



Wellness Programs

University of California

2022

Programs & Resources

Programs



- Online health promotion
- Lifestyle coaching
- Health challenges
- Tobacco cessation
- Behavioral health
- Diabetes prevention

Resources



- Nurse Advice Line
- Wellness webinars
- Health content
- Healthy discounts
- Active&Fit™
- Healthy Challenge Series

Tools



- Health assessment
- Health Record
- Tracker tools
- Symptom checker
- Provider Search

Member Wellness Portal

How To Access Wellness Resources Online:

- 1) Members log in at www.healthnet.com/uc
- 2) Click on the **Whole Person Wellness** link
- 3) Click on Tabs at the top of the page to access the **Wellness Resources**

health net. University of California

Find a Doctor or Hospital | Language | Website Accessibility

University of California

Home > University of California

Welcome to Health Net

UC Blue & Gold HMO from Health Net of California, Inc. (Health Net) gives you options for cost savings and access to care.

UC Health Offers Access to Its Expertise Across California

Being a UC Blue & Gold HMO member gives you in-network access to UC Health providers, providing you and your family with the very best care possible.

Find a Provider

Find Doctors, Urgent Care, Walk-In Clinics, Hospitals, and more...

University of California Health

Six academic health centers bring the strength of collaboration.

Whole Person Wellness

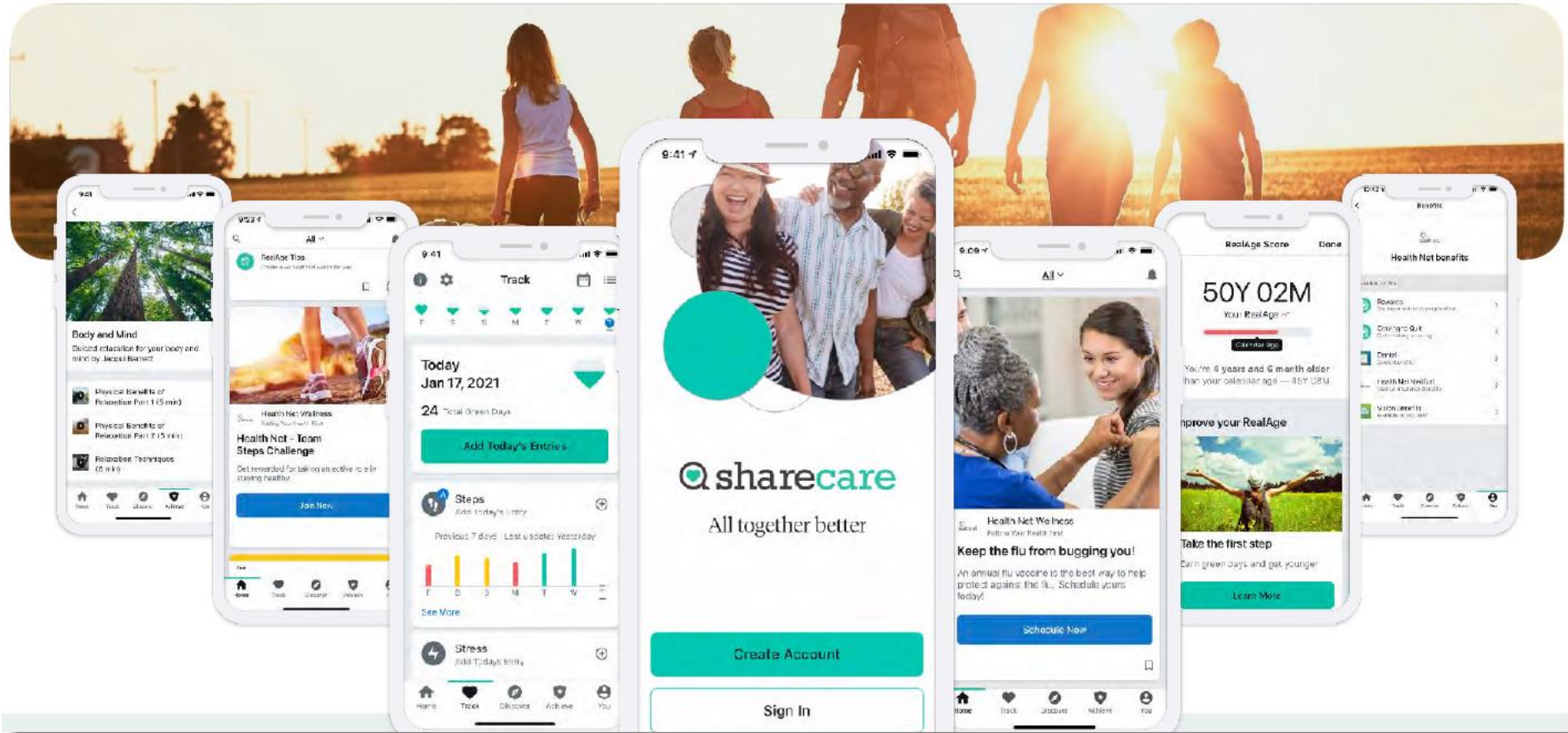
Access our wellness and specialty programs to support the whole you.

