



Kim Aung
Health Net

Decision Power[®]

Health & Wellness

A helpful guide for employers

When it comes to wellness, everyone brings a different understanding with unique and personal goals. We at Health Net of California, Inc. and Health Net Life Insurance Company (Health Net) created Decision Power[®] as a bridge between knowing how to achieve improved wellness, and getting the support and confidence to take action. Whether focused on staying fit or facing a serious diagnosis, Decision Power can help your employees and their doctors make the right health and treatment decisions.



**Good for people,
good for business.**

Decision Power from Health Net is our long-term investment in the health of your organization. There is active collaboration and decision-making between doctors and patients.

Here are some of the actions available through Decision Power:

- Get help with a specific health goal.
- Track diet, exercise or cholesterol.
- Try an online Health Promotion program.
- Learn about health risks.
- Access to nurse advice 24/7.
- Adapt to living with illness.

Decision Power Wellness Solution

The Decision Power online health portal offers members a central hub for their selected wellness programs and activities, featuring a personalized home page with engaging content to increase online participation. Once a member completes the

online Health Risk Questionnaire (HRQ), the home page is updated with personalized recommendations. These may include online health modules – such as Health Promotion programs, conversations or seminars – or enrollment into a health coaching or care management program.

Health Promotion programs

Our Decision Power Health Promotion programs offer a more flexible way to improve health and wellness, with a self-directed, online way to achieve and maintain health goals. Topics range from weight loss and healthy diet, to stress relief and smoking cessation, and are offered in weekly online programs – So your employees can take steps for positive and lasting change, on their terms.

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You have access to Decision Power through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company (Health Net). 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 It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice.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.

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Healthy Pregnancy program

The Healthy Pregnancy program provides pregnant women with a range of resources, from the Text4Baby program (must opt-in to receive services) to other educational resources and support. Pregnant moms can access the Healthy Pregnancy program by calling Decision Power.

Wellness health coaching

Employees may be eligible for wellness health coaching – with unlimited access to a registered dietitian, respiratory therapist or health educator – offering ongoing support in reaching their goals and sustaining positive behavioral changes. The programs address topics, including weight management, healthy eating, stress management, exercise, and tobacco cessation. Additional support for tobacco cessation is also available through the Quit For Life® program.

Care management programs

Decision Power wellness programs integrate with Health Net's care management programs, offering a range of vital case management services for members at risk for chronic health conditions and those already diagnosed, as well as severely ill individuals and premature and fragile newborns. In all cases, members must meet the high-risk criteria or have a chronic condition diagnosis from their doctor.



Find out more!

Call your broker or Health Net sales representative, or visit us online at www.healthnet.com.

Health information that's close at hand

Nurse Advice Line

Employees get peace of mind, day or night, with 24/7 access to nurses via phone for questions about injuries, illnesses, chronic conditions, and preventive care. With this vital resource, employees can reduce unnecessary and expensive emergency room visits and better manage their health.

CareAlerts

The CareAlerts system was designed to identify gaps in care, drug interactions and dangerous drug side effects. Once registered, tailored communications promptly notify employees and their providers when there's an opportunity to improve the quality of care, manage medications more safely, or seek appropriate preventive screenings and tests. Health care providers are kept informed of employees' progress, medication adherence and any issues that might increase health risks.

We understand that wellness is something unique and personal to everyone. That's why Decision Power is included with all Health Net plans.