

## TALKING TREND

### Exploring Alternatives to Opioids in 2025

In 2025, non-opioid pain management options are set to expand. Here's a look at some alternatives expected to expand in the next year:

#### Neuromodulation:

Therapies like spinal cord and peripheral nerve stimulation, which use electrical impulses to inhibit pain, are gaining traction. Advancements in closed-loop systems, which adjust stimulation in real time, are expected to make these treatments more effective. Smaller, long-lasting devices and AI integration could further improve outcomes.

#### SSRIs:

While typically used for depression, SSRIs may also relieve chronic pain linked to mental health issues. Research is underway to enhance their anti-inflammatory properties and explore their combined use with other analgesics for more effective pain relief.

Overall, 2025 will likely offer new approaches to pain management to help reduce reliance on opioids and broaden options for patients.

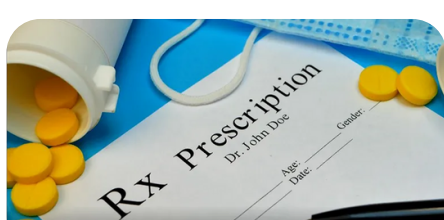
Health Net offers options to help manage chronic pain. Members can access helpful programs through [Sharecare](#) and [myStrength](#).

Read more on this topic from [Definitive Healthcare](#).



## INDUSTRY NEWS

### California AB 948 Pharmacy Tier Changes Could Mean Lower Member Cost Shares



Key aspects include mandated generics vs. brand name drugs

Recent implementation of California Regulation AB 948, which went into effect in 2024, introduces important changes to the descriptions of drug tiers for California Commercial and Marketplace plans that utilize 4-tier formularies.

#### Key aspects of AB 948 include:

- Removal of the word “biologics” from the definition of Tier 4 drugs.
- Cost sharing for generic drugs: The legislation mandates the lowest cost-sharing that will apply to generic equivalents of brand-name drugs, regardless of their inclusion on the formulary.

As a result of these changes, some members may have lower copayments due to their medications being classified at a lower tier. Others may face higher copayments because their drugs are placed at a higher tier.

Notably, less than 2% of members will see an increase in copayment. And those affected were notified by November 1, 2024, with changes taking effect on January 1, 2025.

- The Customer Contact Center has been informed and providers will be notified prior to January 1, 2025, through a provider update.
- This change does not impact UC as they will move from a 3-tier benefit to a 4-tier benefit.

#### Questions

For more information, contact your Health Net Account Representative.

## HEALTH NET NEWS



### Health Net's Alyson Stone Promoted to Commercial Officer

We are excited to announce Alyson Stone's promotion to Commercial Officer for Health Net.

Alyson has played a key role in Health Net's success for more than 16 years, across two tenures. She consistently drives growth, cultivates high-performing teams and champions value. Most recently, Alyson led sales for California Small Group and Oregon Commercial business. She delivered high-impact solutions for employers, members and distribution partners.

Alyson previously held senior roles at Elevance, where she developed a solid reputation for:

- Strategic insight
- Membership growth
- Empowering sales and account management teams

In this new role, Alyson will bring her leadership and innovative mindset to enhance service, trust and accountability. Her commitment to integrity aligns with our mission to serve our brokers and members with authenticity.

Feel free to reach out to Alyson directly via email at: [alyson.stone@healthnet.com](mailto:alyson.stone@healthnet.com) or by calling her at (714) 934-3333.

## IN THE COMMUNITY

### Health Net Offering Doula Services for Members – Available January 1, 2025

In compliance with California Assembly Bill 904, effective January 1, 2025, Health Net is offering doula services for commercial plan members.

#### What is a Doula?

A doula is a birth worker who supports a member during pregnancy, birth, and postpartum (the time after birth). Doulas are there to help in person or online. The care they provide can take place in:

- Provider Office Visits
- Hospitals
- Birth centers
- Member's home

Doulas provide care that supports birthing for people from diverse backgrounds and cultures. They offer support for a more positive time during pregnancy and postpartum.

