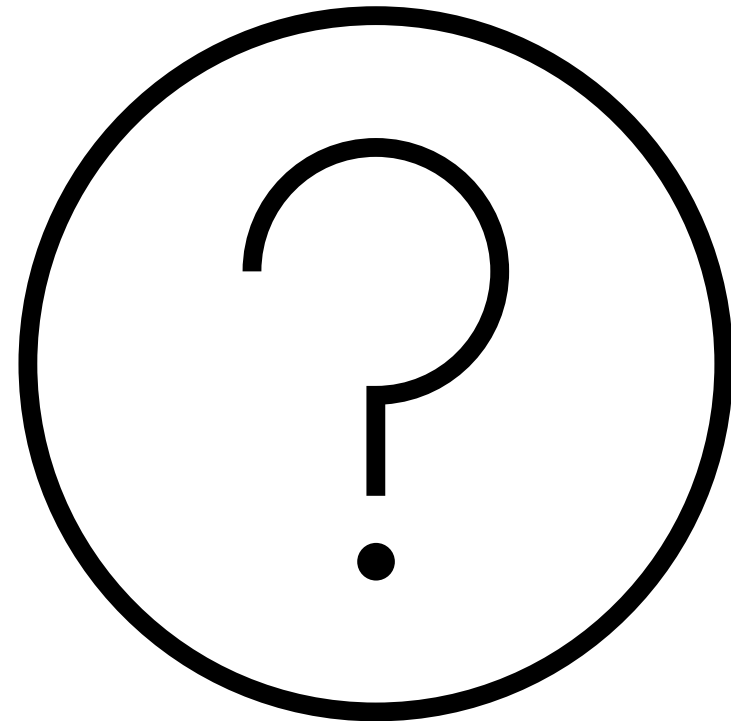
True or False

You can protect yourself from insect-borne diseases by wearing light-colored clothing and using repellent.



True or False

It's unnecessary to carry your prescription medications with you while traveling if you're going to a developed country.





Managing Medications while traveling

1. Your destinations embassy
2. Gone more than 30 days
3. Medication and time zones
4. Storing medication
5. Make a health kit

True or False

It's a good idea to research the nearest healthcare facilities or pharmacies at your destination before you travel.



True or False

Carrying a medical card with important health information (like allergies, medications, and blood type) is unnecessary while traveling.



Healthcare While Traveling

- Travel insurance
- Smart Traveler Enrollment Program (STEP)
[Smart Traveler Enrollment Program \(STEP\)](#)
- Create a medical card
- Emergencies or Natural Disasters
 - ✓ US Embassy or consulate
 - ✓ (888-407-4747 or 202-501-4444)
 - ✓ [International Society of Travel Medicine \(ISTM\) | Advancing travel medicine globally.](#)
- Supplemental Medical Insurance
- Plan ahead if you have medical conditions



Sunglasses/Hat

- UVA and UVB protection
- Darker is NOT always better
- Polarized lenses
- Bigger is better, right?
- The price tag
- Don't forget the hat



Travel Hacks

- ✓ Extra pair of clothes
 - ✓ Room in your suitcase
 - ✓ Wear bulky items
 - ✓ Skip the line
 - ✓ Neck pillow and blanket
 - ✓ On-the-go entertainment
 - ✓ Luggage Smart Tags
 - ✓ Got a Scarf?
-



Summary Tips

- Plan ahead
 - Stay hydrated
 - Activity
 - Rest
 - Eat wisely
 - Pack a health kit
 - Know your conditions
-

Savor the experience, not just the destination!



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

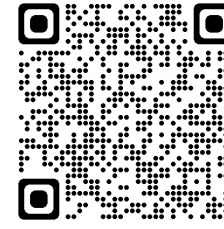
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking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



Fitness club discounts

- American Specialty Health
- Active&Fit™

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

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

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



August Health Challenge

Relax Your Mind



Upcoming Wellness Webinar



Financial Well-being: Where to Start

August 20, 2025

12pm-12:45pm pacific time

THANK YOU FOR YOUR TIME TODAY!
