

# *No-Cost Wellness Resources for Health Net Cal MediConnect Members*



## *Online and telephone wellness programs and services*

### **Nurse24<sup>SM</sup>**

Access a nurse 24 hours a day, 7 days a week by phone. Talk about health problems and treatment choices. Get tips to feel better at home when you are sick.

### **Quit For Life<sup>®</sup> Stop Smoking Program**

Quit smoking with one-on-one support by phone. You will learn tips to quit smoking and ways to stay healthy. You can also use the custom Quit For Life<sup>®</sup> website for more information and tools.

### **Health Promotion Program**

Use online 6-week programs to help you meet your health goals. Programs include eating healthy, exercise, how to manage stress, how to lose weight, and more.

### **Personal Health Record**

Keep track and manage your health information with a secure online resource. You can access tests and results, shots, health screenings, and more with this online resource. Take a print copy to your doctor visits.

### **CareAlerts**

Get online and mailed reminders for needed tests, shots and medicines to stay healthy.

### **Decision Power<sup>®</sup> Healthy Discounts**

Health Net wants to help you stay active and healthy. Use our discount program for health services and products. Save with discounts for Jenny Craig, Weight Watchers, hearing or vision care, and more!

## *Community health education programs and services*

### **Healthy Habits for Healthy People Program**

Learn how to eat healthy and stay active. Get nutrition tips, a cookbook, DVD, and an exercise band to help you meet your goals.



### **Healthy Hearts, Healthy Lives Program**

Use these booklets, tracking journal and DVD to have a healthy heart.

### **Materials**

Get information about weight control, oral health, how to prevent falls, health exams, and more. Materials are available in select languages and alternative formats.



### **Health Education Classes**

Attend classes on nutrition, heart health, diabetes, and more to help you stay healthy. Easy to follow exercise classes are also available for all ages.

## **Cal MediConnect members:**

To order materials or attend a class, call the Health Education Information line at **1-800-804-6074 (TTY: 711)**.



To speak with a nurse about your health or to learn more about online wellness programs and Decision Power Healthy Discounts, call the Member Services number on the back of your ID card or visit **[www.healthnet.com/calmediconnect](http://www.healthnet.com/calmediconnect)**.

This information is available for free in other languages. Call Health Net Cal MediConnect Member Services at 1-855-464-3571 in Los Angeles County or 1-855-464-3572 in San Diego County (TTY users call 711), Monday through Friday, 8:00 a.m. to 8:00 p.m. The call is free.

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