



MAKE THE MOST OF YOUR HEALTH

*Health Net makes it easy with
Decision Power® and a whole lot more.*

Inside – exclusive member extras:

- ✓ fast and convenient way to rate your health and learn how to improve it
- ✓ online programs and coaching to support your health and wellness goals
- ✓ quality comparison reports
- ✓ cost estimator tool



Health Net®
A BETTER DECISION

Good health means something different to everyone. How you get there is your choice.

With Health Net, you get more than health care coverage. You get Decision Power.[®] Decision Power brings together under one roof the information, resources and personal support that fit you, your health and your life.

Whether you...

- have a question
- want help with a specific health goal
- need treatment but want to understand all your options
- are living with illness

...**you choose how and when** to use the information, resources and support available. You can use Decision Power online. Or by calling a Health Coach. Try multiple resources at once, or one at a time. 24 hours a day, seven days a week, Decision Power is here for you.

An online account is all you need to take advantage of Decision Power, plus all the online options that make it easy to make the most of your Health Net health plan. To get yours:

- 1 Go to www.healthnet.com/fehbaz.
- 2 Click *Register Now*.
- 3 Complete the form and click *Register*.

KNOW THE SCORE

A great place to start is by taking the Health Risk Questionnaire (HRQ). Powered by WebMD,[®] the HRQ is the fast and convenient way to rate your health and learn how to improve it.

- Identify potential health risks – questions help pinpoint risk factors that are strong predictors of diabetes, heart disease, and colon cancer.
- Get an action plan for boosting your health complete with details about any gaps in care, reminders for tests and vaccinations, alerts about drug interactions, etc.
- See how lifestyle changes will impact your overall health score and reduce health risks – the HRQ has health “risk tabs” with sliders that make it interactive and fun.
- Share the results with your doctor, so you can work together on health improvement.
- Follow links to information centers for practical tips in making good health choices.



Chart your course to health

After you take the HRQ, check out the rest of the Decision Power online menu.

- **Set up your Personal Health Record** for a complete medical snapshot to have whenever you need it. You can set up your Personal Health Record to capture claims data, and the self-reported data from your HRQ. You can also enter immunization and test records/results. Plus, you'll automatically receive next steps and alerts about things to discuss with your doctor.
- **Put knowledge at your fingertips** with an in-depth article library plus condition-specific, educational audio and streaming video resources.
- **Try a step-by-step health-improvement plan** to lose weight, stop smoking or boost nutrition – using online coaching, self-help tools or phone coaching support.

SMOKING CESSATION

Ready to quit – we're here to support you!

Online smoking cessation program – helps you learn new ways of staying on course toward your goal. You'll be provided with a variety of methods – from meditation to medication – you can use to quit smoking. Highlights include:

- Getting ready to quit
- Creating a quit plan
- Quitting
- Staying quit

Health Coaches follow up with you to ensure that goals and targets are achieved.

Talk to a Health Coach – A trained professional, such as a nurse or respiratory therapist, will support you with a personalized quit plan. Review smoking patterns, quit methods, healthy habit tips, and receive our Living Tobacco Free toolkit.

Check quality and costs

In today's environment, you need more than just good health care coverage. You need a company that supports you and your family through the various stages of health. With over 25 years of serving Arizonans, that's just what you get with Health Net, and it shows.



HIGH ACCOLADES FOR QUALITY

- Health Net of Arizona was the **highest ranked** major statewide network model health plan in Arizona, in the *U.S. News and World Report's* ranking of the Best Health Plans in the Nation.
- Health Net of Arizona's commercial HMO plan has been rated "Excellent" by the National Committee for Quality Assurance (NCQA).

QUALITY AND COST ASSESSMENT

Our focus on quality monitoring helps ensure the care you receive is the right care for you. You can assess network quality for yourself with the tools and reports we make available online at www.healthnet.com/fehbaz.

- **Hospital Comparison Report** has easy-to-understand details on hospital treatment outcomes, number of patients treated for a particular illness or procedure, and average number of hospital days needed to treat that illness or procedure.
- **Medical Group Comparison Report** is the simple way to compare network physician groups based on quality of care and service. You can see comparative information in four areas: access to care, member satisfaction, managing chronic illness and prescribing practices.
- **Treatment Cost Estimator** gives you location-specific costs for common health care services such as diagnostic tests, drug categories, inpatient procedures, office visits and outpatient procedures and treatments.



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Try Decision Power and all of our online tools for yourself.
Log on at www.healthnet.com/fehbaz or call **1-888-947-9994**.
To talk with a Decision Power Health Coach, call **1-800-893-5597**
(TTY/TDD: 1-800-276-3821).

You have access to Decision Power through your current enrollment with any of the following Health Net companies: Health Net of Arizona, Inc.; Health Net Life Insurance Company. In Arizona, Health Net of Arizona, Inc. underwrites benefits for HMO plans and Health Net Life Insurance Company for indemnity plans and life insurance coverage. Decision Power is not part of Health Net's commercial medical benefit plans nor affiliated with Health Net's provider network and it may be revised or withdrawn without notice. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

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