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
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

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.
Healthy Challenge Series

Paper-based program

• 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
• 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

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

3,282 total cumulative enrollments in 2021
25,557 Total UC population weight loss

Prediabetes and weight management digital program recognized by the Center of Disease Control
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.
THANK YOU FOR YOUR TIME TODAY!