



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: 980 2186 0694



Live Long. Live Better.

Presented by: Lora Maloof-Miller

Webinar host: Kristen Kaila, MPH

Las dispositivos 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

- How *young* are you?
- Movement
- Healthy eating habits
- Brain health
- Preventive health
- Good works are good for you



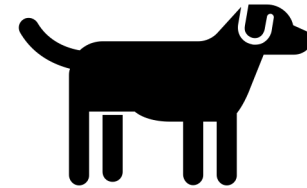
Poor health is a fact of aging...

- A. True
- B. False



You can teach an “old” dog new tricks. Older people can learn new things.

- A. True
- B. False



Older people are miserable.

- A. True
- B. False



A New Attitude

- Life expectancy has increased
- The passage of time isn't the cause of common aging changes
- Our lifestyle choices impact how we age
- Adopt a healthy attitude about aging

What is important to you:

- Physical activity
- Quitting smoking
- Brain/mental function
- Social butterfly
- Taking control of your life
- Caring for others
- Nutrition
- Sexuality
- Staying productive
- Building your emotional support network
- Scheduling check-ups/preventive care

"If I had known I was going to live this long, I would have taken better care of myself."

-Mickey Mantle

Healthy Aging with Movement

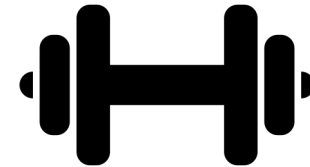
As we get older, we should limit our physical activities because they can be too taxing on our bodies.

- A. True
- B. False



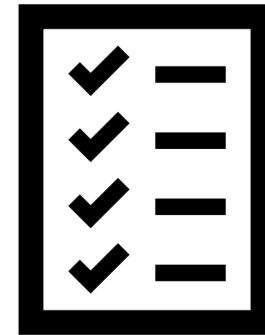
To do strength training correctly, you will need a set of dumbbells.

- A. True
- B. False



An older person's exercise program should include activities that develop flexibility, balance, strength training, and endurance.

- A. True
- B. False



Get up and Move

Exercise Increases	Exercise decreases
Muscle mass	Body fat
Bone density	Bone loss
Metabolism	Anxiety
Flexibility	Stress
Quality of sleep	Risk of some cancers
HDL (Good) cholesterol	Blood pressure

Less Sitting and More Strength Training

- ✓ Too much sitting has a negative affect on our health
- ✓ What about strength training?
- ✓ The benefits of flexibility



Fitness and Strength

30-40 years	<ul style="list-style-type: none">• Maximize what you have.• Minimize the beginning of muscle and bone loss.
40-45 years	<ul style="list-style-type: none">• You start to lose more bone and muscle.• At 50, the loss has accelerated and your physiology changes.
60s, 70s, 80s, and 90s	<ul style="list-style-type: none">• Maintain your independence with regular exercise including strength training.

Strength Training Activities

- ❖ Look for activities that include strength training.
- ❖ Gyms may have specific programs.
- ❖ Work with a personal trainer.
- ❖ YouTube, apps, or videos.

Examples:

- Sit ups, push ups
- Weight machines
- Water aerobics
- Dumbbells, resistance bands
- Pilates

Strength and Conditioning—This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core training and stretching for a complete workout.

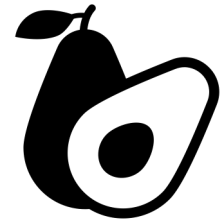
Total Body Conditioning—Strengthen both cardiovascular and muscular systems with the use of free weights, resistance tubing, body bars, and floor exercises.

Balance/Strength— this class uses body weight exercise, bands, and dumb bells to work on a combination of balance and fall prevention and muscular strength.

Healthy Aging with Nutrition

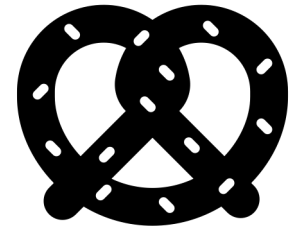
Healthy fats, in moderation, can help your body....

