

THE HEALTHY LIFESTYLES APPROACH TO HEALTH CARE



Health Net is committed to helping you find the health care that is right for you and your employees. Our Healthy Lifestyles suite of programs include a variety of initiatives and a full continuum of care that is individually tailored to meet the specific needs of your organization. The resources are aimed at disease prevention, but also help those who are ill fight to get better.



HEALTH RISK QUESTIONNAIRE

Every journey begins with the first step. Ours is a convenient Web-based questionnaire that will assess an employee's potential risk for illnesses based on their health, lifestyle, and family history and then suggests lifestyle changes to reduce this risk. These tools help employees stay one step ahead of potentially serious or chronic health problems.

WELL REWARDS DISCOUNTS

Enjoy exclusive discounts across a wide spectrum of products and services including acupuncture, BriteSmile® teeth whitening, fitness club memberships and equipment, LASIK or PRK procedures, pregnancy and childbirth classes, hearing aids and more.

IT'S YOUR LIFESM—WELLSITE

In partnership with WebMD® and Subimo, the It's Your Life—Wellsite gives your employees and their families convenient access to the information they need to make smart choices about their health. Easy-to-use tools and resources include Medication and Condition Centers, a Treatment Cost Estimator, Personal Health Record and 24-hour access to the latest medical news.

HEALTHY LIFESTYLES

WEB-BASED PROGRAMS

It's a proven fact that healthier employees perform better and keep health care expenses down. Health Net offers a variety of tools to help your employees combat two of the leading health risk factors—tobacco use and obesity.

Quitting MattersSM is designed to support members through the difficult process of quitting smoking and helping them avoid relapse.

Balance[®] and **Nourish[®]** are personalized programs that assist members in making smart decisions about food, physical activity and more for optimal well-being.

WORK/LIFE CONSULTATIONS

Helping employees find true work/life balance is key to increased productivity, employee retention and overall satisfaction. Healthy Lifestyles assists with locating resources for issues that can often disrupt that balance, including:

- Child and Elder Care Consultation
- Financial and Legal Consultation
- Concierge Services

CLINICAL COUNSELING

Sometimes what's needed most is an understanding voice. Individualized help from a licensed clinician for behavioral issues such as grief, depression, insomnia, stress, anxiety and a range of other behavioral and emotional issues is only a phone call away. Clinical counseling allows for up to three short-term counseling telephone sessions per incident. This assistance has proven to reduce the occurrence of longer-term behavioral health issues.

ONSITE SERVICES

Making it more convenient for employees to stay healthy is better for everyone. We can bring you a wide range of services including flu immunization to mammography, wellness workshops and much more. We can offer a customized package of workshops via the Web, in-person or telephonically. Some of the topics include:

- Readiness for Health Change
- Fitness & Exercise
- Helping Your Child Lose Weight
- Walking to Health, Happiness and Longevity
- Heart Health
- Nutrition
- Helping Your Parents Stay Healthy



These wellness programs are not part of the Health Net medical benefit plans or affiliated with our provider network. They are an added resource Health Net makes available to Health Net enrollees. They may be revised or withdrawn without notice.

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