



# Wellness Online

for Health Net members

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Health Net

Health Net of California, Inc. and Health Net Life Insurance Company (Health Net) are about more than just good health care benefits. We're about giving you the tools you need – like our online wellness programs – to live a healthier, more productive life. Here's how to get started:

## 1 Register

To access these powerful wellness tools, like our Health Risk Questionnaire (HRQ), you'll need to register for a Health Net member account and opt-in to receive emails from Health Net. (Already registered? Skip ahead to Step 2.) Visit [www.healthnet.com](http://www.healthnet.com) and click on the *Register* button at the upper right corner of your screen. Have your ID card handy for quick and easy registration.

## 2 Gather information for the Health Risk Questionnaire

Use the chart below to record some personal information. Not all values are required; however, the more information you can provide, the more valuable your results will be.



For more health information, log in to [www.healthnet.com](http://www.healthnet.com).

Height ( <i>feet, inches</i> )		Normal resting pulse rate	
Weight ( <i>lbs.</i> )		Body fat percentage ( <i>% fat</i> )	
Waist measurement ( <i>around your bare abdomen, just above your hip bone</i> ) ( <i>inches</i> )		Total cholesterol ( <i>mg/dL</i> )	
		LDL (bad) cholesterol ( <i>mg/dL</i> )	
		HDL (good) cholesterol ( <i>mg/dL</i> )	
Systolic ( <i>upper number</i> ) blood pressure ( <i>mm/Hg</i> )		Triglyceride level ( <i>mg/dL</i> )	
		Blood sugar (glucose) level ( <i>mg/dL</i> )	
Diastolic ( <i>lower number</i> ) blood pressure ( <i>mm/Hg</i> )			

### Prescription medications


## 3 Log in to [www.healthnet.com](http://www.healthnet.com)

Once you log in, click the *Wellness Center* tab, then click the *Take the Quiz Now* link to fill out your HRQ. Upon completing the confidential questionnaire, you will instantly be provided with a health score, next steps and other resources.

(continued)

## *Use these tools that support your health goals*

### **Health Promotion programs**

Learn more about making better choices for a healthier future while improving your health. Six-week programs focus on topics such as:

- Stress relief
- Healthier diet
- Healthy heart
- Healthy kids
- Cancer prevention
- Smoke free
- Healthy aging
- Diabetes prevention
- Weight loss
- Healthy seniors
- Getting in shape

### **Wellness coaching**

Improve your health by interacting with a virtual health coach online or by engaging with a live health professional by telephone. Coaching outreach is driven by your specific needs. The program offers flexible communication, including secure email, secure Instant Message chat and telephone. The online features include coaching tools like journaling, goal setting and exercise/food trackers.

### **Informed decision making**

Use unbiased health information resources to become as informed as possible about your area of concern. You can then have a more meaningful dialogue with your doctor.

Decision Aides is an online resource that offers decision points about:

- Medical tests
- Medicines
- Surgeries
- Treatments and other issues

These decision points help you focus on making good health decisions by taking into account the benefits, risks and costs of each option, as well as your preferences.

### **Interactive health advisor**

Get inspired with Healthwise virtual health advisors. Engage in short virtual conversations. Topics include:

- Healthy living
- Sleeping well
- Healthy weight
- Preventing falls
- Dealing with stress
- Quitting smoking

### **Health record**

Your Personal Health Record is used to store, maintain, track, and manage your health information in one centralized, private and secure location.

- Track your responses to the Health Risk Questionnaire. You can also track your health measurements (e.g., blood sugar, blood pressure, blood tests).
- Add new information directly to your health record, including conditions, medications, allergies, visits, surgeries, immunizations, and tests.
- Store and manage health care documents, such as advance directives, consent for treatment, diagnostic images, and test results.
- Print your health report and take it to your next physician visit.
- Prepare a pre-visit questionnaire for your doctor.
- Track appointments (e.g., dental, vision, foot exam).

You have access to Decision Power through your current enrollment with any of the following Health Net companies: Health Net of California, Inc. and Health Net Life Insurance Company.

Decision Power is not part of Health Net's commercial medical benefit plans. It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

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