

Health Net's Wellness and Value-Added Programs

CHOOSE COVERAGE FOR A LIFETIME OF HEALTH

Effective January 1, 2025







For CalPERS BASIC members




More Than an ID Card

We understand that enjoying a healthy lifestyle is easier when you make good health decisions. That's why, with Health Net, you have access to programs, resources and clinicians, all geared toward supporting your health and wellness.



Our programs offer wellness, specialty health, and condition management. Whether you're looking to quit smoking, manage stress or anxiety, or get your diabetes under control, you'll have tools to help you live a healthier, more productive life.

Wellness and value-added programs		
 <p>RealAge® Program</p>	<p>The RealAge® Program is our healthy behavior program targeting the 4 highest lifestyle risks – Stress, Sleep, Nutrition, and Activity. The program is personalized to the individual based on risk level for each lifestyle category gleaned through RealAge test responses and personal</p>	<p>interest. It's fully integrated with other features of the Sharecare platform, such as trackers, to help drive sustained engagement and promote behavior change that can lead to a lower RealAge.</p>
 <p>RealAge® Test</p>	<p>The RealAge Test provides you with a personalized report of your behavioral and medical health risks. Immediately after taking the online RealAge Test, you will receive a personalized action plan.</p>	<p>Take the RealAge Test now at healthnet.sharecare.com You'll receive a \$50 gift card for taking the test and an additional \$25 gift card for sharing the results with your primary care doctor.</p>
 <p>Craving to Quit® Tobacco cessation program</p>	<p>This program covers most types of tobacco, lets you talk with a quit coach for encouragement and support, and offers a personalized plan to quit. The innovative 21-day program teaches awareness of cravings and habits to help participants quit smoking, dipping or vaping.</p>	<p>\$25 gift card when you complete the program with a coach and one other online Sharecare offering. Find them here at healthnet.sharecare.com</p>
 <p>Health Coaching program (telephonic)</p>	<p>With one-on-one, personalized support, you and your Health Coach will discuss:</p> <ul style="list-style-type: none"> • What to expect when trying to make lifestyle changes • Explore what motivates you to improve your health • Specific health behaviors that affect short-term health risks and long-term goals. 	<p>Earn a \$25 gift card when you complete 3 health coaching calls.</p>
 <p>Health Coaching program (lessons)</p>	<p>Through a “virtual coaching” experience, our online programs offer you the information and tools to help you improve your health and reduce your disease risk. The programs offer weekly assignments and goal-setting tips personalized to your individual preferences and interests.</p>	<p>The program addresses topics, including:</p> <ul style="list-style-type: none"> • healthy eating • exercise • stress management • weight loss • tobacco cessation • and more!
 <p>Eat Right Now®</p>	<p>Eat Right Now® program The Eat Right Now program, developed by Sharecare, is an evidence-based app designed to help you step off the diet rollercoaster and create healthy habits that last.</p> <p>The program offer three tracks: Mindful Eating, Weight Loss, and Diabetes Prevention. Upon signing up, users complete a brief assessment to determine the track best suited to their needs and health goals.</p>	<p>Mindful Eating—provides the foundation for you to establish mindful eating habits and reshape your relationship to food. Earn a \$25 gift card when you complete the Mindful Eating track and one other online Sharecare offering.</p> <p>Weight Loss—builds upon mindful eating principles, providing additional tools for effective and sustainable weight loss. <i>(Pending regulatory review)</i></p> <p>Diabetes Prevention Program—recognized by the CDC, offers tailored guidance for preventing Type 2 Diabetes for participants who are prediabetic. <i>(Pending regulatory review)</i></p>

Wellness and value-added programs (continued)

 <p>Active&Fit Direct™ program</p>	<p>With Active&Fit Direct program, you'll have access to:</p> <ul style="list-style-type: none"> • 12,000+ digital workout videos so you can work out at home or on-the-go. • 12,500+ standard fitness centers, with the ability to change anytime. • 6,200+ premium exercise studios. • Lifestyle coaching in areas such as fitness, nutrition, stress management, and sleep. 	<ul style="list-style-type: none"> • Stay connected by syncing your favorite wearable fitness tracker or mobile app to stay on top of your progress. • No long-term contract. All for just \$28 a month for standard fitness centers (plus a one-time \$28 sign-up fee and applicable taxes)¹ <p>To learn more, log in to healthnet.com/calpers > to access the Active&Fit Direct website.</p>
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Specialty programs

 <p>Teladoc Health - Telehealth Services</p>	<p>Access to video appointments 24/7 <i>Through the Teladoc app, you can now:</i></p> <ul style="list-style-type: none"> • Book a video appointment 24/7. • Get expert advice on nonemergency medical conditions. • Tap into a full suite of digital health care tools. • Get medicine prescribed if needed.² <p>When your regular doctor isn't available, a Teladoc provider can help with every day, nonemergency conditions like the flu, sinus infections, stomach bugs and more.</p> <p>Talk to a health care provider – with a \$0 copay! Medical appointments are available 24 hours a day, 7 days a week from wherever you are. Behavioral health professionals are available 7 days a week 7:00 a.m. to 9:00 p.m. (Pacific time). You can book appointments through the Teladoc app, website or call 1-800-TELADOC (835-2362).³</p> <p>To register or for more information, visit teladoc.com.</p>	
 <p>Welvie – Make better health care decisions</p>	<p>Having surgery is often unexpected. And working with your doctor to evaluate treatment options for a medical condition can be confusing. That's why it is important to be prepared before you need to make a medical decision. Welvie can help. The self-guided online program walks you through the journey from diagnosis and treatment options to preparation and recovery.</p> <p>Not thinking about surgery? Using Welvie can help you learn how to make the most of your doctor visits. Go to welvie.com to register and get started.</p> <p>Learn how to make better health care decisions and get a \$25 gift card.⁴</p>	

For more information or to enroll in any of our wellness and value-added programs and specialty programs, please call **888-926-4921** or visit healthnet.com/calpers.



