

HEALTH NET

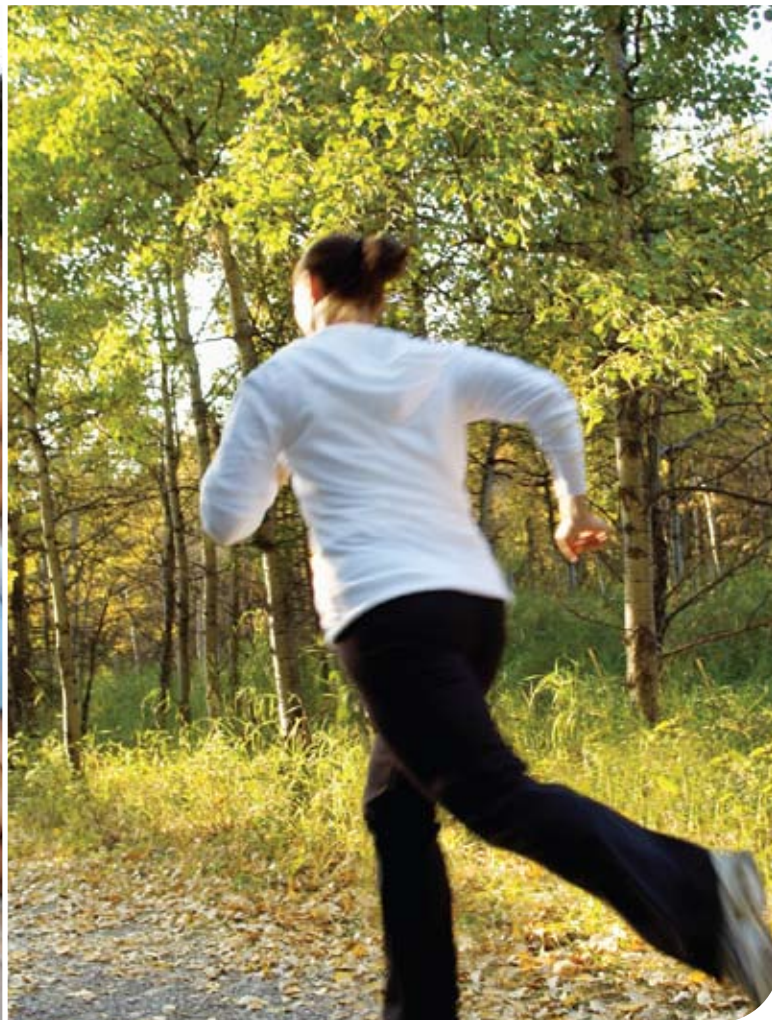
A Better Decision

It's Your Life - WellsiteSM

ONLINE TOOLS AND WELLNESS RESOURCES
to inform, empower and keep you healthy.



Health Net[®]
A Better Decision



IT'S YOUR LIFE— WELLSITESM



IT'S YOUR LIFE—WELLSITE

Health Net's *It's Your Life—Wellsite*, in partnership with WebMD,[®] gives you easy access to the information you need to make smart choices about your health and health coverage. It includes the following:

- A variety of powerful and easy-to-use tools from trusted sources of health and medical information.
- Support from Decision Power Health Coaches who are available 24/7.
- Wellness programs to help you with basic health concerns, such as losing weight and having a healthy pregnancy.

www.healthnet.com/stateofct > *It's Your Life—Wellsite*.



First-time user?

1. Click on Register now at www.healthnet.com/stateofct.
2. Accept the terms and conditions and click on Continue.
3. Enter your basic information Health Net ID, and email; then choose a User Name and Password.
4. Click on Register.

THE TOOLS YOU NEED

It's Your LifeSM - Wellsite powered by WebMD[®] and Subimo

Manage your health care and lifestyle choices at www.healthnet.com/stateofct with this robust suite of online tools and resources.

HEALTH RISK QUESTIONNAIRE (HRQ)

- Uncover potential health risks and take positive steps to control them.
- Stay ahead of potentially serious or chronic health problems.
- Answer a few questions and receive a report that highlights your individual health risks and a personalized plan to help reduce them.

MEDICATION CENTER

- Get the latest information about prescriptions, over-the-counter medications and supplements.
- Monitor prescription history.
- Check to see how one drug you're taking interacts with another.
- Take a quiz on your decisions about medications.

DISEASE AND CONDITION CENTERS

- Get current, reliable information about life-threatening conditions, such as heart disease, diabetes and cancer.
- Read up-to-date information on chronic problems, such as allergies and back pain.
- Receive updated news about diagnosis, treatment options and prevention techniques.
- Take mental health assessments and get information on self-help for topics such as depression, anxiety and insomnia.

HOSPITAL COMPARISON REPORT

- Quickly and confidentially compare network hospitals based on factors that matter to you.
- Get an independent analysis of area hospitals, including their clinical outcomes, patient volume and charges for a particular procedure or medical condition.
- Budget and more accurately plan medical leaves.

