

# Help Your Employees Get and Stay Healthy

A SUMMARY FOR EMPLOYERS AND BROKERS



# Decision Power<sup>®</sup> Health & Wellness

*Seeking better health is our best defense against chronic medical conditions. That's why we created Decision Power<sup>®</sup> Health & Wellness.*

*With customized tools and inspired goals, our members can get on track to make healthy and lasting changes.*

## A bridge to healthy actions


Decision Power is a program to help improve employee health and wellness. Topics include:

- Health & Wellness
- Integrated Care Management
- Case Management
- Women and Children's Health



## Health & Wellness online

Members can access most Decision Power Health & Wellness programs and services 24/7.

Look for this  icon throughout the brochure to find programs with online access.



# Take a Look at What Decision Power: Health & Wellness has to offer!



## RealAge Health Assessment and Health Profile

Staying healthy is as important as getting better. That's why we have partnered with Sharecare to offer tools like our RealAge Health Assessment and Health Profile. Members can connect to detailed information about their mental and physical health. And, get an action plan based on their unique health needs.

They also get suggested programs and resources to help them better manage their health and promote healthy habits. Plus, when members sign up to access these tools, they can opt in to get emails with updates and useful program information.



## Wellness Rewards Program

Members can complete the RealAge Health Assessment and receive a \$50 Visa gift card. Once they complete the assessment, they simply print their results and share them with their doctor at their next preventive care visit. After their appointment, members complete the Primary Care Physician form on the Wellness Rewards Program site to receive their gift card.

Members can access the **RealAge Health Assessment** online when they log into the **Member Wellness Center** or by going directly to **[healthnetoregon.sharecare.com](http://healthnetoregon.sharecare.com)**.



Healthy Lifestyle

## Online Wellness

Decision Power lets members improve their health and wellness on their own terms. They can get a wide range of online content that features health topics such as:

- Healthy weight
- Eating better
- How to manage stress
- How to quit smoking for good

Online wellness resources highlight:

- Articles
- Videos
- Health trackers
- Health contests and more

## Lifestyle Management Health Coaching

Members can get help from an expert health coach online, or by phone. They can also connect via secure email and eLearning modules. The online features include coaching tools like:

- Journaling
- Goal-setting
- Exercise/food trackers

## Craving to Quit - Tobacco Cessation Program

Our Tobacco Cessation program covers any type of tobacco. This includes the use of Electronic Nicotine Delivery Systems (ENDS), such as e-cigarettes and e-pipes. Plus, members can talk with a quit coach for advice and support.

Highlights of the program include:

- An in-depth review and plan to help members quit
- Medication support
- One-on-one guidance over the phone
- No limit on calls to program clinicians
- Daily modules that include video lessons and more

## Online Chronic Condition Resources

Help is available for members if they have a current health condition. They can access online information that can help them stay healthy for the long term. Members can find articles, videos and virtual tools on:

- Diabetes
- Heart disease
- Asthma
- High blood pressure
- Cancer and more

## Integrated Care Management Program

Health Net's Integrated Care Management program supports and manages health care if a member has complex health issues. It also helps members with chronic conditions such as:

- Diabetes
- Asthma
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)

The program is not just for members. It offers support for their families and caregivers as well. Members and their families can find their best quality of life through better ways to manage their health.

## AskMD Support Tool

Members use the AskMD tool to review their options for:

- Medical tests
- Medicines
- Surgeries
- Treatments and other issues

They get help making informed health choices. And, they learn about the benefits, risks and costs of each option.

## myStrength - Strength for Mind, Body and Spirit

myStrength is a confidential online resource, personalized to help members improve their mood. The program's self-help tools are designed to help empower members to become - and stay - mentally and physically healthy.

myStrength supports topics like:

- Pain management
- Substance abuse
- Trouble sleeping
- Depression
- Worry and more

Program highlights include:

- In-the-moment tracking
- Virtual tools
- Instant stress-relief tips
- Weekly action plans
- Mood improvement
- Daily words to inspire
- Mobile app
- Step-by-step eLearning modules

***Members get all this at no extra cost!***

## Nurse Advice Line

Health Net members also have the option to reach out to a registered nurse – 24 hours a day – and get instant support at 1-800-893-5597. They can get answers to questions about:

- Cold and flu symptoms
- Minor illness and injury
- Minor burns
- Bug bites and stings
- Chronic pain
- Medical tests and medications

## Progress Trackers

Members will stay up-to-date on important lifestyle habits using online tracking tools. Our progress trackers are available to help them monitor:

- Blood pressure
- HbA1c (blood glucose)
- Exercise
- Stress and more



# Tools & Resources

## Healthy Discounts

Members also enjoy our Healthy Discounts program – giving them valuable discounts on health-related services and products. Categories include:

- Weight loss
- Fitness clubs
- Chiropractic and acupuncture
- Eye care
- Hearing aids and screenings
- Vitamins, minerals and more

## Preventive Screening Guidelines<sup>1</sup>

These guidelines offer members a schedule for Health Net's suggested health screenings and vaccines for children, teens and adults. These guidelines also give information about pediatric and maternity screenings. Find the current preventive screening guidelines by following these simple steps:

- 1.** Go to [healthnetoregon.com](http://healthnetoregon.com) and select the Member Tab
- 2.** Click on *Wellness Center* then locate the *Wellness Resource Materials*
- 3.** Choose the Preventive Screening Guidelines PDF

## Support for Monthly National Observances

National observances for health and wellness are great to raise awareness among our members. They focus on important issues facing millions of Americans each year.

## Monthly Wellness Webinars

Members can get helpful topics monthly via webinars at work or at home! Topics include how to:

- Manage chronic pain
- Prepare for cold and flu season
- Handle holiday stress
- Manage money

Health Net offers the Wellness Webinar Series the third Wednesday of each month. Visit the *Wellness Center* and click on the *Wellness Webinar Series* link. This will take you to the registration page for the monthly webinars. You will also find recordings of past topics on this page, in case you missed them live!



<sup>1</sup>Please note: This information is not medical advice and does not indicate specific benefit coverage. Members should always seek and follow the care and advice of their doctor. These guidelines are updated regularly and may change. Members are advised to check their plan benefit language for coverage, limitations and exclusions.

## More information

You can find details about our Health & Wellness programs and services on our website.

- **Healthnetoregon.com**

Select *Wellness Center* under the Employer or Broker tabs.

Or, you can call us at 1-800-893-5597.

Feel free to contact your Health Net Sales team with any further questions.



**This summary brochure is available online on the Wellness Center page under the Wellness Resource Materials.**

**Please join our “go-green” effort to reduce waste by getting this brochure online.**

Members have access to Decision Power and myStrength through current enrollment with Health Net Health Plan of Oregon, Inc., “Health Net”. Decision Power and myStrength are not part of Health Net’s commercial medical benefit plans. They are not affiliated with Health Net’s provider network, and they may be revised or withdrawn without notice. Decision Power and myStrength services, including clinicians, are additional resources that Health Net makes available to enrollees.

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