- A. Absorb vitamins and minerals
- B. Build muscle mass
- C. Stock up on vitamin C



If you have a sensitivity to dairy foods, you can get calcium in your diet by eating more....

- A. Whole grains and fiber
- B. Avocados, apples and artichokes
- C. Spinach, white beans, salmon and sardines
- D. Olive oil and other healthy fats



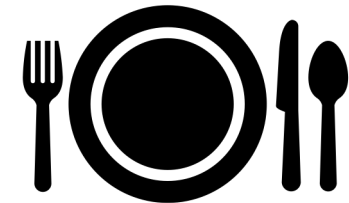
The older you get, the less likely you are to have food intolerance.

True
or
False



What's the best eating plan for older people who want to maintain a healthy weight?

- A. high protein, low carbohydrate diet
- B. balanced diet, such as the Mediterranean diet
- C. very low-calorie diet
- D. high carbohydrate, low fat diet



Eat from the Rainbow

- Sweet potatoes
- Legumes: beans, split peas, lentils
- Broccoli
- Whole grains
- Blueberries
- Garlic and onions
- Walnuts
- Salmon
- Oranges
- Spinach



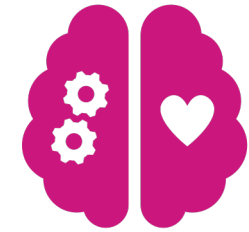
Healthy Eating Habits



- ❖ Exercise and healthy eating are vital to healthy aging
- ❖ Differences in caloric needs and nutrients
- ❖ Importance of vitamins
- ❖ Heart healthy eating
- ❖ Consume calcium-rich foods
- ❖ Vitamin D (the sunshine vitamin)
- ❖ Mediterranean diet

Healthy Aging with Our Brain

Your Brain Matters



Science has made great strides



Components of memory

Registering
Retaining
Retrieval



Make connections to make memories last



Multi-tasking is affected



Strengthen brain connections

Memory-busters

- Anxiety
- Lack of stimulation
- Poor nutrition
- Social isolation
- Too much television
- Sedentary lifestyle
- Lack of sleep

Healthy Aging with Social Connection

Which of the following are risk factors for depression in older adults?

- A. Health or financial problems
- B. Difficulty handling stress
- C. A family history of depression
- D. All of the above



Social Connection

- Social support and good health are connected
- We live longer if we have social ties
- Social connections impact mental decline
- Types of social support:
 - Emotional, Intellectual, Instrumental



What statement bests reflects the benefits of volunteering for older individuals?

- A. Volunteering can lead to increased social isolation and loneliness in older age.
- B. Volunteering enhances cognitive function and reduces the risk of cognitive decline.
- C. Volunteering only benefits younger individuals and has no significant impact on older adults.
- D. Volunteering often leads to decreased physical activity and health deterioration in older individuals.

Name one potential advantage of older individuals engaging in volunteer work?

- A. Increased financial gain due to volunteer stipends.
- B. Higher likelihood of experiencing age-related health issues.
- C. Enhanced sense of purpose and fulfillment.
- D. Decreased opportunities for social interaction and networking.

Good Works are Good for Us

Find causes
important to
you

Be of service
to a group of
people

Volunteer
opportunities

Greater
purpose
outside you



Healthy Aging with Preventive Health

Preventive Health and Screenings

Schedule check-ups based on your gender, age and history

Follow the advice of your doctor

Early detection allows for treatment before symptoms appear

Disease risk increases as we age

Learn About Health Net's Preventive Screening Guidelines

USE THESE GUIDELINES TO HELP KEEP YOU AND YOUR FAMILY HEALTHY



Medicine Safety Tips

New prescription? Talk with your doctor.

Ask questions about the medication.

Filling the prescription: Talk to the pharmacist.

Traveling with medication

Taking medications safely.



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

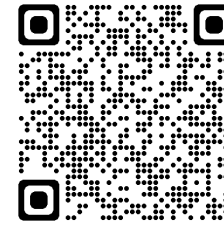
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking 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



[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[®] 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



July Health Challenge

- Green Days
- 90-day challenge



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Upcoming Wellness Webinar

Creating a Healthy Home

July 17, 2024

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
