

Health Net of California, Inc. (Health Net)



Coverage Built for You

EXPLORE YOUR HEALTH NET BENEFITS!

Find out
what you need to
help you manage
your Health Net
health plan.



[HealthNet.com](https://www.healthnet.com)



Your Health Net Benefits Guide

We've packed this folder with information to help you enroll, navigate and use your Health Net health plan.

New to Health Net? We're here to help.



Have questions or need help?
Call Health Net Member Services
at **800-522-0088** or the number
on your ID card.

Prescription Transition of Care program (new members only)

If you are new to Health Net, please check the enclosed Prescription Transition form. If you take a maintenance drug listed on the form, please complete the form and return it to Health Net. You can also call the Customer Contact Center for help.

Continuity of care

If you or a family member receives ongoing medical treatment from a nonparticipating provider, call our Customer Contact Center. We're happy to help you fill out and submit a Continuity of Care request form. This form will tell us if you can receive continuity of care assistance.

Behavioral health

Health Net's behavioral health benefits support whole-person wellness. These cover care for mental health and substance abuse disorders, including chemical and alcohol dependency.

Take Control of Your Health with Our Wellness Programs

Health & Wellness

All of our plans come with wellness programs that can help you to make healthy lifestyle choices for you and your family. As a member, you have access to:

- **RealAge® Program** – This program targets the 4 highest lifestyle risks – stress, sleep, nutrition and activity.
- **Health Coaching Programs**
One on one with a Health Coach to find what motivates you and address the specific health behaviors. A self paced model is also available. This includes multiple lessons related to stress, tobacco use, exercise, weight, and gaps in care.
- **Craving to Quit®** – This tobacco cessation program covers most types of tobacco, lets you talk with a quit coach for support, and offers a personalized plan to quit.
- **Eat Right Now** – A new 28-day program with the goal of helping you to rewire your brain so you can develop new eating habits. This could lead to weight loss and help you to maintain your ideal weight, with less stress and effort.

To access these programs and more, log in to www.healthnet.com.



We've included these valuable programs with all Health Net plans – at no additional cost to you!



Save Time and Get More Done with HealthNet.com

As a Health Net member, you have access to many tools and resources to help you manage your health plan and improve your health – all at your fingertips! Once enrolled, you can register at www.healthnet.com.



What you can do online

- **Get your benefit and copayment details.** Plus, review your *Evidence of Coverage* (EOC).
- **Use ProviderSearch** to find an urgent care center, doctor or hospital.
- **Change your Primary Care Physician** (HMO members).
- **Print a temporary member ID card** or order a new one.
- **View** medical treatment policies.
- **Our online wellness programs** are a great way to help manage your long-term health. We offer programs on exercise, healthy eating, weight loss and how to manage stress or end tobacco use.
- **View your prescription claims history** and medical *Explanation of Benefits* (EOB).
- **Manage prescriptions**, order prescriptions by mail or see our Recommended Drug List.
- **Get discounts** on health services and products.
- **Use our online tools** to compare doctors and estimate costs.



Get the information you need quickly and easily at HealthNet.com. Its mobile-friendly design is easy to use on-the-go.

Sign-up now and see how simple and convenient managing your health care can be.

Keep Your Budget Healthy, Too

Tips from your partner in health!

- Ask your doctor for generic versions of brand-name medications, when available.
- You can help reduce your out-of-pocket costs with our mail order pharmacy program. The program lets you get a three-month supply of your maintenance prescription drugs, often at a lower copayment. Maintenance drugs are those taken on a daily basis to treat chronic or long-term ailments.

This overview provides benefit information highlights only. Your *Evidence of Coverage* (EOC), which you will receive after you enroll, contains the exact terms and conditions of your Health Net coverage.

You have access to our wellness programs through current enrollment with Health Net of California, Inc. Our wellness programs is not part of Health Net's commercial medical benefit plans. They are not affiliated with Health Net's provider network, and their services may be revised or withdrawn without notice. These programs, including access to any clinicians, are additional resources that Health Net makes available to enrollees. The information provided is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions.

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