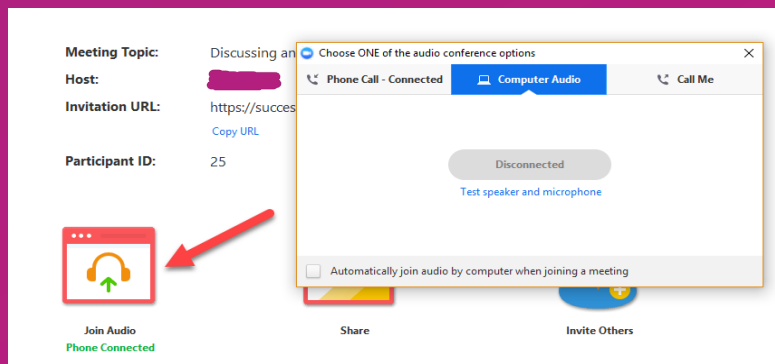




## Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

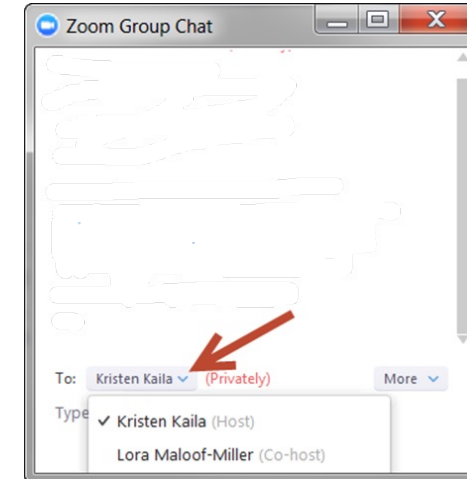
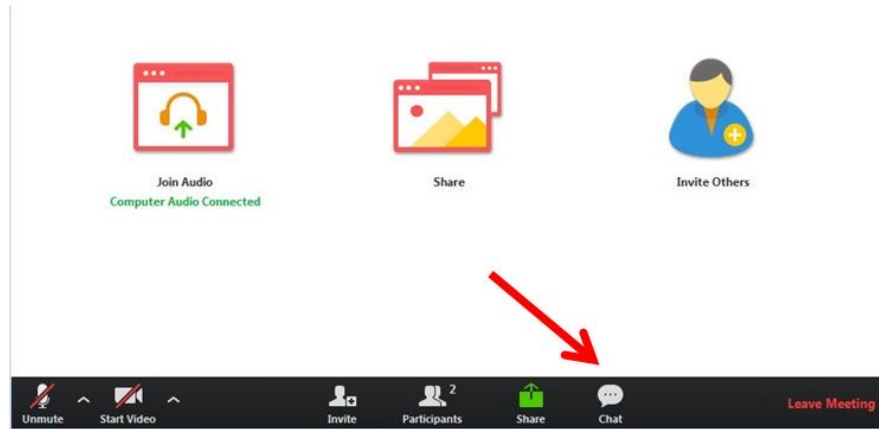
**If you wish to change your audio setting:** click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



**Call-in number for audio: 1-669-444-9171**

**Conference Code: 933 2285 4489**

# Chat function



# 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.



# Expand your Well-being Portfolio with Green Space

Lora Maloof-Miller, MPH and Stacey Noonan

---

*Las dispositivas están disponibles en español si las solicita.*

# Overview

- Nature's Positive Effect on Well-being
- The Positive Effects of Green Space
- Got Nature? Use these practical tips
- Nature visualization exercise



---

Nature: It Does a Body Good

---

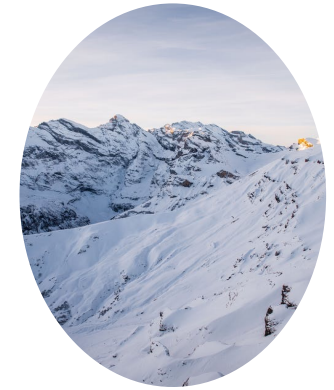
# Nature and Joy Connection





# What is your ideal nature setting that gives you the most joy?

- A. Beach/ocean/lake/stream
- B. Mountains
- C. Forest/wilderness
- D. Desert/rock formations
- E. Snow