HEALTH RECORD*

- Keep a portable Personal Health Record to confidentially track medical history, including health conditions, immunizations, medications and surgeries.
- Share this comprehensive information with your physician to help identify any gaps in your health care.

TREATMENT COST ESTIMATOR

- Manage your budget by projecting and comparing costs for various plan options, based on location.
- Get costs for common health care services, such as diagnostic tests, drug categories, inpatient procedures, office visits and outpatient procedures and treatments.
- Receive a list of health care services typically administered for common medical conditions, along with related costs.

100,000 STRONG, AND GROWING

Decision Power has helped more than 100,000 Health Net members make health care decisions that were right for them.

*Health Net stores all Personal Identifiable Information (PII) and Protected Health Information (PHI) on a secure server, and it is treated in accordance with stringent HIPAA regulations. Some data will be used for statistical analysis that will in no way identify individual members.



THE SUPPORT YOU'RE LOOKING FOR

Get personal decision support with Decision Power

Decision Power connects you to a Health Coach who can help you understand your medical options. The Wellsite also provides informative tools such as the online encyclopedia and audio reference guide. With Decision Power you can:

Talk to Health Coaches who are trained professionals, such as nurses, respiratory therapists and dietitians. They are available 24 hours a day, seven days a week and will help you understand available treatment options and provide useful information and decision making support.

Obtain and watch support videos that show how others have chosen different treatment options for a variety of health conditions, ranging from lower back pain to breast cancer. These real life stories include insights from physicians.

HEALTHWISE® KNOWLEDGE BASE

This online health encyclopedia contains information on more than 5,500 topics, including health conditions and diseases, wellness, medical tests, surgical procedures, prescription and over-the-counter medications, nutritional supplements, complementary and alternative medicine, self-help and support groups.

HEAR® AUDIO LIBRARY

HEAR stands for Health Education Audio Reference. This library contains information on more than 370 health care topics, ranging from acne and colic, to colorectal cancer and hepatitis. Members can access the Audio Library by calling the Health Coach phone number and selecting the Audio Library prompt.

HEALTH CROSSROADSSM

View online presentations that show real patients making different choices for the same condition. You also can learn more about your own options.

VALUE ADDED PROGRAMS DESIGNED TO IMPROVE YOUR BASIC HEALTH*

Wellness Programs and Discounts

Improve your health! Programs on weight management, nutrition, fitness and pregnancy support are customized to your needs and are designed to inspire. Take advantage of member discounts on health related products and services in addition to free wellness programs.

WEIGHT MANAGEMENT

BalanceTM Weight Management and Physical Activity Program is an interactive online program to help you create your personal plan for weight management and exercise. Email reminders and online support help you throughout your plan. www.healthnet.com/stateofct > *It's Your Life-Wellsite* > *Health Net Resources* > *Weight Loss*

NUTRITION

NourishTM Nutrition Program is an interactive online nutrition program based on your food preferences, lifestyle and specific challenges you may face. Nourish starts by learning about you and your nutrition habits through a confidential questionnaire, and then creates a personalized plan for healthy eating that makes sense for you. Get recipes, personalized support and more. www.healthnet.com/stateofct > *It's Your Life-Wellsite* > *Health Net Resources* > *Nutrition*

PREGNANCY MATTERSSM

Members receive a Beginnings Pregnancy Guide, which includes prenatal information about infant development, diet, exercise, dental care, smoking, use of alcohol and the importance of ongoing prenatal care. www.healthnet.com/stateofct > *It's your Life-Wellsite* > *Living Healthy* > *Pregnancy*

PREVENTIVE CARE GUIDELINES

Keep up to date with the current preventive health screenings for adults and children. www.healthnet.com/stateofct > *It's Your Life-Wellsite* > *Preventive Guidelines*

STOP SMOKING

Thinking about quitting tobacco or ready to quit? Take advantage of the Quitting MattersSM program's multiple options including self-help information, telephone support with trained counselors and online support with the world's largest support community. Call 1-800-815-4065 to enroll. www.healthnet.com/stateofct > *It's Your Life-Wellsite* > *Health Net Resources* > *Stop Smoking*

WELL REWARDSSM MEMBER DISCOUNTS

Take advantage of exclusive member discounts of 10 to 50% off retail on fitness clubs and weight management programs, eye exams and eyewear, vitamins, herbs and supplements, and other health related products and services. www.healthnet.com/stateofct > *It's Your Life-Wellsite* > *Member Discounts*

* Wellness Programs and Discounts are not part of your plan benefits, but are value added programs that are subject to change at anytime. These programs are valid as of April 2008.



CONTACT US

visit www.healthnet.com/stateofct > **CONTACT US**. Your inquiry will go directly to our dedicated Internet Response Team who is trained specifically to help you with web-related questions.



Health Net[®]
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