Babylon – Telehealth

Talk to a provider anytime with Babylon.

Our Wellness Portal

Comprehensive Engagement Platform*



* Program pending regulatory review.

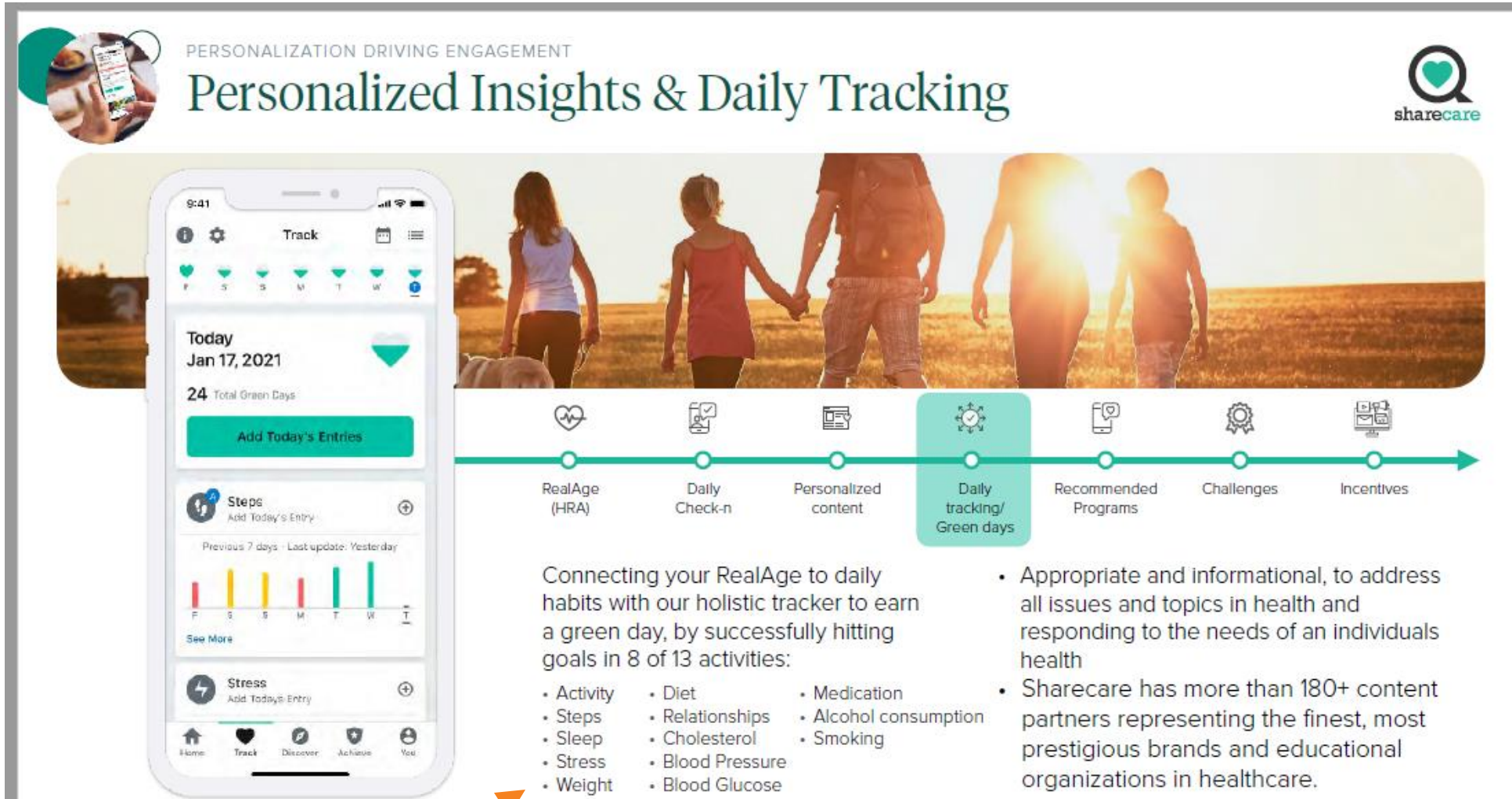
Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Green Day Tracking