# 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: Ageless Benefits

*Among adults, feeling a part of nature has been shown to significantly correlate with life satisfaction, vitality, meaningfulness, happiness, mindfulness, and lower cognitive anxiety.*



# 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!*





# Natures Benefits to Students

- Stress and mental health issues among college and university students
- Getting outdoors may help
- Being in nature just 20 to 30 minutes three times a week



# Community Gardening: A Prescription for Well-being



- ✓ Improves well-being
- ✓ Promotes healthy eating
- ✓ Requires cooperation and planning
- ✓ Create a sense of community
- ✓ Supports diversity and inclusion

# Poll: Spending Time in Nature and Heart Health

- A. Has no effect on heart health
- B. Helps lower blood pressure
- C. Lowers cholesterol levels
- D. None of the above





# The Healing Power of Nature

Lowers blood pressure

Awe-inspiring wonder

Improves post surgery recovery



# Nurtured by Nature



*There are benefits of both green spaces and blue spaces (aquatic environments).*

---

# The Positive Effects of Green Space


---

When it comes to green space – is it Quality or Quantity that affects your well-being?

- A. Quality of green space
- B. Quantity of green Space
- C. Neither




# Benefits of Natural Spaces in Urban Environments



**ADULTS**

- Stress reduction
- Improved life expectancy
- Better general mental and physical health
- Improved cognitive performance
- Improved sleep quality
- Reduction In cancer risk



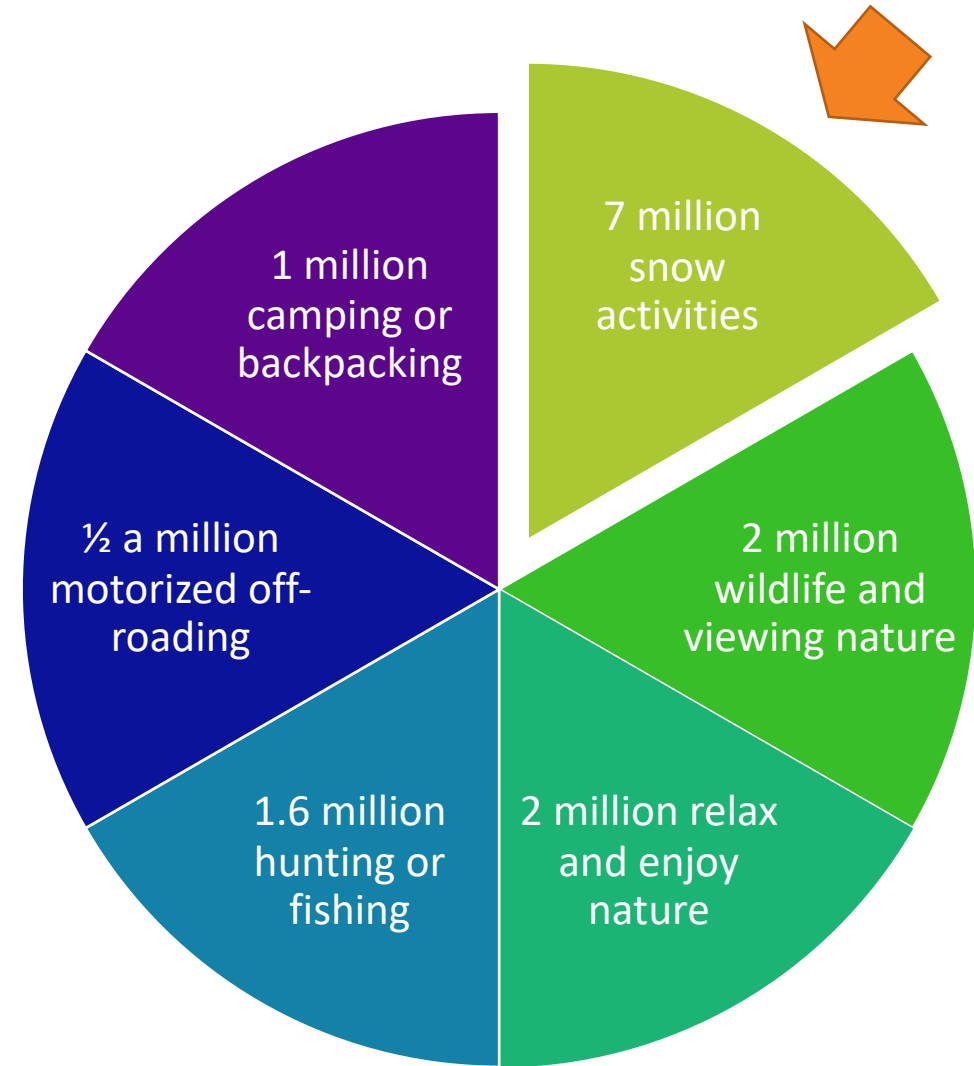
**CHILDREN**  
Improvements In:

