

# HEALTH NET'S WELLNESS GUIDE

*How to get the most from your health plan*

## Wellness Programs

Health Net's Wellness Programs are designed to provide you with resources, tools, discounts and services to help you balance work and family, stay healthy, and understand your health care options. It's Your Life focuses on proactively influencing and supporting individual lifestyle choices and personal health decisions with the goal of optimizing your personal health and well being. The first step is to simply log on to **www.healthnet.com > It's Your Life – Wellsite**.

### IT'S YOUR LIFE™ – WELLSITE

**It's Your Life** is Health Net's action-oriented online program designed to help you live the healthiest life possible. This valuable program covers everything from your emotional and physical health to the skills and resources you need to manage life issues.

Take advantage of the Wellsite self help tools, articles and resources to effect healthy change. Topics include:

- **Health Risk Questionnaire (HRQ)** – helps you understand potential health risks and suggests positive steps to control them
- **Personal Health Record (PHR)** – keep all of your health information in one secure, easy-to-access location – and take it anywhere it's needed. The record includes tools for tracking information such as health care claims and child development progress. Information entered in the questionnaire can also become part of your Personal Health Record.
- **Medication Center** – provides up to date information about prescription drugs, over-the-counter medications and tools to monitor prescription histories and check drug interactions
- **Condition Centers** – gives current information about specific health problems, such as diabetes, heart disease, allergies, cancer and back pain
- **News and Features** – profile your areas of interest and automatically receive updates on relevant medical developments and health topics

### HEALTHYROADS FOR LIVING™

#### HEALTHYROADS COACHING PROGRAM

Do you want to be fit, strong and full of energy? Eat more nutritious foods? Reach your ideal weight?

**Healthyroads for Living**, Healthyroads Coaching Program, Health Net's telephone and web-based education program, empowers you to make positive life changes. You'll be connected with a team of health experts, including exercise physiologists, registered dietitians, nurses, and other certified coaches who will provide you the support and education you need to be successful. Call Healthyroads for Living today at 1-877-330-2746 for a 30-minute program overview. Upon registration you'll receive the following:

- A thorough diet and fitness assessment
- A customized action plan based on your unique health goals
- Weekly support calls from your Personal Coach or Dietician
- Award-winning educational guidebooks
- Free healthy eating cookbook and pedometer  
(*Healthyroads for Living Healthyroads Coaching Program is not available on Oregon HDHP plans and Select IFP plans.*)

## **PREGNANCY MATTERS<sup>SM</sup> – PRENATAL PROGRAM**

Health Net's **Pregnancy Matters** program educates expecting members on the importance of early and ongoing prenatal care. Moms-to-be who register for the program receive a prenatal guide and the opportunity to receive a \$40 Toys-R-Us gift card. To be eligible you must receive care during your first three months of pregnancy and complete the car seat education program. Call our Customer Contact Center at the number listed on your member ID card or log on to [www.healthnet.com](http://www.healthnet.com) to print an enrollment form. Log on to [www.healthnet.com](http://www.healthnet.com) > It's Your Life > Wellsite > Pregnancy.

## **LEAP**

The Lifetime Exercise Adherence Program, **LEAP**, helps you balance the challenge of physical activity with your body's proper recovery. Balancing challenge and recovery is the key to fitness and a healthier you. LEAP takes an assessment of your personal fitness and uses the information to act as a personal trainer to help build a 13-week Activity Plan. LEAP logs your fitness activities and tracks your activity progress, propelling you to challenge your fitness levels, and helping you know when to let your body recover. Log on to [www.healthnet.com](http://www.healthnet.com) > It's Your Life > Wellsite > Fitness - LEAP.

## **NOURISH<sup>®</sup> NUTRITION PROGRAM**

**Nourish** helps take the confusion out of healthy eating. This online program, with email reminders, offers advice about how to make healthy food choices that fit your needs and your lifestyle, including:

- Learning about you and your nutritional habits
- Creating a personal plan for healthy eating
- Using tools to increase your energy and feel in control of what you eat

Log on to [www.healthnet.com](http://www.healthnet.com) > It's Your Life > Wellsite > Nutrition.

## **BALANCE<sup>®</sup> WEIGHT LOSS PROGRAM**

**Balance** is Health Net's new online program designed to help you create a personal plan for weight management. It helps you meet your weight management goals by providing you information about making healthy food selections, engaging in physical activity, and creating a positive self-image. Features include:

- Personalized recipes
- Online progress and tracking
- Email reminders and support
- Exercise videos including proper exercise techniques

Log on to [www.healthnet.com](http://www.healthnet.com) > It's Your Life > Wellsite > Weight.

