



# 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**

**Conference Code: 979 5909 9924**



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## Ease Your Mind with Nature

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

- The benefits of Nature on Mental Health
- Ways to Incorporate Nature into Daily Life
- Bring nature indoors
- Nature-Based Therapeutic Techniques



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Nature: It Does a Body Good

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# Positive Impacts of Nature

Over 100 studies have shown positive impacts on our brains, bodies, feelings, thought processes, and social interactions.

*Science suggests we may seek out nature not only for our physical survival, but also because it's good for our social and personal well-being.*

# Nature's Positive Effect on Our Psychological Well-being

- Emotions and memory
- Lowers stress hormone
- Improved concentration
- Problem solving skills



# Increase Mental Performance with Nature

When we slow down, when we stop the busywork, and take in beautiful natural surroundings, not only do we feel restored, but our *mental performance improves too!*





A woman with long dark hair, wearing a brown beret and a brown scarf, is shown in profile, looking upwards. She is standing in a dense bamboo forest with tall, thin bamboo stalks reaching towards the sky. The background is filled with green foliage and sunlight filtering through the trees.

## Forest Bathing

“The sights, sounds and smells of the forest take us right into that moment, so our brains stop anticipating, recalling, ruminating and worrying.”

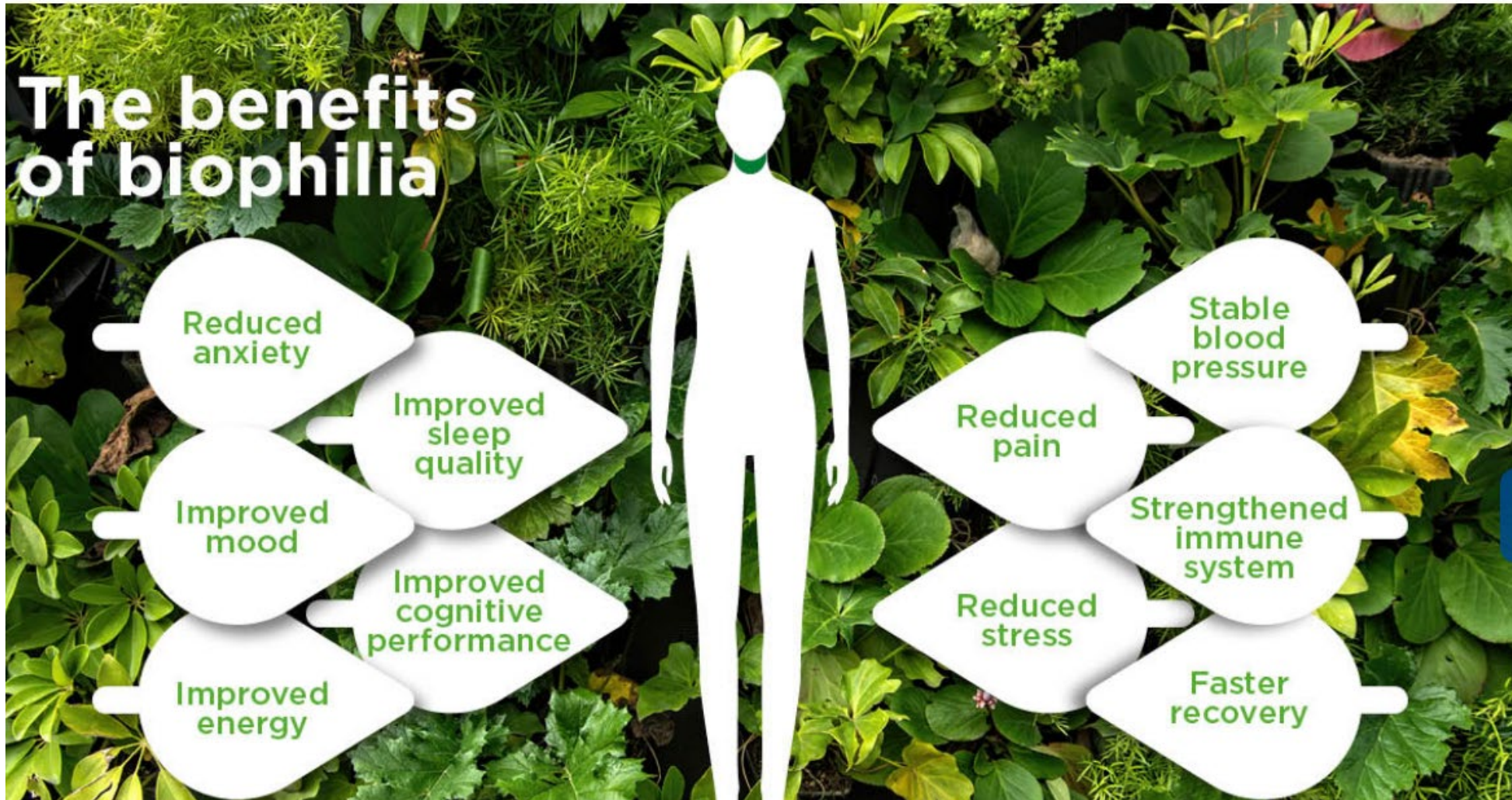
[Susan Albers, PsyD](#)







# Biophilia



# Health Benefits of the Outdoors



Better Breathing



Motivation to exercise



Eye health in children



Emotional Well-being





## Simple outdoor exercises

- ❖ Step outside. Feel the sun on your face or go barefoot in the grass.
- ❖ Go out for a stroll and take some deep breaths.



# Ideas for Experiencing Nature

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- Plan a picnic.
- Rent a kayak or canoe.
- Find a hiking trail.
- Dust off your bicycle.
- Walk the dog.
- Read under a tree.



# Creative Ways to Connect with Nature in Bad Weather

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- Walk with rain gear.
- Take a drive.
- Listen to the rain or wind.
- Take pictures of nature.
- Walk along the beach or lake.
- Visit indoor gardens.





# Can't get outside?

Nature Imagery

Nature Sounds

Plants

Pictures and objects

Live Webcams





# Relax with Nature Sounds



# Decorate With Natural Elements

- Indoor herb garden
- Potted plants or fresh flowers
- Wall art nature scenes
- Create a comfortable sitting area
- Grow plants or flowers on windowsills





# The Benefits of Natural Light

- Vitamin D
- Productivity
- Vision
- Sleep
- Mood



# Ecotherapy: Nature-Based Therapies

## Types: Loosely structured activities

- Community gardening
- Wilderness therapy
- Park prescriptions
- Animal-assisted therapy
- Outdoor meditation

## Benefits:

- Resilience
- PTSD
- Nervous system
- Well-being

*Ecotherapy is an approach that rests on the idea that people have a deep connection to their environment and to the earth itself.*





# To do: Connect with Nature Daily

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Notice the natural world around you.

Screen-free outside time.

Bring things you do outside.

Appreciate the natural world.

# 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

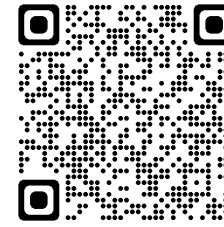
**8 Areas of Health:** healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services





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

Tobacco Cessation Program



Kick It California – Home

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<sup>®</sup> 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

- Stress
- Steps
- Sleep



## January Health Challenge

Live in the Green



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

Navigating Your Wellness Path

Jan. 15, 2025

12pm-12:45pm pacific time



Bora Bora Ambience & Soft Ocean Sounds





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THANK YOU FOR YOUR TIME TODAY!

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