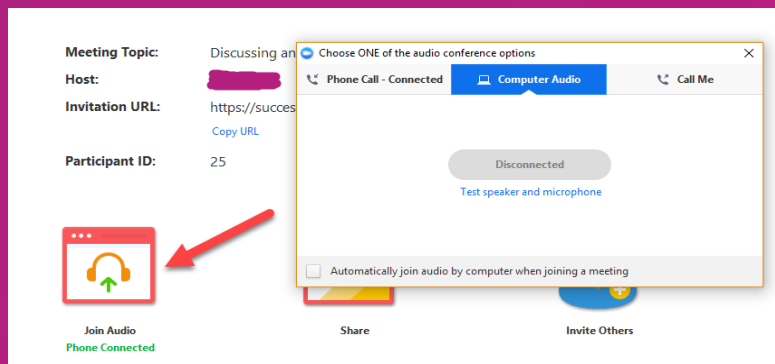




## Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

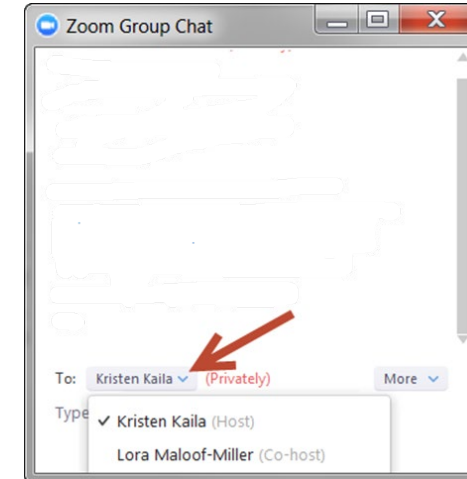
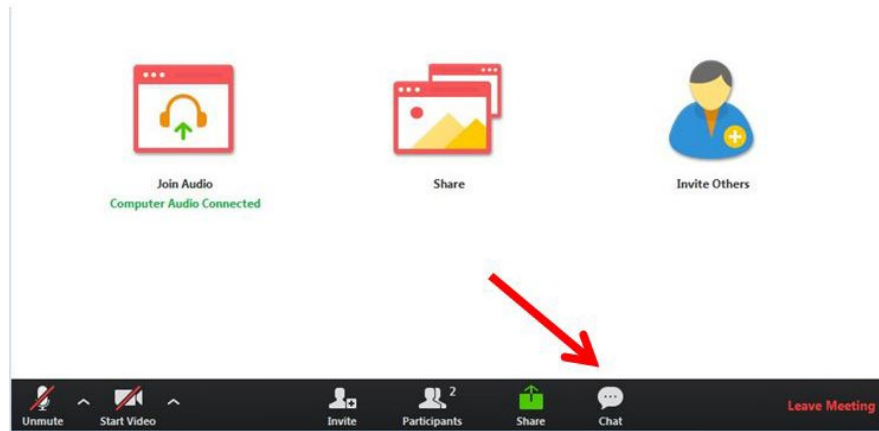
**If you wish to change your audio setting:** click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



**Call-in number for audio: 1-669-444-9171**

**Conference Code: 984 9653 1062**

# Chat function



# Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



health net™

## Healthy Habits for Life

Lora Maloof-Miller, MPH and Kristen Kaila, MPH

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*Las dispositivos están disponibles en español si las solicita.*

# Overview

- Healthy habits for your body
- How habits are formed
- Steps to creating a new habit
- Building healthy habits in our lifestyle
- Practical tips for maintaining healthy habits



Chat Us: Name a Healthy Habit you do.















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# Healthy Habits for Your Body

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# Keep Your Brain Healthy

## 12 WAYS TO KEEP YOUR BRAIN HEALTHY

 <b>Stimulation</b> Challenge your brain with puzzles, games and new inputs	 <b>Exercise</b> Consistent physical exercise will heal the brain and keeps it fit	 <b>Proper diet</b> Eat foods with protein, unsaturated fat, fruits and vegetables	 <b>Safety</b> Avoid head trauma by wearing helmets and seat belts
 <b>Sleep habits</b> Brains need around 7-8 hours of sleep to process & recharge	 <b>Learning</b> Keep your brain young by learning new things like a language	 <b>Switch routines</b> Change habits, it will surprise your brain & turns off auto-pilot	 <b>Be social</b> Interacting will trigger brain processes and lowers depression
 <b>Manage stress</b> Try relaxation, as stress exhausts your brain and hormones	 <b>Read books</b> Words and stories reduce the risk of cognitive decline	 <b>Avoid substances</b> Alcohol, drugs and smoking is bad for your brain health	 <b>Digital detox</b> Too much screen time impacts sleep and will overwhelm the brain