PERSONALIZATION DRIVING ENGAGEMENT

Personalized Insights & Daily Tracking

sharecare

9:41 Track

Today
Jan 17, 2021

24 Total Green Days

Add Today's Entries

Steps
Add Today's Entry

Previous 7 days · Last update: Yesterday

Stress
Add Today's Entry

RealAge (HRA) Daily Check-n Personalized content **Daily tracking/ Green days** Recommended Programs Challenges Incentives

Connecting your RealAge to daily habits with our holistic tracker to earn a green day, by successfully hitting goals in 8 of 13 activities:

- Activity
- Diet
- Medication
- Steps
- Relationships
- Alcohol consumption
- Sleep
- Cholesterol
- Smoking
- Stress
- Blood Pressure
- Weight
- Blood Glucose

- Appropriate and informational, to address all issues and topics in health and responding to the needs of an individuals health
- Sharecare has more than 180+ content partners representing the finest, most prestigious brands and educational organizations in healthcare.

Some trackers include GoogleFit, HealthKit and FitBit, including Apple Watch integration.

Health Coaching – Lifestyle Management

Program accredited by NCQA

- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Healthy Challenges

The online Health Challenges have a comprehensive array of challenges in the library focusing on tracking activities such as:

- Steps
- Sleep
- Weight
- Stress
- Additional tracking options may include smoking and blood glucose/A1c



Challenges can provide support, camaraderie and positive climate of fun to help members adopt or maintain a healthy lifestyle.

Eat Right Now

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Wellness Webinar Series

The Wellness Webinar Series is offered the third Wednesday of each month.

- Open to all employees.
- Registration is required.
- Webinars are also recorded.

Health Net of California, Inc. and
Health Net Life Insurance Company (Health Net)



Learn Healthy Ways to Live Your Best

DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2022 – made simple and convenient for you!

Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:

- View them from your work station¹ at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.²

Plus, you can watch any of the past webinars you may have missed by visiting www.healthnet.com.

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



| 2022 Wellness webinar schedule | |
|--------------------------------|---------------------------------------|
| January | Start anew In 2022! |
| February | Heart Health by the Numbers |
| March | Back Health at Work |
| April | Sleep Well and Live Fully Awake |
| May | Whole Person Self-Care and Resilience |
| June | Nutrition Tips to Increase Metabolism |
| July | Your Brain Matters |
| August | Positive Thinking: A New Attitude |
| September | Nutrition to Reduce Stress |
| October | Give your Immune System a Boost |
| November | Diabetes Workshop: The Basics |
| December | The Gift of Health/Gratitude |

To sign up, visit www.healthnet.com.

¹The workplace wellness webinars are scheduled on a monthly basis.

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Our free wellness webinars help employees live a healthier lifestyle.

HealthNet.com

Healthy Challenge Series

Paper-based program

Featured in
the 2020
APHA
Conference

- Ready-to-go program: marketing tools, instructions, presentations, booklets, tracking log and evaluation forms included
- Provide a wellness activity to all employees (including non-Health Net members)
- Provide an alternative for employees that do not have access to online programs (non-office work setting)
- Flexible start dates
- Rewards can be customized raffle prizes or individual prizes





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



Members can enroll at: mystrength.com/go/healthnet/
Non-members access code: mystrength.com/go/healthnet/HNcommunity



Prediabetes and weight management digital program recognized by the Center of Disease Control

- Prevention program to reduce the risks of type 2 diabetes and heart disease
- Focuses on healthy habits and weight loss to reduce risks
- 16-week online program (Starters), 17+ Weeks (Completers)
- Weekly lessons, weigh-ins, food/activity trackers,
- Dedicated health coach for support and motivation
- Best-in-class and clinically supported



3,282 total cumulative enrollments in 2021

25,557 Total UC population weight loss

To sign up for Omada go to: www.omadahealth.com/healthnet

Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Jenny Craig, Active&Fit, and more.



