



Key Player Training

San Francisco Health Service System

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™

Tools



- Health assessment
- Health Record
- Tracker tools
- Symptom checker
- Provider Search

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



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 500+ 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





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/HNSFHSS

Non-members can use access code: HNcommunity



Prediabetes and weight management digital program recognized by the Center of Disease Control

- 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

Wellness Webinar Series

The Wellness Webinar Series is offered the third Wednesday of each month.

- The program is promoted in the member portal, but can be accessed by all SFHSS employees
- Webinars are also recorded
- New topics expected in 2022 to support “Live Feel Be Better” campaign

Health Net of California, Inc. and
Health Net Life Insurance Company (Health Net)



Learn Healthy Ways to Live Your Best

DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2022 – made simple and convenient for you!

Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:

- View them from your work station¹ at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.²

Plus, you can watch any of the past webinars you may have missed by visiting www.healthnet.com.

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



2022 Wellness webinar schedule	
January	Start anew in 2022!
February	Heart Health by the Numbers
March	Back Health at Work
April	Sleep Well and Live Fully Awake
May	Whole Person Self-Care and Resilience
June	Nutrition Tips to Increase Metabolism
July	Your Brain Matters
August	Positive Thinking: A New Attitude
September	Nutrition to Reduce Stress
October	Give your Immune System a Boost
November	Diabetes Workshop: The Basics
December	The Gift of Health/Gratitude

To sign up, visit www.healthnet.com.

¹The workplace wellness webinars are scheduled on a monthly basis.

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Our free wellness webinars help employees live a healthier lifestyle.



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

Thank You

