



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: 910 1186 3362



Love Your Heart All Year Long

Presented by: Lora Maloof-Miller, MPH

Webinar host: Kristen Kaila, MPH

Las dispositivas 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

- Heart healthy eating
- Cooking demo's
- Heart healthy cooking tips
- Heart healthy fats
- Healthy habits that benefit your heart
- Heart healthy screenings
- Know Your Numbers



What does it mean to eat heart-healthy?

What does it mean to eat heart-healthy?

- A. Avoid all fat
- B. Become a vegetarian
- C. Eliminate carbohydrates
- D. Use lard to fry food
- E. None of the above



Healthy Eating

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Choose foods low in saturated fats, trans fats, cholesterol, salt and added sugars.

Lora's Cooking in the Kitchen: Zucchini Pizza Bites

<https://centene.gumuccloud.com/view/SAUxdHbrkVzRpqeuQRz1FI>



Lora's Cooking in the Kitchen: Ground Turkey, Sweet Potato and Spinach Frittata

<https://centene.gumuccloud.com/view/wY3P4IbutXo5EcajQAipuF>



Quick and Easy Homemade Salad Dressings

- ✓ Choose healthy oils
- ✓ Add herbs and spices
- ✓ Add vinegar or citrus
- ✓ Limit sugars
- ✓ Experiment with new flavors
- ✓ Watch the portion



Proprietary Information

health net.

Homemade Salad Dressings

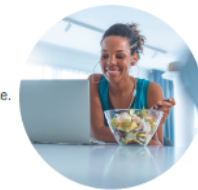
With a little effort, you can make salad dressings that are cheaper and healthier than store-bought. Give these a try. Best of all, just a few ingredients required.

Pineapple Ginger

Combine:
1/4 cup pineapple juice
3 Tbsp rice vinegar
2 Tbsp freshly grated ginger
1 Tbsp good olive oil
1 Tbsp minced fresh mint
Blend until smooth. Add salt to taste.

Cilantro Lime

Combine:
2 cups cilantro
2 garlic cloves
1/2 cup lime juice
1 Tbsp honey
Blend while slowly drizzling in 1/2 cup canola oil through the gap in the blender cover.
Add salt to taste.



Sherry Mustard

Combine:
1/3 cup Dijon mustard
1/2 cup sherry vinegar
1/4 cup diced shallots
1/4 cup date syrup (or used raw honey or pure maple syrup)
Blend ingredients while slowly drizzling in 1/4 cup canola oil.
Add salt to taste.

Mango Habanero

Combine:
A diced ripe mango
half a seeded habanero pepper
1/2 cup champagne vinegar
1/4 cup honey
Blend while slowly drizzling in 1/4 cup olive oil.
Add salt to taste.

Note: The secret to a creamy dressing is the emulsification. Using a blender or whisk to combine ingredients like water and oil that typically don't mix. The trick is to drizzle one into the other slowly while blending.

Heart Healthy Shopping

- Select lean meats
- Canned foods
- Try plant-based meals
- Read nutrition labels
- Look for heart-healthy recipes
- Cook at home



Using Fresh Herbs

Basil

Cilantro

Mint

Oregano

Parsley

Rosemary

Thyme



Busy Weeknights: Slow Cooker

- ❖ Versatile
- ❖ Saves time and money
- ❖ The prep is key
- ❖ Cook once, eat all week



Fat: The Good, the Bad and the Ugly

The Good – Unsaturated fats
(mono and poly)

The Bad – Saturated fat
(animal products)

The Ugly - Artificial Trans Fat,
Hydrogenated Oils & Tropical
Oils



Contributing risk factors

Don't Let Stress Take a Toll on your Ticker

Try these tips to get out of stress fast.



Deep breaths.



Go for a walk.



Meditation or prayer.



Take time to respond.



Walk away.



Music or podcasts.



Take a break.



Activity.

Alcohol and Heart Health

Raise blood
triglycerides

High blood
pressure and other
cardiac conditions

Risk of atrial
fibrillation

Prematurely age
the arteries

Excess calories and
risk of diabetes

Sleep and Heart Health

Lack of sleep may lead to weight gain

Increased risk of diabetes

Correlation between sleep disorders and heart health

Insomnia linked to high blood pressure and heart disease



Manage Weight

- Set realistic goals.
- Understand how much and why you eat.
- Manage portion sizes.
- Make smart choices.
- Be physically active.

People who have successfully maintained weight loss:

- 98% have modified their eating habits.
- 94% have increased their physical activity, especially walking.