## **QUITTING MATTERS<sup>SM</sup>**

**Quitting Matters** offers support to help you stop smoking or using tobacco.

- **Phone support** - Call 1-800-815-4065 and work with a Quit Coach during the quitting process. You will receive support calls from your personal Quit Coach, instructional workbooks, an individualized quit plan, and access to specialists.
- **Online support** - Receive free membership in an online support community. You will receive a personal quit plan, expert advice, and other tools, including tobacco cessation resources, supportive email messages, and a Quit Guide. Log on to [www.healthnet.com](http://www.healthnet.com) > It's Your Life > Wellsite > Stop Smoking.

# Well Rewards Programs – Member Discounts

Health Net understands that people have different health needs and health goals. That's why we offer Well Rewards. Well Rewards helps you live a healthy life while saving money.

You can learn more about Well Rewards, find contact information and access a complete listing of discounted products and services online at [www.healthnet.com](http://www.healthnet.com) > **It's Your Life – Wellsite** > **Member Discounts**.

## EMERGENCY MEDICAL SERVICE

### MEDICALERT

Health Net members can now subscribe to **MedicAlert** and receive substantial first year and annual savings. You can also retrieve your vital health information on a 24/7 basis. Health Net members pay \$25 for an annual membership or \$65 for a three-year membership. For more information or to enroll call 1-800-432-5378, 6:00 a.m. to 7:00 p.m., Monday through Friday or 8:00 a.m. to 5:00 p.m. on Saturday or go to [www.healthnet.com](http://www.healthnet.com).

## HEALTHY LIVING BOOKS, VIDEOS AND RELAXATION PRODUCTS

### HEALTHYROADS™

**Healthyroads** helps you reach your health and fitness goals by offering up to a 30 percent discount on tools designed with your health in mind, including health books, videos and relaxation products. Health Net members receive free standard shipping on all orders. Call 1-877-330-2746 or log on to [www.healthnet.com](http://www.healthnet.com) for more information.

### YOGA JOURNAL

Learn more about healthy living with a subscription to **Yoga Journal** at a savings of 65 percent off the cover price. To subscribe at the Health Net rate, or purchase discounted DVDs and videos, log on to [www.healthnet.com](http://www.healthnet.com).

## HEARING AIDS

### BELTONE™ HEARING CENTERS

Receive a free hearing aid screening and a 25 percent discount off the purchase price of any **Beltone** hearing aid at Beltone hearing centers in Oregon and Washington. For more information, call 1-800 BELTONE (1-800-235-8663) or go to [www.healthnet.com](http://www.healthnet.com).

### NEWPORT AUDIOLOGY CENTERS

**Newport Audiology Centers** offer Health Net members discounts up to 30 percent on hearing aids. A two-year comprehensive warranty and a one-year supply of batteries are also included. For information, call 1-800-675-5485 or go to [www.healthnet.com](http://www.healthnet.com).

## EYEWEAR/LASER EYE SURGERY

### EYEMED ACCESS™

**EyeMed** access gives you discounts at more than 18,500 locations including JCPenney Optical, LensCrafters, Target Optical, and most Sears Optical and Pearle Vision locations.

Contact EyeMed for a list of Health Net member discounts and for a location near you. Call 1-866-559-5252, 5:00 a.m. to 8:00 p.m. PST Monday through Saturday, 8:00 a.m. to 5:00 p.m. PST Sunday, or log on to [www.healthnet.com](http://www.healthnet.com).

### TRUVISION™ AND TRUVISION™ LASIK

The savings are easy to see with TruVision. TruVision offers up to 50 percent off a variety of brand name contact lenses and specialty lenses including Bausch & Lomb and Wesly Jessen. Orders come with free shipping and are delivered right to your door.

**TruVision LASIK** has contracted with more than 200 board-eligible surgeons who use only FDA-approved lasers for laser vision correction (often called LASIK). For locations in your area visit [www.healthnet.com](http://www.healthnet.com) or call 1-877-5LASER6 for more information.

## CHILDREN'S HEALTH PRODUCTS

### HEALTHYROADS

Health Net cares about the health of your entire family. Healthyroads offers discounted children's homeopathic remedies, baby lotions and video/audio sets for kids. Free standard shipping is available on all orders. For product information, log on to [www.healthnet.com](http://www.healthnet.com) or call 1-877-330-2746.

