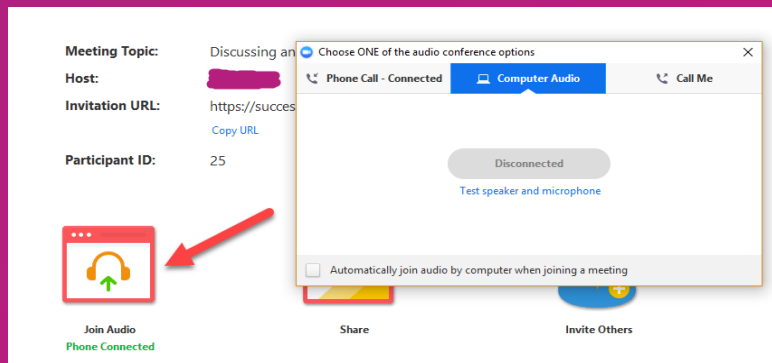




## Welcome to Health Net's Monthly Wellness Webinar

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

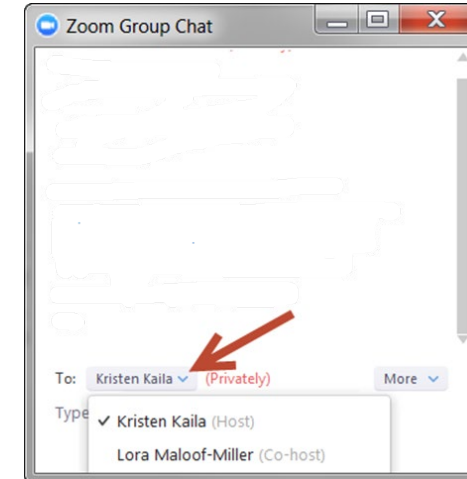
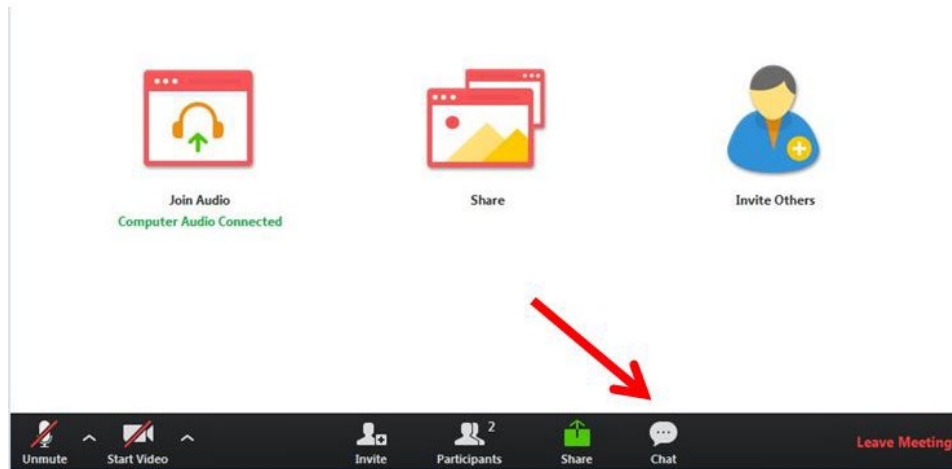
**If you wish to change your audio setting:** click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



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

**Conference Code: 925 9969 4200**

# 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.



# Mind-Body Connection

Presented by: Dr. Brast

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

# Decision Power Health & Wellness

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



# Telephonic Support/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
- Jenny Craig



Chiropractic/  
acupuncture  
services and  
more  
ChooseHealthy



Eye care  
EyeMed



Hearing aids  
and screenings  
•Connect Hearing  
•Beltone



Fitness club  
discounts  
ChooseHealthy

# myStrength



## Proven tools for your mind, body and spirit

Help you learn to reduce stress, anxiety, depression, or substance use.



## Free and convenient

With web and mobile apps, you'll have support at home and on the go.



## Personal and private

Your home page is made for you. myStrength is secure and private.



## Engaging and inspirational

Activities help you learn new ideas while keeping you motivated!





# Online Health Challenges



Ongoing monthly challenges



HN members

April Health Challenge

Stress Less

Spring Clean Your Routine

Spring Into Action

Declutter Your Mind

Spring Greens

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

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



**healthnet** | **sharecare**

## Stress Less Challenge

KEEP CALM AND LIVE IN THE GREEN

Keeping track of your stress can help you identify things that cause your emotions to peak. Join the **Stress Less Challenge** and work on reducing your stress and living in the green. Meet the challenge goal to reward yourself with a sense of calm.

**The goal**  
Update your stress tracker daily. Then, stay "calm" or "productive" for at least 21 days between April 1 and April 30.

**How the challenge works**

1. Log in to your Sharecare account or register at [healthnet.sharecare.com](https://healthnet.sharecare.com).
2. Find the **Challenges** under the **Achieve** icon.
3. Look for **Stress Less Challenge** and click **Join**.
4. Track your stress daily from April 1 to April 30.

**How do I track my stress?**  
Each day, log in to the Sharecare app to update your trackers. To update your stress tracker select **Track**, then select **Stress**. You can track your stress by using your phone's microphone and speaking into the app for 30 seconds. Sharecare will analyze your stress levels based on your voice. You can also elect to track your stress manually from the options presented.

**Have questions?**  
Call **855-430-5272** to learn more or visit [healthnet.sharecare.com](https://healthnet.sharecare.com).

This challenge is open to All eligible members. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact customer service at 855-430-5272.

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# Upcoming Wellness Webinar

## Work-Life Balance

Wednesday April 19, 2023

12pm-12:45pm pacific time



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THANK YOU FOR YOUR TIME TODAY!

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