



Kim Aung  
Health Net

# 2017 Wellness Programs

<p><b>New! Virtual coaching program</b></p>	<p>Our new <b>Take Charge of Your Health</b> virtual coaching program helps participants with chronic medical conditions manage their health <b>independently and at their own pace!</b></p> <ul style="list-style-type: none"> <li>✓ Cost-effective</li> <li>✓ Complementary to the traditional approach of nurse-based disease management</li> </ul> <p>Participants are able to work through their own programs using these tools – without the intervention of a telephonic coach or disease management nurse:</p> <ul style="list-style-type: none"> <li>✓ Weekly to-dos</li> <li>✓ Educational content and tracking</li> </ul>
<p><b>myStrength program</b></p> <p><b>User health improvements, and new module!</b></p>	<p><b>myStrength</b> was a hugely successful <b>new program in 2016!</b> Featuring an online and mobile app for members, myStrength contains beneficial tools to manage anxiety, stress and depression.</p> <p>2016 highlights:</p> <ul style="list-style-type: none"> <li>✓ <b>Member enrollment more than doubled in Q3</b> Behavioral case managers were trained on the referral process for the program</li> <li>✓ Of those members who accessed the myStrength program and had a clinical score for anxiety and depression, follow-up surveys indicated:             <ul style="list-style-type: none"> <li>• <b>35% of the users had an improvement</b> in anxiety levels</li> <li>• <b>23% showed an improvement</b> in the levels of depression</li> </ul> </li> </ul> <p>Plus – <b>members can self-refer!</b> The program’s description and Web link is conveniently posted on the member portal in our Wellness Center.</p> <p><b>New! Pain management module</b></p> <ul style="list-style-type: none"> <li>✓ Guided program available 24/7 helps members manage pain and live meaningful lives</li> <li>✓ Members receive education on pain management beyond medication</li> <li>✓ Provides goals of long-term functioning and overall well-being</li> <li>✓ Activities that foster mindfulness, positivity and physical activity</li> </ul>

<p><b>Wellness Webinar Series</b></p> <p><b>Growing attendance, new series!</b></p>	<p>The <b>Wellness Webinar Series</b> has proven to be a successful program for our members, employer groups and communities – evidenced by <b>continued growing attendance</b> since the program’s launch in June 2014.</p> <p>The webinars offer these conveniences:</p> <ul style="list-style-type: none"> <li>✓ Provided via conference call and WebEx so members can dial in or log in</li> <li>✓ A presentation PDF is provided upon request after the conclusion of each webinar</li> </ul> <p>The webinar series is promoted monthly on our member blog <i>Member Pulse</i>, which has a current subscriber list of <b>320,000 members</b>. Members can subscribe to Health Net’s <i>Member Pulse</i> at <a href="http://www.healthnet.com">www.healthnet.com</a>.</p> <p>The most popular webinar topics in 2016 included:</p> <ul style="list-style-type: none"> <li>✓ “Don’t Lose Sleep over Stress”</li> <li>✓ “Financial Health”</li> </ul> <p><b>New for 2017</b> is a 3-part series on “<b>Mindfulness</b>” – a powerful concept that trains participants to focus on the present moment, often by incorporating all their senses. Mindfulness can be used to:</p> <ul style="list-style-type: none"> <li>✓ Calm panic attacks</li> <li>✓ Reduce stress and worry</li> <li>✓ Increase resilience</li> </ul>
<p><b>Next generation wellness portal</b></p> <p><b>Now mobile-optimized and new tools!</b></p>	<p>The <b>wellness portal</b> is now <b>mobile-optimized</b> so members can access all of the online wellness Web tools via <b>desktop computer, smartphone and tablet</b>.</p> <p>Members now have greater flexibility and accessibility to the health assessment, virtual coaching programs and library resources, to name a few.</p> <p><b>Plus – new</b> additional tools were implemented so members can track:</p> <ul style="list-style-type: none"> <li>✓ Blood glucose</li> <li>✓ Cholesterol</li> <li>✓ Blood pressure</li> <li>✓ Exercise</li> </ul>
<p><b>Health Risk Questionnaire (HRQ)</b></p> <p><b>New incentive!</b></p>	<p>We help members get the most from their benefits!</p> <p>Providing them with a <b>\$50 incentive</b> to complete the steps of their HRQ process is a great way to connect them with the care they need!</p> <ul style="list-style-type: none"> <li>✓ Members in California and Oregon who are enrolled in <b>SmartCare</b> and <b>CommunityCare</b> plans have access to the \$50 incentive.</li> </ul> <p><b>New!</b> Launched 1/1/17, a \$50 or \$100 incentive <b>is available to select California and Arizona individual and small business groups plans</b> – both on- and off-exchange.</p>

(continued)

<b>Arizona: Enhanced Health Savings Account (HSA) and Wellness Program</b>	<p>Health savings accounts (HSAs) offer employees a way to help control their own health care costs. And when paired with a wellness program, employees can feel more confident about their health care decisions.</p> <p>Our Enhanced HSA and Wellness Program helps employers who offer an HSA by <b>providing funding and support for various wellness programs.</b></p> <p>This program is available to <b>new groups of 101–299 lives.</b></p>
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