Decision Power
Health & Wellness
A bridge to healthy actions

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Health Net
We help members get the most from their benefits.

A helpful guide for Health Net members
What Is Wellness?

Your answer is as unique as your personal desire to live a healthy and productive life.

We created Decision Power® as a bridge between knowing how to achieve improved wellness, and getting the support and confidence to take action.

Whether you’re focused on staying fit, dealing with back pain or facing a serious diagnosis, Decision Power can help you and your doctors make the right health and treatment decisions. Here are some of the actions you can take through Decision Power:

- Get help with a specific health goal.
- Track diet, exercise or cholesterol.
- Try an online Healthy Living program.
- Learn about health risks.
- Explore your treatment options.
- Adapt to living with illness.

We understand the way you define wellness is unique and personal. That’s why Decision Power is included with all Health Net plans.

We make it personal so you can make lasting changes

Your road to improved health and wellness through Decision Power begins with our online Health Risk Questionnaire (HRQ). Your HRQ offers a report of potential health risks and triggers, personalized recommendations for self-directed online tools, or available health coaching or care management programs.

These recommendations become part of your Personal Health Record (PHR) that connects you with an interactive, personalized knowledge base to help you better manage your health. Your PHR contains self-reported information and pharmacy and claims data to provide you with a comprehensive history of your past and current health records. You can print your PHR and take it with you for your doctor visits.

Have a closer look at our integrated programs and see how easy and rewarding it is to get involved in your health and wellness.

Healthy living programs

Want a more flexible way to improve your health and wellness – on your terms? Our Decision Power Healthy Living programs offer a self-directed, online way to achieve and maintain your health goals.

With topics ranging from weight loss and healthy diet, to stress relief and smoking cessation, these six-week programs are available online, so you can take steps for positive and lasting change when and where it’s most convenient for you.

You’ll find details about all of our Healthy Living programs on our website. Register or log in to www.healthnet.com > Wellness Center.
Healthy pregnancy

The Healthy Pregnancy program provides pregnant women a range of specialized resources, from regular texts through Text4Baby, to case management for women with high-risk pregnancies. We welcome Health Net members who are pregnant to sign up for our OB Risk Assessments, to ensure they get the care they need. Advantages of the Health Pregnancy program:

- Regular and confidential risk assessments throughout your pregnancy.
- Free educational resources and phone support for all pregnant Health Net members, including access to a nurse 24 hours a day through our 24/7 Baby Line.
- OB Case Management provides support for participants with high-risk pregnancies through unique care plans and regular contact with experienced high-risk nurse case managers. If appropriate, members have access to Maternity Home Care services which may include intervention that may prolong pregnancy, such as 17P – a progesterone compound that can reduce the risk of recurrent preterm birth.
- Your Journey Through Pregnancy, a book that will help you learn more about your pregnancy and offer support for the decisions regarding your care and the care of your new baby.

To enroll, call Decision Power at 1-800-893-5597 and select the option for Healthy Pregnancy, or call direct at 1-855-870-BABY (2229). You can also log in at www.healthnet.com > Wellness Center.

As with all Decision Power programs, we recommend taking your HRQ to get started.

Wellness health coaching

Based on your HRQ results, you may be eligible for wellness health coaching, giving you unlimited access to a registered dietitian, respiratory therapist, health educator, or social worker, offering ongoing support in reaching your goals and sustaining positive behavioral changes.

Our whole-person approach reduces the risk of preventable diseases, such as coronary artery disease and diabetes and promotes healthy behaviors, including, but not limited to:

- Healthy weight maintenance.
- Smoking and tobacco cessation (See Quit for Life® below).
- Physical activity.
- Healthy eating and nutrition.
- Managing stress.

If you have been identified by your HRQ results as eligible for the program, you can enroll online at www.healthnet.com > Wellness Center.

Quit for Life®

The Quit for Life tobacco cessation program covers any type of tobacco, lets you talk with a quit coach for encouragement and support, and offers a personalized plan to quit. Here's a look at what you get:
• In-depth assessment and personalized cessation plans, with medication support recommendations for over-the-counter and prescription drugs.

• Up to four proactive, one-on-one counseling calls, plus unlimited calls to our program clinicians.

• Quit for Life participant toolkit – Quit Guide.

• Helpful toolkit for family and friends – Ally Guide.

• Access to Text2Quit tool.

• Dedicated website for Quit for Life information, chat function and learning modules.

To enroll, call Quit for Life at 1-866-Quit-4-Life (1-866-784-8454). Log in at www.healthnet.com > Wellness Center to get started.

**Decision Power Disease Management**

An experienced staff of clinical professionals and nurses offers education, empowerment and support to help individuals diagnosed with chronic health conditions better manage their health. Program highlights include:

• Personalized programs designed to:
  - reduce risk of chronic health conditions;
  - improve quality of life through personalized interventions;
  - see that medication and care instructions are followed correctly; and
  - ensure all medical testing meets national clinical standards.

• Five targeted chronic conditions:
  - Heart failure.
  - Chronic obstructive pulmonary disease.
  - Coronary artery disease.
  - Diabetes.
  - Asthma.

**Complex and Ambulatory Case Management**

The Complex Case Management and Ambulatory Case Management programs offer trained case managers who support members diagnosed with significant chronic or life-limiting conditions, such as cancer, cardiovascular disease, complex diabetes, respiratory disease, or dementia, providing help planning, managing and executing their care.

The clinical team – including a case manager, clinical team manager and medical director – establishes a personalized care plan for each member and assesses progress during weekly team reviews.
Valuable tools that put health information in reach

Nurse24℠

Get peace of mind, day or night, with 24/7 access to licensed nurses, via phone or chat, for questions about injuries, illnesses, chronic conditions, and preventive care.

With Nurse24, you can reach out with any health concern, from how best to manage a chronic condition to how to treat a minor injury. Our nurses are trained to ask the right questions to ensure you get the care you need.

With this vital resource, members can reduce unnecessary emergency room visits and better manage their health.

CareAlerts

The CareAlerts system gives you and your doctor prompt notifications of potential problems, such as drug interactions and dangerous drug side effects, and opportunities to improve the quality of care, such as preventive screenings that are available and recommended to you.

CareAlerts are integrated with all Decision Power programs, so any doctor or clinician involved with your care can monitor your health status.

You receive CareAlerts by mail, or you can access them online. Just log in to www.healthnet.com > Wellness Center.
Decision Power – Here to help you achieve your health and wellness goals.

Decision Power®: Health in Balance
- Access to personalized online and interactive tools, health coaching options as well as available care management services.
- Programs designed to talk with one another, connecting program clinicians and the doctors closest to your care with vital information about your health and wellness.
- Personalized tools and achievable goals help you feel confident in your ability to make positive and lasting behavioral changes.

Important contact information
- Program phone numbers
  - Decision Power: 1-800-893-5597; select from the menu options for your program or resource.
  - Nurse24: 1-800-893-5597 (or use the online chat system to ask questions in real time).
  - Quit for Life tobacco cessation program: 1-866-Quit-4-Life (1-866-784-8454).
- Log in to www.healthnet.com > Wellness Center.