- Attention capacity
- Concentration
- Emotional and behavioral development
- Coordination
- Balance
- Agility
- Self-confidence
- Self-discipline
- Social skills
- Weight of newborns

• Further studies are needed to confirm these results



# Personal Health and California's National Forests





---

# Got Nature? Practical Tips

---

# Reconnecting with Nature

Observe

Listen

Play

Read

Walk

Plant or  
garden

Write

Create

Breathe

# Outdoor Activities: Endless opportunities



Explore



Play



Eat



Recharge

# Gardening

- Sense of accomplishment
- Healthy food
- Mental health
- Kid-friendly activity



# Decorate With Natural Elements

- Take color cues from mother nature
- Include natural colors/textures with your décor and workspace
- Potted plants, nature scenes, open windows
- Listen to nature sounds
- Aromatherapy





# Activity: Imagery In Nature

[Relax Your Mind with Forest Bathing - Discover – Sharecare](#)



Non-HN members register or log on: <https://sharecare.com>

HN members register or log on : <https://healthnet.sharecare.com>





# 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



## Highly interactive, individually-tailored applications

- Built-in progress tools and in-the-moment coping tools
- Online community support
  - anxiety, stress and depression
  - Alcohol and drug abuse
  - Pain management
  - PTSD and insomnia
  - Mindfulness



HN members can enroll at: [mystrength.com/go/healthnet](https://mystrength.com/go/healthnet)  
Community members: [www.mystrength.com](https://www.mystrength.com) Access Code: HNcommunity

# Telephonic Support/Health Coaching



## Personalized support

Work one on one with a health coach:

**Learn** what to expect when trying to make a healthy change.

**Understand** what motivates you.

**Decide** exactly what you want to focus on.

**Set** specific health goals.

**Track** your progress – Your coach will help you stay with it!



## Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

# Healthy Discounts

With Decision Power<sup>®</sup> Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



**Weight management**  
•Weight Watchers



**Chiropractic/  
acupuncture  
services and  
more**  
ChooseHealthy



**Eye care**  
EyeMed



**Hearing aids  
and screenings**  
•Connect Hearing  
•Beltone



**Fitness club  
discounts**  
ChooseHealthy

# Online Health Challenges



## Ongoing monthly challenges

Ready, Set, Summer\*

Move to Snooze

Digital Detox

Smart Snacks

Every Step Counts



## Health Net Members August Health Challenge

Sleep Tight Tonight



Non-HN members register or log on: <https://sharecare.com>

HN members register or log on : <https://healthnet.sharecare.com>

\* 90 day challenge



# Upcoming Wellness Webinar

## The Benefits of Acupressure

August 16, 2023

12pm-12:45pm pacific time

Topic includes:

- Origin of Acupressure
- Acupressure vs. Acupuncture
- Common uses
- Guided practice





---

THANK YOU FOR YOUR TIME TODAY!

---