@THEPRESENTPSYCHOLOGIST



# Healthy habits to keep our organs healthy

- Liver
- Lungs
- Gallbladder
- Bladder and Kidneys
- Stomach
- Intestines



# Healthy Habits: American Heart Association's Life's Essential 8

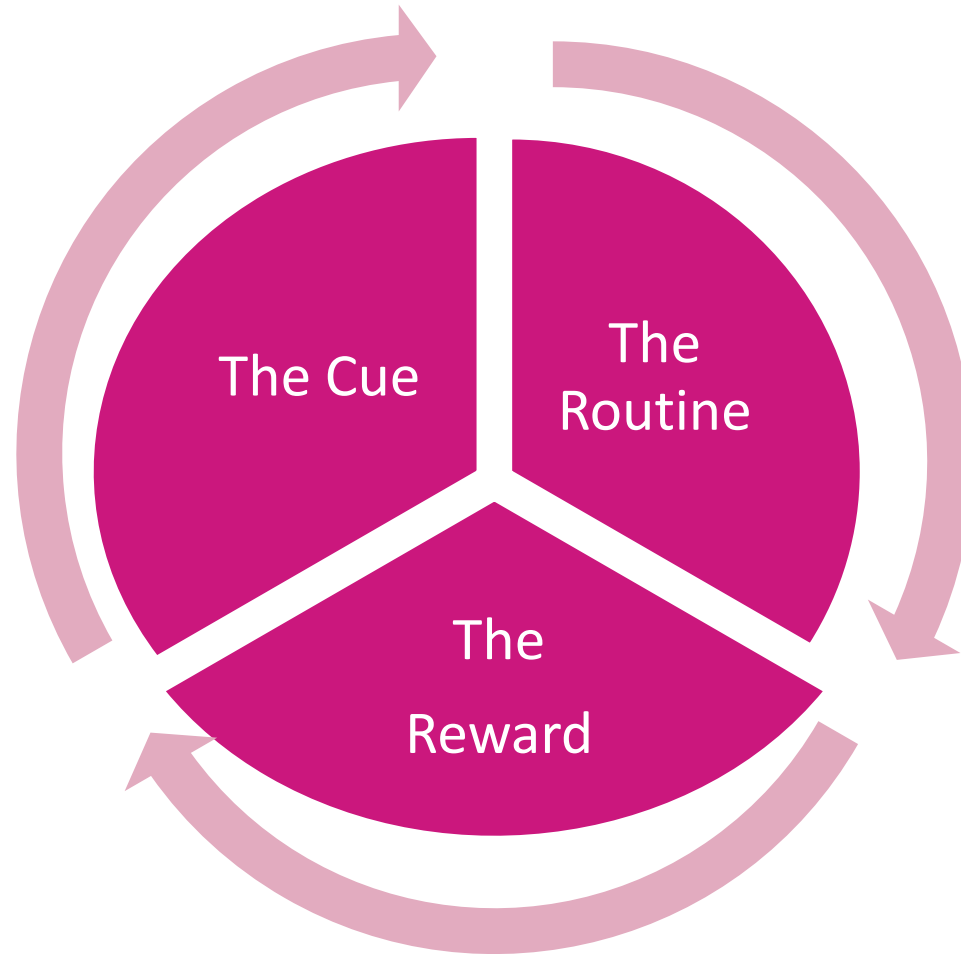


✓ [My Life Check® | Welcome \(heart.org\)](https://www.heart.org/MyLifeCheck)

Healthy habits are learned in the  
same way as unhealthy ones -  
through practice.

