



Health Net of California, Inc. and  
Health Net Life Insurance Company (Health Net)

# Health & Wellness Programs and Services

A SUMMARY FOR EMPLOYERS AND BROKERS



Coverage for  
every stage of life™

# Stay Healthy – On Purpose

*Pursuing better health is our best defense against chronic medical conditions. That's why we created Decision Power®: Health & Wellness. With personalized tools and achievable goals, members can feel confident in their ability to make positive and lasting behavioral changes.*

## **A bridge to healthy actions**


Decision Power is a set of programs created to engage people in their health. It offers a bridge between knowing how to improve one's health and wellness, and gaining the support and confidence to take action.

Our Decision Power programs encompass health and wellness, disease management, case management, and women and children's health.



## **Health & Wellness online**

**Members can access most Decision Power health and wellness programs and services anytime, anywhere.**

**Look for the  icon throughout this brochure to identify programs with online access.**



# Take a Look at What Decision Power: Health & Wellness Offers!



## **Health Risk Questionnaire and Personal Health Record**

The road to improved health and wellness begins with our self-directed online tools and programs.

With resources like our Health Risk Questionnaire (HRQ) and Personal Health Record (PHR), members can connect to self-reported information, as well as pharmacy and claims data, offering a comprehensive history of past and current health records. Based on members' unique health needs, they receive recommendations to programs and resources to help them better manage their health and enhance healthy habits.

When members register to access these powerful tools, they can opt in to receive emails with updates and valuable program information.

## **myStrength – strengthening mind, body and spirit**

myStrength is a confidential online program, personalized to help members empower themselves to become – and stay – mentally and physically healthy. This valuable resource offers in-the-moment mood tracking, and immediate stress-relief activities that can help bring about lasting and healthy change. New learning resources on mindfulness, pain management, substance use, insomnia, depression, anxiety, and prenatal and postpartum health are also available.

### **WHY MYSTRENGTH? HERE ARE JUST A FEW REASONS:**

- A variety of mood-improving resources.
- Step-by-step eLearning modules.
- Interactive tools.
- Weekly action plans.
- Daily inspiration.
- A site that's highly confidential and HIPAA-compliant<sup>1</sup> – for member privacy!
- All this is included at no additional cost!



Members can access the **HRQ online** and sign up for **myStrength** by logging in to:

- **[www.healthnet.com](http://www.healthnet.com)** (Group members)
- or
- **[www.myhealthnetca.com](http://www.myhealthnetca.com)** (Individual & Family Plan members)

Healthy Lifestyle

<sup>1</sup>Health Insurance Portability and Accountability Act, a 1996 federal law that restricts access to individuals' private medical information.



We offer a dedicated Quit For Life website with helpful information, a chat function and learning modules.



## Health promotion programs

These comprehensive behavior-change programs are designed for members looking for a more flexible way to improve their health and wellness – on their own terms.

Our health promotion programs offer members a self-directed, online path to achieving and maintaining their health goals.

These programs include achievable goals, personalized to members' individual preferences and interests. Program topics include:

- Reach a Healthy Weight.
- Improve Your Diet.
- Feel Less Stress.
- Be More Active.
- Live Tobacco-Free.
- Managing Type 2 Diabetes.
- Managing High Blood Pressure.

Each program focuses on one health topic and includes a to-do list of action items to help members reach their goals. And these programs are available online, so members can take steps for positive and lasting change when and where it's most convenient!



## Online seminars

Fun and engaging seminars can help members learn more about important health topics and take steps to live healthier. A new seminar is available the first of each month. Each complimentary seminar is presented by a health educator and contains a topic-related article for easy printing.



## Wellness Health Coaching

Members can improve their health by interacting with a virtual health coach online or by engaging with a live health professional by telephone. Coaching outreach is driven by members' specific needs. The program offers flexible communication, including secure email, e-learning modules and telephone. The online features include coaching tools like journaling, goal-setting and exercise/food trackers.



## Start Smart for Your Baby® program

Start Smart for Your Baby (SSFB) is a program for pregnant and new moms, providing custom support and care for a healthy pregnancy and baby. Members can sign up to receive health education materials, such as the *Mother's Guide to Pregnancy* and *Guide to Life After Delivery*, and guidance from a care manager throughout their pregnancy.



## Quit For Life®

The Quit For Life tobacco cessation program covers any type of tobacco, including the use of Electronic Nicotine Delivery Systems (ENDS), such as e-cigarettes and e-pipes. The program lets members talk with a quit coach for encouragement and support, and offers a personalized plan to quit. Here are some highlights of the program:

- **In-depth assessment and personalized cessation plans**, with medication support recommendations.
- **Up to four proactive, one-on-one counseling calls**, plus unlimited calls to our program clinicians.
- **Quit Guide** – Quit for Life participant toolkit.
- **Ally Guide** – Helpful toolkit for family and friends.
- Access to our **Text2Quit** tool.

## Online chronic condition resources

For individuals with existing health conditions, these online informational centers offer tools and resources to stay healthy for the long term. Articles, videos and interactive tools are organized by condition for easy access and use. Conditions include diabetes, heart disease, high cholesterol, asthma, high blood pressure, cancer, and more.

## Disease Management program

Health Net's telephonic Disease Management program provides support to members with chronic conditions. Through personalized interventions and contemporary behavior change methodologies, Health Net's experienced staff can assist high-risk individuals diagnosed with chronic health conditions to better manage their conditions through education, empowerment and support. Health Net's Disease Management programs include Heart Failure, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Diabetes, and Asthma.