Doulas offer help with the aim of improving health outcomes for birthing parents and their babies.

For more information, members can call the Customer Contact Center telephone number listed on their Health Net ID card.

[Download](#) the Health Net Doula Program flyer for more information for you and your clients.

And for additional details, please refer to the following:

[Forms and Brochures – Large Business Group Plans](#): Under Support Tools, Care Access, Health Net Doula Program

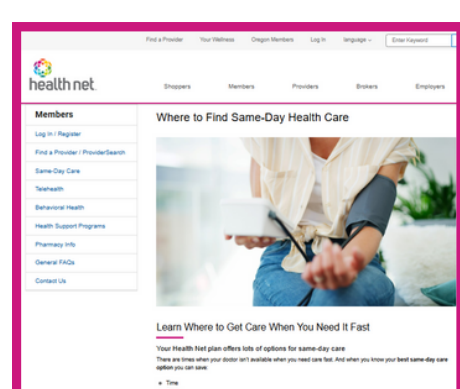
[Forms and Brochures – Small Business Group Plans](#): Under Support Tools, Care Access, Health Net Doula Program

IFP: [Health Net Doula Program](#)



## WELLNESS

### Same-Day Access to Care Webpage for Members is Now Live!



We're excited to announce the launch of Health Net's new Access to Care webpage, designed to help members find convenient same-day health care options when their regular doctor isn't available.

The new page offers a variety of resources, making it easier for members to get the care they need without waiting for an appointment. The Access to Care webpage is a new go-to resource for fast, reliable care options for Health Net members.

Explore the new page below.

[Where to Find Same-Day Health Care – Health Net](#)

[Where to Find Same-Day Health Care – Ambetter](#)

## JUST FOR FUN

### How to Make Candles at Home

Making candles at home is not only a fun and rewarding DIY project but also a great way to add a personal touch to your home or make thoughtful gifts for the Holiday season or any other time.

#### Understanding the Basics of Candle Making

At its core, candle-making involves three key components: wax, wicks, and fragrance. Here's a quick rundown:

- **Wax:** Different types of wax can be used, such as soy wax, beeswax, and paraffin wax. Soy and beeswax are preferred for their natural properties and cleaner burn.
- **Wicks:** Wicks come in various materials, including cotton, hemp, and wood. The thickness and type of wick affect how well your candle burns.
- **Fragrance:** Adding fragrance is optional, but many prefer using essential oils or fragrance oils to give candles a pleasant aroma.

#### Choosing Your Wax

Choosing the right wax for your candles is crucial. Here are some popular options:

- **Soy Wax:** A natural option that burns slowly and evenly, making it ideal for container candles. It is also budget-friendly and holds fragrance well.
- **Beeswax:** Known for its natural, subtle honey scent and clean burn. Beeswax is a great option for those who prefer all-natural candles.
- **Paraffin Wax:** The most common and inexpensive option but can release toxins when burned. Not recommended for those seeking a healthier alternative.

#### Essential Tools and Materials

For each candle-making recipe, you'll need a few essential tools:

- Melting pot and double boiler setup
- Candle wicks
- Containers (like mason jars or tin cans)
- A thermometer to monitor wax temperature
- Stirring stick (wooden or metal)
- Essential oils (optional for fragrance)

#### Instructions:

- **Prepare the Mold:** Clean and prepare your mold by lightly coating it with a mold release spray.
- **Melt the Wax:** Melt the wax in a double boiler, heating it to around 185°F. Use a thermometer to check the temperature.
- **Add Fragrance (Optional):** If desired, add fragrance oils and mix well.
- **Pour the Wax:** Slowly pour the melted wax into the mold. Ensure the wick is centered.
- **Set and Unmold:** Let the wax cool completely before removing it from the mold. Trim the wick to 1/4 inch.

These candles can be made in various shapes and sizes, making them a great decorative element.

If you need a little help with this project, there are many in-depth instructional videos available on YouTube:

[Candle Making for Beginners](#).



Happy Holidays!