

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: 996 6599 5180





Financial Well-being

Presented bya: Katie Kecman, Senior Health Education Specialist Webinar host: Kristen Kaila, MPH

Disclaimer

The information provided in this presentation is intended for the general information of the audience. It is <u>not</u> 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.



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.



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

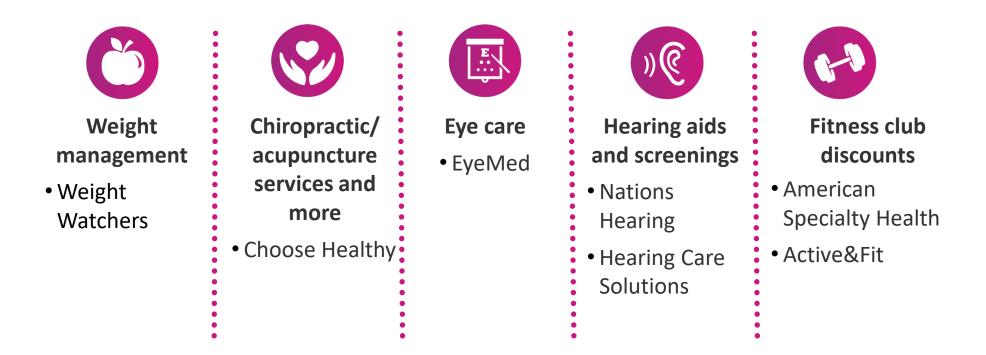
HN members can register or log-in at: https://healthnet.sharecare.com

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.



Online Health Challenges





Ongoing monthly challenges

November Health Challenge

Step it Up

Steps

Sleep

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

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Upcoming Wellness Webinar

Loneliness and Your Health

November 20, 2024

12pm-12:45pm pacific time





THANK YOU FOR YOUR TIME TODAY!

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