### SAFE BEGINNINGS

Keep your little ones safe and receive a 20 percent discount on Safe Beginnings products, including an extensive selection of childproofing and home safety products. You can also purchase baby carriers, developmental toys and videos. For the greatest in convenience and selection, visit Safe Beginnings at [www.safebeginnings.com](http://www.safebeginnings.com) or call 1-800-598-8911. Be sure to enter HNORW, under Group Number to receive your discount.

## SPORTS4KIDS.COM

Receive a 10 percent discount from **Sports4Kids** on a wide selection of fitness apparel, skate boards, jogging strollers and equipment designed for kids, youth and adults. To view and order products go to [www.sports4kids.com](http://www.sports4kids.com) or call 1-800-864-0880. When making purchases, mention code HNS4 or type it in the comments field to redeem the discount. The discount will not be valid with other coupons, discounts and/or free shipping.

## BICYCLE SAFETY

### HEADS UP! – BIKE SAFETY PROGRAM

Health Net's **Heads Up!** – Bike Safety Program gives members ages 1 to 16 the skills and knowledge needed to stay safe on two wheels. Age-specific materials provide cyclists with information on the rules of the road, safe cycling, and how to properly fit a helmet. As a bonus, each participant is eligible to receive a free safety helmet. Log on to [www.healthnet.com](http://www.healthnet.com) to print an enrollment form or call our Customer Contact Center at the number listed on your member ID card for more information.

## EXERCISE

### FITNESS CLUBS

Health Net helps you stay active and committed to your exercise routine by offering membership discounts to a network of more than 2,000 fitness centers and YMCA facilities. Locations offer a variety of programs designed to keep you healthy including group fitness classes, and cardiovascular and strength training equipment. For more information on all participating facilities including YMCA clubs, log on to [www.healthnet.com](http://www.healthnet.com) or call 1-877-330-2746.

### FITNESS EQUIPMENT AND APPAREL

Receive 20 percent off brand name products at Reebok, Greg Norman and Rockport outlet and retail stores. You must present a coupon at check out to redeem the discount. The discount does not apply to goods purchased at online stores. Log on to [www.healthnet.com](http://www.healthnet.com) to locate a retail or outlet store and print a coupon.

Health Net Well Rewards is not intended as a benefit program purchased from Health Net. The Well Rewards program is made available to specified Health Net members free of charge. Well Rewards programs offer discounts/reduced fees on services and products. However, the products and services available from Well Rewards are not part of your medical benefits plan, but are part of the Health Net Wellness program available to its members. Well Rewards providers are independent businesses; Health Net does not directly contract with Well Rewards providers. Services and/or supplies must be purchased directly from a Well Rewards provider.

## NUTRITION AND WEIGHT MANAGEMENT

### NOURISH®

**Nourish** helps take the confusion out of healthy eating. This online program, with email reminders, offer advice about how to make healthy food choices that fit your needs and your lifestyle, including:

- Learning about you and your nutritional habits
- Creating a personal plan for healthy eating
- Using tools to increase your energy and feel in control of what you eat

### JENNY CRAIG®

Health Net members receive a free 30 day trial membership at **Jenny Craig** including weekly consult, and a 50 percent discount on 6-month On-Track membership or 1 year Platinum Program. All discounts exclude the cost of food. Go to the It's Your Life Wellsite to print the discount coupon and to obtain location information. Call 1-800-JENNY20 (24/7) for more information.

### WEIGHT WATCHERS®

Health Net has joined forces with **Weight Watchers** to bring you special savings on weight loss solutions:

For information about the Weight Watchers special offer for Health Net members, call 1-866-896-2655, or to enroll or learn more about online subscriptions go to [www.healthnet.com](http://www.healthnet.com).

## WELLNESS PAYBACK PROGRAM

Are you trying to make healthy living a way of life? Health Net's special **Wellness PayBack** gives you the credit you deserve. If you take a health education class at a medical hospital or clinic, Health Net will reimburse you up to \$50 per class, up to \$150 annually. Log on to [www.healthnet.com](http://www.healthnet.com) to print a Wellness PayBack claim form or call our Customer Contact Center at the number listed on your member ID card. (*Wellness Payback is not an HSA qualified benefit, nor available on HDHP plans.*)