



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.

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

Webinar ID: 951 0594 9883



A Healthy Start to the New Year

Lora Maloof-Miller, MPH and Kristen Kaila, MPH

Las dispositivos están disponibles en español si las solicita.

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.

Overview

- Thinking big with New Year Resolutions
- Healthy Habits Worth Considering
- Emotional and Mental Health
- Financial Well-being
- Healthy eating and fitness tips
- Kindness lifestyle
- Combatting loneliness and burnout
- Enjoying life with less screen time



Do you have a New Year's Resolution?



Yes



No



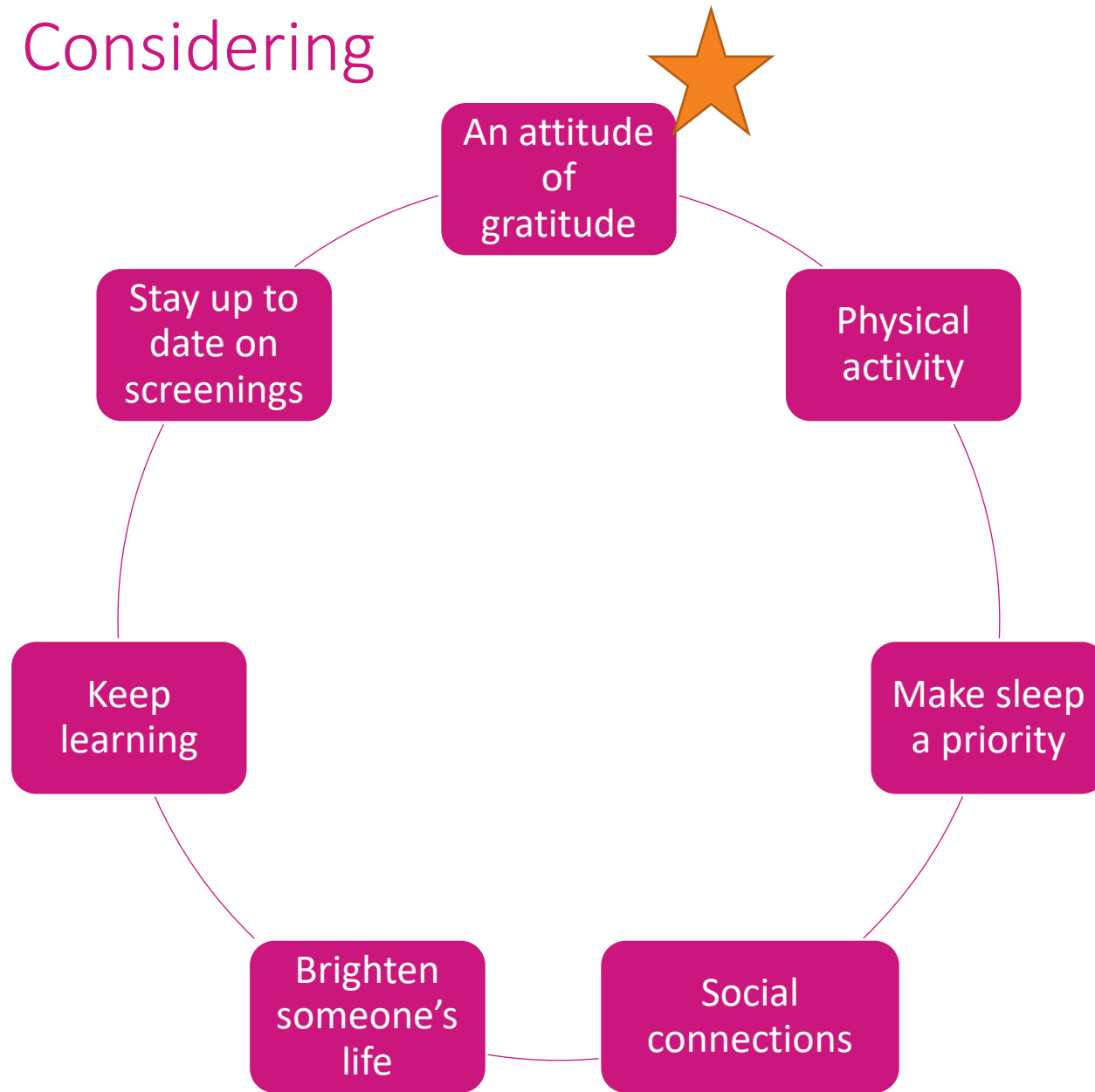
What's that?