## Smart Treatment Decisions

Smart Treatment Decisions is an online resource that offers decision points about:

- Medical tests.
- Medicines.
- Surgeries.
- Treatments and other issues.

With these decision points, members can focus on making informed health decisions by considering the benefits, risks and costs of each option, as well as how they feel about their condition.

### **MEDICATIONS**

With this tool, members learn about side effects, interactions, precautions, and more, including details about taking medications as prescribed, and tools to help them make better-informed decisions about medications.

### **SURGERIES AND PROCEDURES**

Before making a decision about having surgery or a major procedure, members can use this tool to get informed and learn the basics about what to expect with different types of surgeries and procedures.



## **Take Charge of Your Health program**

**Take Charge of Your Health helps members with chronic medical conditions better manage their health through tailored wellness strategies and healthy behaviors they can stick to.**

**Members follow a self-paced, online set of actions that count toward milestones and rewards if employers choose to incentivize participation.**

**Type 2 diabetes and high blood pressure management are currently supported with additional conditions to follow.**





# Additional Online Tools and Media



## Nurse Advice Line

Members can reach out to a clinician – 24 hours a day – and get instant support via telephone or by using the online chat system to ask questions in real time. They’ll get answers to questions about symptoms, minor illnesses or injuries, chronic conditions, medical tests, and medications.



## Interactive health conversation

Members can interact and get inspired with virtual health advisors. They’ll engage in short virtual conversations on a host of health-related topics, including:

- Getting active.
- Healthy weight.
- Dealing with stress.
- Sleeping well.
- Preventing falls.
- Quitting smoking.



## Progress trackers

Members stay up-to-date on important lifestyle habits using a variety of online tracking tools. Our progress trackers are available for blood pressure, cholesterol, HbA1c, exercise, stress management, and more. Members can access these trackers individually as standalone tools or as a part of our health promotion programs.



## Workplace wellness displays

According to the World Health Organization (WHO), the workplace “has been established as one of the priority settings for health promotion into the 21st century” because it influences “physical, mental, economic and social well-being.” That’s why we provide wellness displays for use in the workplace, for open enrollment, for health fair events, and for reinforcement of monthly health observances. They are designed to be informative, interactive and easy to set up.



## Video library

To promote awareness, Health Net offers a free video lending library that delivers general health information to employer groups in a concise, cost-effective manner. Employers can customize their education program to suit different types of group presentation formats. Choices include:

- Single presentation (DVD only).
- Presentation with a quiz (DVD and related questions to help information retention).
- Series package presentation (three DVDs with related health topics, plus a quiz).
  - **Heart Health:** blood pressure, cholesterol and exercise
  - **Weight Management:** weight control, healthy eating and exercise
  - **Cardiometabolic Risk:** prediabetes, metabolic syndrome risk and high cholesterol

# And Did You Know We Offer:

## Healthy Discounts

We've developed Healthy Discounts to give members valuable discounts on health-related services and products. Categories include:

- Weight management.
- Chiropractic and acupuncture.
- Vitamins, minerals and herbal supplements.
- Eye care.
- Hearing aids and screenings.
- Fitness club.

## Preventive screening guidelines<sup>2</sup>

These guidelines offer a schedule of Health Net's recommended health screenings and immunizations for children, adolescents and adults. These guidelines also provide information for pediatric and maternity screenings.

Members may access the current preventive screening guidelines by logging in to [www.healthnet.com](http://www.healthnet.com) (Group members) or [www.myhealthnetca.com](http://www.myhealthnetca.com) (Individual & Family Plan members).

## Support for monthly national observances

National observances for health and wellness are great opportunities to raise awareness among your employees for important issues facing millions of Americans each year.

Health Net provides a monthly Wellness Webinar Series that provides information and resources related to key national health observances. Topics on mindfulness, diabetes prevention, healthy eating, and financial health are just a few of the topics provided each month.

The webinars are offered the third Wednesday of each month from 12:00 p.m. to 12:45 p.m. Please contact your Health Net representative to sign up for monthly invitations.

## Healthy Challenge Series

Health Net has designed five distinct challenges for creating healthy behaviors in an easy to implement format. The Healthy Challenge Series includes:

- **Volume 1:** My Road to Fitness
- **Volume 2:** My Can Do Nutrition Plan
- **Volume 3:** My Life in Balance
- **Volume 4:** Healthy Eating with Colorful Foods
- **Volume 5:** My Couch to 5K

Please contact your Health Net representative to learn more about this complimentary series.



Useful monthly newsletters can help members make smart decisions to improve their health.

<sup>2</sup>Please note: This information is not medical advice and does not indicate specific benefit coverage. Members should always seek and follow the care and advice of their doctor. These guidelines are updated regularly and may change. Members are advised to please check their plan benefit language for coverage, limitations and exclusions.

## More information

Details about our Health & Wellness programs and services are available on our website. Members can register or log in to:

**Group members** – [www.healthnet.com](http://www.healthnet.com) > *Wellness Center*.

**Individual & Family Plan members** – [www.myhealthnetca.com](http://www.myhealthnetca.com) > *Wellness Center*.

Feel free to contact your Health Net representative with any additional questions.



This summary brochure  
is available online

Please join our “go-green”  
effort to reduce administrative  
and environmental waste by  
accessing this brochure online.

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

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