Weight management

- WW
- Jenny Craig



Chiropractic/ acupuncture services and more

- American Specialty Health



Eye care

- EyeMed



Hearing aids and screenings

- Connect Hearing
- Beltone



Fitness club discounts

- ChooseHealthy
- Active&Fit

UC Wellness Coordinator Resources

Additional health education materials are available upon request, topics vary.

Get Stronger and Prevent Injury!
HERE'S HOW TO USE YOUR EXERCISE BANDS

Using an exercise band can help make your muscles stronger. Strong muscles have many benefits and help lower your risk of injury.

Try this format for every exercise shown below. Don't forget to stretch slides if needed. Try these exercises at least 2 times a week for good results.

| Muscle group | When to do in 4 steps | Health benefits | Illustration |
|-------------------------------|--|--|--------------|
| Upper back (trapezius) | <ol style="list-style-type: none"> Hold band with both hands. With arms extended to your feet, pull at elbow. Keep shoulders down. Slowly pull band apart by separating shoulder blades together. Slowly return to starting position. | <ul style="list-style-type: none"> Help open a congested airway naturally. Relief posture. | |
| Neck and upper arm (deltoids) | <ol style="list-style-type: none"> Hold band with both hands with the left hand facing down and the right hand facing up. Keep the left arm straight and slowly lift the band to the right arm. Stretching of the upper arm and bending the elbow at 90-degree. Slowly return to starting position. Switch sides when ready. | <ul style="list-style-type: none"> Improve arm alignment and open circulation. Stretch deltoids. | |

When you are ready to begin, follow this format:

- Start with 8 to 10 repetitions. This means doing the listed exercise 8 to 10 times.
- Rest for about 30 seconds.
- Do another 8 to 10 repetitions.
- Rest.
- Finish the exercise with another 8 to 10 repetitions.

Remember to take a deep breath if you are new to these exercises. If you are not sure if this is right for you, talk to your doctor first.

HealthNet.com

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Healthy Plate Challenge FAQ's

GIVE YOUR DIET A BOOST THIS JUNE

What is Sharecare?
Health Net has teamed up with Sharecare to bring you a free wellness program that delivers tools for healthier living – such as the Healthy Plate Challenge, health trackers and more. Joining a challenge can help you build a healthier lifestyle.

What's the challenge goal?
Track your diet daily and stay in the green by eating "excellent" or "good" quality meals for at least 21 days between June 1 and June 30. Meet the goal to improve your health.

Who can participate?
All eligible members.

What's the Healthy Plate Challenge?
A poor diet could expand your waistline, increase cancer risk and lead to heart disease. This month boost your intake of fruits, veggies, lean proteins, whole grains and healthy fats and start eating in the green! Aim for two healthy meals to meet the challenge goal.

Have more questions? Visit healthnet.sharecare.com.

health net | @sharecare

Healthy Plate Challenge

GIVE YOUR DIET A BOOST THIS JUNE

A poor diet could expand your waistline, increase cancer risk and lead to heart disease. This June shape up your plate by challenging yourself to boost your intake of fruits, veggies, lean proteins, whole grains and healthy fats and start eating in the green!

The goal
Update your diet tracker daily. Then, stay in the green by eating "excellent" or "good" quality meals for at least 21 days between June 1 and June 30.

How do I track my diet?
Log in to the Sharecare app to update your trackers each day. To update your diet tracker, select **Track**, then select **Diet**. Select your **Meal** from the drop-down menu; then select the **Quantity** and the **Quality**. Aim to stay in the green by eating "excellent" or "good" quality meals each day.

How the challenge works

- Log in to your Sharecare account or register at healthnet.sharecare.com.
- Find the Challenges under the Achieve icon.
- Look for **Healthy Plate Challenge** and click **Join**.
- Track your diet daily from June 1 to June 30.

Have questions?
Call the wellness program at 855-630-6272 to learn more or visit 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 the wellness program at 855-630-6272. Programs and services are subject to change. Members have access to Sharecare through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company. Health Net of California, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, LLC. Health Net is a registered service mark of Health Net, LLC. All rights reserved.

THANK YOU FOR YOUR TIME TODAY!
