

5 Member Extras

Your Health Net plan comes with loads of free health-boosting services! Seeing your primary care doctor is just the beginning. Start by setting up your account at www.healthnet.com. That's where you'll find lots of information and resources devoted to your health. Here are just a few:

- 1 Nurse advice line.** Not sure how to respond to an illness or injury? We've got registered nurses available 24/7 to take your questions. Call for answers about caring for minor injuries and illnesses like fevers and flu, urgent health situations, preparing for doctor visits, and more. Call us toll-free at **1-800-893-5597 (TTY 711)**.



- 2 Quit-smoking support.** Ready to kick the habit? Use our Quit For Life® coaching program to say goodbye to cigarettes for good. We'll work with you one-on-one until the smoke has cleared!

- 3 Wellness coaching.** Get personalized support from our professional health coaches to help you meet your goals. Hoping to lose weight, improve eating habits, increase physical activity, or manage stress? Our coaches are experts. You can even track your progress online.



- 4 myStrength.** Make lasting changes for your mental and physical health. This valuable online resource is devoted to managing depression, stress and anxiety. myStrength offers in-the-moment mood tracking, eLearning modules, interactive tools and stress-relief activities.

- 5 Decision Power Healthy Discounts.¹** Save on lifestyle improvement services, products and more, including weight loss programs and other health and wellness products.





Find out!

There's much more to discover! Just log in to your account at www.healthnet.com. Then explore all that comes with your Health Net plan. Call us at the number on the back of your ID card if you need help finding your way.

We are your Health Net.™

¹Members have access to Decision Power through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company (Health Net). Decision Power is not part of Health Net's commercial medical benefit plans. It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees.

Health Net HMO and HSP health plans are offered by Health Net of California, Inc. Health Net EPO insurance plans, Policy Form # P34401, are underwritten by Health Net Life Insurance Company. Health Net of California, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, Inc. Health Net is a registered service mark of Health Net, Inc. Covered California is a registered trademark of the State of California. All rights reserved.

FLY010385EL00 (10/16)