



Pam White  
Health Net

# Wellness Menu

*For Health Net members*

## *Emotional health*

- **Health Improvement Programs.** Log on for personalized, interactive programs for emotional health, stress and exercise. Enjoy the Readings and track your tasks using Planners.
- **Videos.** Choose from 70 online videos on Emotional Health Topics, including several choices with Guided Imagery.

## *Exercise*

- **Health Improvement Programs.** Log on for personalized, interactive programs for exercise, weight management and nutrition. Enjoy the Readings and track your tasks using Planners.
- **Videos.** Choose from more than 100 online videos on Exercise and Fitness Topics, including several Gym Smart choices to optimize your workout.

## *Nutrition*

- **Health Improvement Program.** Log on for a personalized, interactive program for nutrition. Enjoy the Readings and track your tasks using Planners.

- **Videos.** Choose from more than 90 online videos on Diet and Nutrition Topics, including 'Fridge Makeover,' 'Take-Out Food Tips' and 'Healthy Kids' Meals.'

## *Pregnancy*

- **Decision Power® Healthy Baby.** If you're finding it challenging to fit a class into your schedule, or are concerned about class fees, don't be discouraged. This series of 5 videos is available on-demand 24/7 for your convenience and privacy. Topics include smoking cessation, exercise, nutrition, safety and breastfeeding.
- **Pregnancy home page.** Your complete online pregnancy resource includes preventive care guidelines, the nine months of development, downloads, mini-quizzes, and more.
- **Videos.** Choose from online videos on pregnancy, parenting and new-baby care topics.
- **Safe Beginnings.** Save on safety gates, cabinet locks, outlet covers, window guards, fire escape ladders, carbon monoxide detectors and first aid items.

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For more  
information log on to  
[www.healthnet.com](http://www.healthnet.com)

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### *Smoking and tobacco cessation*

- **Talk to a Health Coach.** A trained professional, such as a nurse or respiratory therapist, will support you with a personalized quit plan. Review smoking patterns, quit methods, healthy habit tips, and receive our Living Tobacco Free toolkit.
- **Health Improvement Program.** Log on for a personalized, interactive program for smoking cessation. Enjoy the Readings and track your tasks using Planners.

### *Stress*

- **Health Improvement Programs.** Log on for personalized, interactive programs for stress management and exercise. Enjoy the Readings and track your tasks using Planners.
- **Massage therapy.** Save on massage therapist fees using our ChooseHealthy® contracted partner network.
- **Videos.** Choose from online videos on emotional health, and exercise and fitness.

### *Weight*

- **Talk to a Health Coach.** A trained professional, such as a nurse or dietitian, will support you with a personalized weight loss program. Review energy balance, healthy eating, your exercise plan, and receive the award-winning Weight Loss toolkit.
- **Health Improvement Programs.** Log on for personalized, interactive programs for weight management, stress management, emotional health, quit smoking, exercise and nutrition. Enjoy the Readings and track your tasks using Planners.

- **Weight Watchers®** Save on weight loss solutions:
  - Weight Watchers Local Meeting vouchers
  - Weight Watchers Monthly Pass
  - Weight Watchers Online Subscription
- **Jenny Craig®** Save on one-on-one support and a personalized program that fits your lifestyle.
- **Fitness clubs.** Save with discounts off the ChooseHealthy® national network of fitness clubs. Save on initiation and/or monthly dues, or the best available public rate based on the type of gym membership selected.
- **Videos.** Choose from online videos on weight loss, diet and nutrition, and exercise and fitness.

### *Additional resources*

- **Healthwise Knowledgebase** is an online encyclopedia of health topics, interactive tools and support resources (English and Spanish).
- **Personal Health Record** is 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.

*For more healthy information,  
log on at [www.healthnet.com](http://www.healthnet.com).*