Wellness Menu

For Health Net members

Healthy lifestyle

CareAlerts – Care alerts and preventive reminders are personalized suggestions that you and your health care provider may consider to improve your health. You can use the Update Status button in the alert to change your status if you have already had a recommended immunization, test or screening.

Healthy Living Programs – These comprehensive behavior change programs offer you the information and tools to improve your health and reduce your disease risk. The programs are structured to be six weeks in length and include achievable goals personalized to your individual preferences and interests. Each program focuses on one health topic and includes a to-do list of action items to help you reach your goals.

Online Seminars – Fun and engaging seminars can help you learn more about important health topics and take steps to live healthier. A new seminar is available the first of each month. Each seminar contains a topic-related article for easy printing.

Wellness Health Coaching – One-on-one telephonic health coaching can provide you the extra help you need; online health coaching and resources enhance your experience and provide additional support. Your health coach can help you set and complete goals, make changes you can stick to for the long term, and track your progress with easy tools and information. Program and enrollment information is available online.

Decision Power® Healthy Pregnancy Program – Telephonic and online support during your pregnancy, assessments throughout your pregnancy to assess risk, and, if needed, enrollment in a high risk OB care management program. All participants receive a helpful book, Your Journey Through Pregnancy, access to online resources and information, and 24/7 telephonic support with a nurse during your pregnancy and after delivery. Program and enrollment information is available online.

Quit for Life® – This comprehensive tobacco cessation program includes telephonic and online support with a quit coach. Individuals receive one-on-one help during their quit process, a quit guide and a guide for family members, unlimited access to online education and coaching support, as well as Text2Quit messages to keep you motivated and on track. Program and enrollment information is available online.

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(continued)
Diseases and conditions

Condition Management – For individuals with existing health conditions, these informational centers offer tools and resources to stay healthy for the long term. Articles, videos and interactive tools are organized by condition for easy access and use. Conditions include diabetes, heart disease, high cholesterol, asthma, high blood pressure, cancer, and more.

Decision Aides – Online information and tools to guide you on decision points about medical tests, medicine, surgeries, and treatments.

Symptom Checker – A quick and easy tool to help you assess symptoms, possible causes and treatment recommendations.

Medications – Learn about side effects, interactions, precautions, and more. Includes information about taking medications as prescribed and tools to help you make informed decisions about medications.

Surgeries and Procedures – Before making a decision about having surgery or a major procedure, make sure you are informed. Learn the basics about what to expect for different types of surgeries and procedures.

Tools and media

Recipe Finder – Need a recipe? Search by ingredient or cuisine, and you’ll find all the nutritious, tasty meals you can make. Includes kid friendly options.

Progress Trackers – Choose from a variety of online tracking tools to keep you up to date about important lifestyle habits. Progress trackers work in tandem with the Healthy Living Programs or as a standalone tool. Trackers are available for exercise, stress management, healthy eating, and more.

Interactive Tools – Easy-to-use tools to help you shop smart, build a better sandwich or salad, learn to read nutrition labels, and more.

Quizzes and Assessments – These fun learning tools and useful assessments are great ways to get smarter about your health. Categories include Healthy Living, Disease Prevention and Self Assessment.

Newsletters – Easy-to-read monthly newsletters help you make smart decisions that can improve your health.

Videos – A variety of helpful videos from A to Z.

Calculators – These tools can help you find key markers for your general health and fitness. Calculators include BMI, waist-to-hip, calories burned, target heart rate, how many calories should you consume each day, and more.

Additional resources

Personal Health Record – Your online tool to store, maintain, track, and manage your health information in one centralized, private and secure location.

Health Risk Questionnaire – Provides instant results and interactive features – your gateway to recommendations and resources based on your unique health profile.

Nurse 24™ – Reach out to a nurse 24 hours a day! You can get instant support via telephone or by using the chat system online to ask questions in real time. Reach out for questions related to symptoms, minor illness or injury, chronic conditions, medical tests, and medications.