Think Big: New Year Resolutions

- ✓ Set yourself up for success
- ✓ Visualize your goal(s)
- ✓ SMART Goals
 - Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-sensitive
- ✓ Support



7 Habits Worth Considering



Managing our Mental Health

Mindful meditation

Pets (especially dogs) are good for our health

Finding and embracing joy

Coloring is a healthy habit



Financial Well-being: Staycation Tips



Get outside



Swimming



Scavenger
 Hunt



The library



Camping



Zoo



Aquarium

Super Snacking during the big game

Big Game Healthy Snacking Tips

Almost 15,000 tons of chips and 4,000 tons of popcorn are consumed

Some 12 million pounds of avocado sold and estimated 8 million pounds of guacamole

68 percent increase in sales of flavored snack crackers

29 percent increase in sale of frozen shrimp

\$237.2 million spent on soft drinks at grocery stores

\$11.8 million spent in sales of beer

Healthy Super Bowl Options

Baked Popcorn Shrimp with Sweet Chili Sauce

Air-fryer buffalo wings

Sweet potato skins with guacamole

Cauliflower nachos

<https://www.eatingwell.com/gallery/7887027/bite-size-appetizer-recipes-super-bowl/>



1-2-3 tips for eating more fruit and veggies



ONE serving with breakfast

Add veggies to a smoothie

Mix berries in pancake, waffle or muffin batter

Include veggies in egg scramble, frittata or hashbrowns



TWO servings with lunch

Add veggies to a sandwich

Soup and salad loaded with veggies

Top a baked potato with salsa or broccoli



THREE servings with dinner and snacks

Stir fry

Grill or roast veggies

Keep raw veggies and fruit at your desk

How do you fit exercise in to our schedule?



Use my calendar



Set an alarm on my phone



Post-it note on my monitor reminds me to get up



I have a dog that needs exercise



I have a workout buddy



Can't find the time!

Five Elements of Fitness



Fitting in Fitness

- Planning is key
- Get it on the calendar
- 10 minutes 3 times/day



- Take the stairs instead of the elevator.
- Do jumping jacks, squats or march in place during commercial breaks while watching TV.
- Replace a daily distraction, such as scrolling on social media, with an activity like walking around your neighborhood.
- If you sit for work, get out of your chair often to do calf stretches, roll your shoulders, or walk around.



A Little Kindness Goes A Long Way

It's good for us

Positive changes in the brain

Treat yourself with kindness

[The Random Acts of Kindness Foundation | The Science of Kindness](#)



Ease loneliness with connection

Loneliness and Human Connection



Stop the negative self-talk

Reach out to others

Connect on a deep level

Social media “friends” are not the same

Get involved

When invited, go!

Seek professional help

Bye, Bye Burnout

Burnout = low energy and exhaustion from continued stress

There may be physical symptoms



Limiting screen time

What would you do with your time if you put your device down?



Sleep



Relax



Visit a friend



Spend time
outdoors



Game/movie
night



Other

Slimming Down Screen Time = Good For Your Health



Positively affect your health



Free up time for learning and exploring



Better mood



Community connection



2024 Wellness Webinars

Health Net of California, Inc.



Learn Healthy Ways to Live Your Best DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2024 – made simple and convenient for you!

Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:

- View them from your work station¹ at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.¹

Plus, you can watch any of the past webinars you may have missed by visiting www.healthnet.com.

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



To sign up, visit www.healthnet.com > Health & Wellness > Health Net Wellness Webinar Series.

2024 Wellness webinar schedule

January	A Healthy Start to the New Year
February	Love Your Heart All Year Long
March	Intermittent Fasting & Other Nutrition Hot Topics
April	Get Stuff Done
May	Finding Joy In Good Works
June	Live Long, Live Better
July	Creating a Healthy Home
August	Rise and Shine: Sleep Health
September	Understanding Burnout
October	Financial Well-being
November	Loneliness & Your Health
December	Ease Your Mind with Nature

¹The workplace wellness webinars are scheduled on a monthly basis.

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HealthNet.com



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



Health 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[®] 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.

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

Nutrition



HN members

February Health Challenge

Jump Start Your Heart



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Upcoming Wellness Webinar

Love Your Heart All Year Long

February 21, 2024

12pm-12:45pm pacific time

- ❖ Heart Healthy Cooking Tips/Recipes
- ❖ “Lora’s Cooking in the Kitchen” Demo
- ❖ Shopping tips and heart-healthy habits
- ❖ Screenings and Know Your Numbers



THANK YOU FOR YOUR TIME TODAY!
