



# Decision Power®:

## *Health & Wellness*

*A bridge to healthy actions*

Decision Power brings together the information, resources and personal support that fit you, your health and your life. Our Web-based and telephonic programs help you take charge of your health, whether you're focused on staying fit, making health care decisions or facing a serious diagnosis.

Decision Power is available to Health Net members 24 hours a day, 7 days a week. You can start using Decision Power as soon as your Health Net benefits become effective! Call the Decision Power line to:



- Talk to a registered nurse 24/7. By using the Nurse Advice Line, you can reach a Decision Power nurse who is available 24/7 to answer questions and address your concerns.

Nurse Advice Line provides real-time health care assessments to help the member determine the level of care needed at the moment.

Nurses provide one-on-one consultation, answers to health questions and symptom management support that empower members to make confident and appropriate decisions about their care and treatment. Members can access the Nurse Advice Line by calling 1-800-893-5597 (TTY: 711).

- Learn more about our Quit For Life® tobacco cessation program, which provides an in-depth, personalized smoking cessation plan. Participants can access up to four proactive, one-on-one counseling calls, plus unlimited calls to their Quit Coach.
- Talk to a Decision Power Health Coach to set a specific health goal, such as weight management, quitting smoking, stress reduction, nutrition, and exercise.

*Try it today! Log in to [www.healthnet.com](http://www.healthnet.com) or call 1-800-893-5597 (TTY: 711) to learn more about the programs in Decision Power.*



### Resources Available Online:



When it comes to your health, there's more than one right answer.

- Take the Health Risk Questionnaire (HRQ). It's a fast and easy way to rate your health and learn how to improve it. Share the results with your doctor the next time you have a checkup.
- Access your Personal Health Record (PHR). You can record your appointments, medical history, medications, test results, preventive screenings, and shots. You can also print a summary of your PHR to share with your doctor.
- Enroll in a Health Promotion program on exercise, nutrition, tobacco cessation, weight loss, and more. These programs provide you with the tools and guidance to get healthier.
- Learn more with the in-depth article library, plus health-related videos and audio resources for most health conditions.
- Try the online questionnaires to test your knowledge of the pros and cons of various treatments.

Health Net complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-977-7522 (Arizona), 1-800-275-4737 (California), 1-888-445-8913 (Oregon) (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-977-7522 (Arizona), 1-800-275-4737 (California), 1-888-445-8913 (Oregon) (TTY: 711).

Díí baa akó nínízin: Díí saad bee yánilti'go **Diné Bizaad**, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíílnih 1-800-977-7522 (Arizona), 1-800-275-4737 (California), 1-888-445-8913 (Oregon) (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-977-7522 (Arizona), 1-800-275-4737 (California), 1-888-445-8913 (Oregon) (TTY: 711)。

Health Net has a contract with Medicare to offer HMO, PPO, HMO SNP coordinated care plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal.

All programs are subject to change. This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions.

You have access to Decision Power through current enrollment with any of the following Health Net companies: Health Net of Arizona, Inc.; Health Net Community Solutions of Arizona, Inc.; Health Net of California, Inc.; Health Net Community Solutions, Inc., Health Net Health Plan of Oregon, Inc.; Health Net Life Insurance Company. Decision Power is part of Health Net's Medicare Advantage benefit plans. It is not affiliated with Health Net's provider network. 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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