Heart Health by the Numbers

By keeping track of your numbers on your own, you will be able to better manage your health.

Total cholesterol	less than 200 mg/dL
LDL (bad) cholesterol	less than 100 mg/dL
HDL (good) cholesterol	greater than 60 mg/dL
Triglycerides	less than 150 mg/dL
Body Mass Index (BMI)	between 18.5 - 24.9
Blood Pressure	less than 120/80 mmHg
Fasting blood sugar	up to 100 mg/dL optimal
Prediabetes	between 101-125 mg/dL
Diabetic range	> than 125 mg/dL

Summary: Healthy Habits for the Heart

- Consume healthy foods
- Keep moving
- Have your blood sugar tested
- Maintain a healthy weight
- Check your cholesterol
- Monitor your blood pressure
- Avoid tobacco products
- Get a good night of sleep
- Manage stress



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[®] 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 employees

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

Spring Clean Your Routine

Spring Forward

Eat More Green

Springtime Self-care

Spring into Action



March Health Challenge

Veg Out

7-day challenge



Non-HN members register or log on: sharecare.com

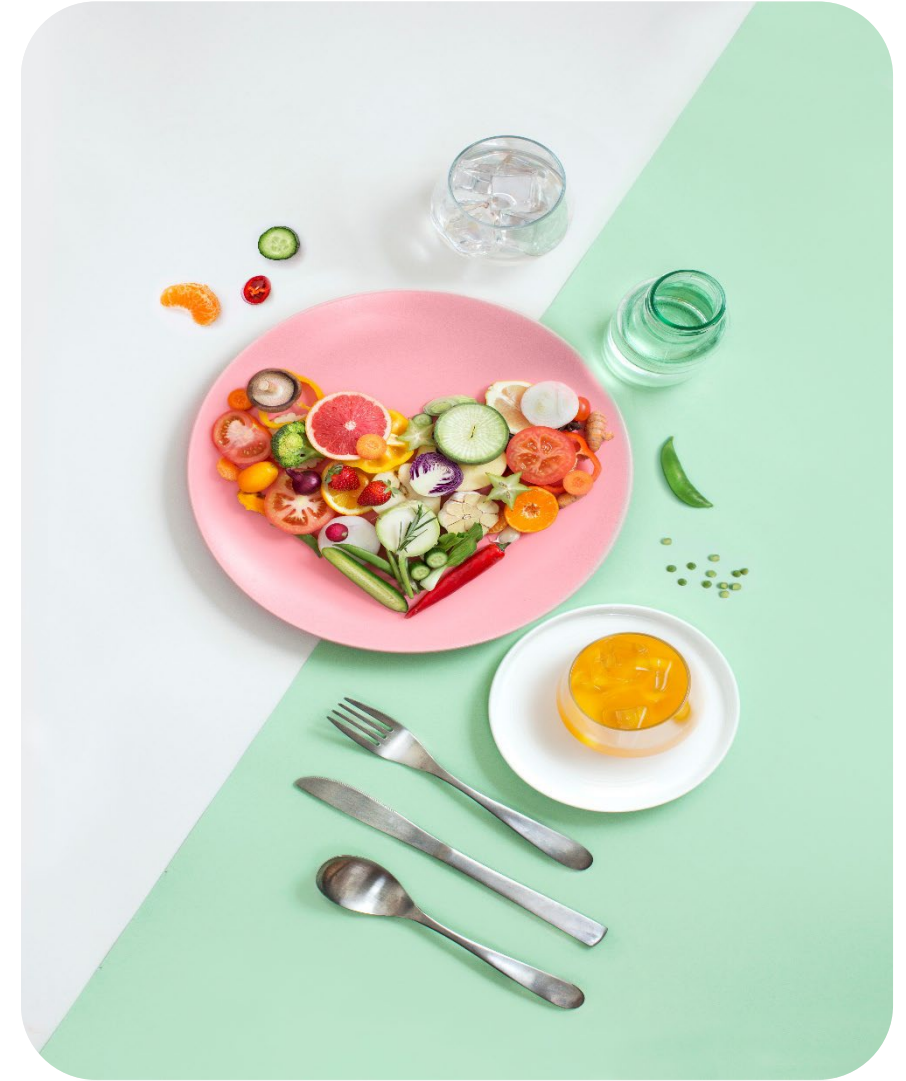
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Upcoming Wellness Webinar

Intermittent fasting and other HOT
nutrition topics

March 20, 2024

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
