



# 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: 945 6496 2584**



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## Loneliness and Your Health

Presented by: Katie Kecman, Senior Health Education Specialist

Webinar host: Kristen Kaila, MPH

# 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.

# 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

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



## December Health Challenge

Relationship Rejuvenation



HN members register or log on : [healthnet.sharecare.com](http://healthnet.sharecare.com)

Non-HN members register or log on: [sharecare.com](http://sharecare.com)





# Upcoming Wellness Webinar

Easy Your Mind with Nature

➔ **December 11, 2024**

12pm-12:45pm pacific time



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THANK YOU FOR YOUR TIME TODAY!

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