

# Health Net’s Wellness and Value-Added Programs

## SUPPORT FOR THE WAY YOU LIVE

*Health Net is focused on giving members the tools needed to help live a healthier, more productive life. Our valuable programs help empower members to make healthy lifestyle.*

Care Access	
<b>Teladoc</b>	Teladoc Health (Teladoc) offers virtual health care that’s convenient, with confidential access to quality U.S. board-certified doctors. Teladoc is an option when members can’t see their regular doctor. Medical appointments are available 24 hours a day, 7 days a week from wherever members are. Behavioral health professionals can be booked 7 days a week 7:00 a.m. to 9:00 p.m. (Pacific time). <b>Members can book appointments through the Teladoc app, website or call 800-TELADOC (835-2362).</b> <sup>1,2</sup> <a href="#">Learn more about Teladoc Health (PDF).</a>
<b>Behavioral Health</b>	Health Net’s Behavioral Health provides treatment of mental health and substance use disorders. Out-of-state behavioral health benefits are available to PPO plan members through the Cigna Healthcare <sup>SM</sup> PPO network*. *The Cigna Healthcare PPO Network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna Healthcare PPO for Shared Administration. <a href="#">Learn more about behavioral health benefits (PDF).</a>
<b>Nurse Advice Line</b>	Receive timely access to registered nurses for help with everyday health questions – 24/7. Members can get help with a number of health issues. These include how to care for minor injuries and illnesses, helping to spot health emergencies and help answering questions about medications.
Wellness and Value-Added Programs	
<b>Craving to Quit<sup>®</sup> program</b>	The innovative 21-day smoking and vaping cessation program covers most types of tobacco, lets members talk with a quit coach for encouragement and support and offers a personalized plan to quit. <a href="#">Learn more about the Craving to Quit program (PDF).</a>
<b>Eat Right Now Program</b>	An evidence-based program that combines neuroscience and mindfulness tools to help members identify eating triggers and ride out cravings to change their eating patterns for good. With help from videos and exercises, members will learn to listen to their body’s hunger signals so they can differentiate between real hunger and emotional cravings. This progressive 28- day program lets members reshape how they eat in about 10 minutes a day. <a href="#">Learn more about Eat Right Now Program (PDF).</a>
<b>Health Coaching program</b>	<b>Health Coaching Program (telephonic):</b> With one-on-one support, members and a Health Coach find what motivates the member and address the specific health behaviors that affect short-term health risks and long-term goals. <b>Health Coaching Program (digital):</b> Consists of multiple lessons related to stress, smoking cessation, exercise, weight, gaps in care and more! <a href="#">Learn more about the Health Coaching program (PDF).</a>

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## Wellness and Value-Added Programs (continued)

<b>Healthy Discounts</b>	Get healthy and stay healthy with healthy discounts. <a href="#">Learn more about discounts available to Health Net members (PDF)</a> .
<b>RealAge® Program</b>	The RealAge® Program is our healthy behavior program targeting the 4 highest lifestyle risks – Stress, Sleep, Nutrition, and Activity. <a href="#">Learn more about the RealAge Program (PDF)</a> .
<b>RealAge® Test</b>	The RealAge Test provides members with a personalized report of behavioral and medical health risks. Immediately after taking the online RealAge Test, members will receive a personalized action plan. <a href="#">Learn more about the RealAge Test (PDF)</a> .
<b>Unwinding by Sharecare</b>	Unwinding by Sharecare is an evidence-based digital program that uses mindfulness to help members build resilience. Members will be able to use it throughout the day whenever they find themselves feeling stressed to get a quick dose of calm when they need it. Through breathing exercises, meditations, sleep support, visual relaxation and more, they'll get help to start living a less-stressed life. <a href="#">Learn more about Unwinding by Sharecare (PDF)</a> .

## Condition Management

<b>Start Smart for Your Baby® program</b>	Start Smart for Your Baby (SSFYB) is a program for pregnant and new parents, providing custom support for a healthy pregnancy and baby. Members receive educational resources and can request guidance from a care manager throughout their pregnancy. It is already part of your benefits.
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## More Programs – Just for members!

<b>Active&amp;Fit Direct™ program<sup>3</sup></b>	The Active&Fit Direct program <sup>3</sup> offers access to 12,200+ standard fitness centers nationwide, 9,300 digital workout videos and lifestyle coaching for just \$28 a month (plus \$28 enrollment fee and taxes). <a href="#">Learn more about Active&amp;Fit (PDF)</a> .
<b>Find Help</b>	Free online directory of social service organizations personalized by zip code. Find Help connects people with free or reduced cost services, which include medical care, food, or job training.

For more information, visit [www.healthnet.com](http://www.healthnet.com).

<sup>1</sup>Go straight to the nearest emergency room or call 911 if you have an emergency.

<sup>2</sup>You may receive services on an in-person basis or via telehealth, if available, from your primary care provider, a treating specialist or from another contracting individual health professional, contracting clinic, or contracting health facility consistent with the service and existing timeliness and geographic access standards required under California law. Any cost share for services received through Teladoc will accrue toward your out-of-pocket maximum and deductible (if your plan has a deductible). By scheduling through Teladoc, you consent to receive services via telehealth through Teladoc. See your health plan coverage document for coverage information and for the definition of telehealth services. You have a right to access your medical records for services received through Teladoc. Unless you choose otherwise, any services provided through Teladoc shall be shared with your primary care provider.

<sup>3</sup>Members/spouses must be 18 years or older to take part. Fees will vary based on fitness center selection. There is a 2-month commitment required. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct is a trademark of ASH and used with permission herein. Not all services may be available in all areas and the program may be changed (including monthly and enrollment fees and/or the introductory period) or discontinued at any time.

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