— *Wayne Dyer* —

# The Habit Loop



*“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”*  
– [Aristotle](#)

# 9 Steps to Building a New Habit

<https://youtu.be/KIJ-GQWSSC8>

1. Focus on one habit
2. Commit to a minimum of 30 days
3. Anchor your habit to something you already do
4. Take baby steps
5. Don't break the chain
6. Plan for obstacles and challenges
7. Create accountability for your routine
8. Reward important milestones
9. Build a new identity



# Our Thoughts Get in the Way



- Willpower vs. Motivation
- All or nothing thinking
- Overgeneralizing
- Too high expectations
- Negative emotions

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# Practical Tips for Healthy Habits

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# Small behavior changes = Healthy Habits

Healthy Habit	Examples: How to do it
Move More	Stretch while watching TV. Go for a walk. Take the stairs. Set a reminder to get up and move around between meetings. At-home exercise. - watch an exercise video.
Consume whole foods	Bring them home from the store. Meal plan and build your plate around the vegetables. Quick snacks such as apple and peanut butter. Add hard boiled eggs to a salad. Search quick and easy recipes.
Relaxation	Listen to music. Put down devices. Write in a journal. Say “no” to things that you feel obligated to do but are not necessary. Pick one main activity for the weekend.



# Small behavior changes = Healthy Habits

Healthy Habit	Examples: How to do it
Are you really hungry?	Prevent emotional eating. Slow down and ask yourself – Am I hungry or am I thirsty, tired, angry or bored? Call a friend. Do an activity (distraction).
Stay hydrated	Fill a water bottle and keep it near your workstation. Don't like water? Add fruit to seltzer water. Look for low calorie options. Consume foods with high water content: watermelon, cucumbers, celery, tomatoes, lettuce. Broth, soups count too.
No time for breakfast?	Make a frittata on the weekend – eggs, veggies, cheese. High protein cereal with low-sugar yogurt. Smoothie with frozen fruit and veggies. Avocado and egg toast. Make ahead breakfast wrap. Muffin with whole grain and fruit add a hard-boiled egg.

# Small behavior changes = Healthy Habits

Healthy Habit	Examples: How to do it
Sleep	Set a sleep and wake schedule. No caffeine before bed. Last meal 3 hours before bedtime. Give yourself time to wind down.
Work habits	Avoid the rush. Stay organized. Take short breaks including a lunch break. Capitalize on productivity time. Stay socially connected with co-workers.
Relationships	Make time for your partner. Communicate without devices. Spread appreciation. Spend quality time with family or friends.

# Motivate Yourself to Workout

Surround yourself with motivational quotes

Buddy up

Focus on how it makes you feel

Put workout items in a highly visible area

Get some good tunes

Choose something you like to do

Use a fitness tracker



*“Winners never quit, and quitters never win.”*– Vince Lombardi

# Healthy Eating Habits: Give these a try

Try a plant-based diet

Be creative with dessert

Food Journal

Limit eating out

What to make? Find healthy recipes.



# Self-Care: Love Yourself More

Tame those negative thoughts

Focus on your successes

Live gratefully

Surround yourself with goodness



*“The real difficulty is to overcome how you think about yourself.” – Maya Angelou*

# Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
  - Weight management
  - Nutrition
  - Smoking Cessation
  - Exercise
  - Stress Management



# Health Assessment – RealAge Test

*The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)*

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



# Coaching

## NCQA Accredited Health Coaching

- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

**8 Areas of Health:** healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services





# Craving to Quit<sup>®</sup> by Sharecare

Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



# Eat Right Now® by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



# Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

## Open to all:

HN members can register or log-in at: <https://healthnet.sharecare.com>

**Non-HN members** can register or log-in at: <https://sharecare.com>



# Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



**Weight management**  
• Weight Watchers



**Chiropractic/  
acupuncture  
services and  
more**  
• Choose Healthy



**Eye care**  
• EyeMed



**Hearing aids  
and screenings**  
• Nations Hearing  
• Hearing Care Solutions



**Fitness club  
discounts**  
• American Specialty Health  
• Active&Fit

# Online Health Challenges



## Ongoing monthly challenges

- Stress
- Steps
- Sleep



## January Health Challenge

10K a Day



Non-HN members register or log on: [sharecare.com](https://sharecare.com)

HN members register or log on : [healthnet.sharecare.com](https://healthnet.sharecare.com)



# Upcoming Wellness Webinar

“A Healthy Start to the New Year”

Wednesday January 17, 2024

12pm-12:45pm pacific time



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THANK YOU FOR YOUR TIME TODAY!

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