Condition management programs

 <p>Nurse Advice Line</p>	<p>Our toll-free 24/7 Nurse Advice Line offers timely access to registered nurses for help with everyday health questions. You can get help with a number of health issues. These include:</p> <ul style="list-style-type: none">• How to care for minor injuries and illnesses;• Helping you spot health emergencies; and• Help answer questions about medications
 <p>Start Smart for Your Baby® program</p>	<p>Start Smart for your Baby is a program to support pregnancy and new parents. The program is designed to customize the support and care you need for a healthy pregnancy and baby. It is already part of your benefits and it will not cost you a thing. With a range of educational resources and support for parents-to-be, the Start Smart for Your Baby program offers education and resources as well as case management for pregnant people.</p>
 <p>Disease Management</p>	<p>This program is for individuals who need help managing one or more chronic conditions. These conditions include:</p> <ul style="list-style-type: none">• diabetes• asthma• coronary artery disease (CAD)• heart failure• hypertension (HTN)• chronic obstructive pulmonary disease (COPD) <p>The functions of this program are designed to help reduce health risks and help ensure that members follow prescribed medication and care plans through education, empowerment and support. To access, enroll in, or self-refer to our chronic conditions management program, please call the Member Services phone number on the back of your member ID card and request Case Management.</p>



English

No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call us at the number listed on your ID card or call 1-888-926-4921 (TTY: 711).

Arabic

خدمات اللغة مجانية. يمكنك الحصول على مترجم فوري. ويمكنك الحصول على وثائق مقروءة لك. للحصول على المساعدة، اتصل بنا على الرقم الموجود على بطاقة الهوية، أو اتصل على مركز الاتصال التجاري (TTY: 711) 1-888-926-4921

Armenian

Անվճար լեզվական ծառայություններ: Դուք կարող եք բանավոր թարգմանիչ ստանալ: Փաստաթղթերը կարող են կարդալ ձեզ համար: Օգնության համար զանգահարեք մեզ ձեր ID քարտի վրա նշված հեռախոսահամարով կամ զանգահարեք 1-888-926-4921 (TTY: 711).

Chinese

免費語言服務。您可使用口譯員。您可請人使用您的語言將文件內容唸給您聽，並請我們將有您語言版本的部分文件寄給您。如需協助，請致電您會員卡上所列的電話號碼與我們聯絡，或致電 1-888-926-4921 (TTY: 711)。

Hindi

बनिा लागत की भाषा सेवाएँ। आप एक दुभाषयिा प्रापूत कर सकते हैं। आपको दसूतावेज पढ कर सुनाए जा सकते हैं। मदद के लिए, आपके आईडी कार्ड पर दएि गए सूचीबद्ध नंबर पर हमें कॉल करें, या 1-888-926-4921 (TTY: 711)।

Hmong

Kev Pab Txhais Lus Dawb. Koj xav tau neeg txhais lus los tau. Koj xav tau neeg nyeem cov ntaub ntawv kom yog koj hom lus los tau. Xav tau kev pab, hu peb tau rau tus xov tooj ntawm koj daim npav los yog hu 1-888-926-4921 (TTY: 711).

Japanese

無料の言語サービス。通訳をご利用いただけます。文書をお読みします。援助が必要な場合は、IDカードに記載されている番号までお電話いただくか、1-888-926-4921 (TTY: 711)。

Khmer

សេវាភាសាដោយឥតគិតថ្លៃ។ អ្នកអាចទទួលបានអ្នកបកប្រែផ្ទាល់មាត់។ អ្នកអាចស្តាប់គេអានឯកសារឱ្យអ្នក។ សម្រាប់ជំនួយ សូម ទាក់ទងយើងខ្ញុំតាមរយៈលេខទូរសព្ទដែលមាននៅលើកាតសម្គាល់ខ្លួនរបស់អ្នក ឬ ទាក់ទងទៅមជ្ឈមណ្ឌលទំនាក់ទំនងពាណិជ្ជកម្ម នៃក្រុមហ៊ុន 1-888-926-4921 (TTY: 711)។

Korean

무료 언어 서비스. 통역 서비스를 받을 수 있습니다. 귀하가 구사하는 언어로 문서의 낭독 서비스를 받으실 수 있습니다. 도움이 필요하시면 보험 ID 카드에 수록된 번호로 전화하십시오 1-888-926-4921 (TTY: 711).

Navajo

Saad Bee Áká E'eyeed T'áá Jíík'e. Ata' halne'ígíí hólǫ. T'áá hó hazaad k'ehjí naaltsoos hach'í' wóltah. Shíká a'doowoł nínízingo naaltsoos bee néího'dólzínígíí bikáa'gi béésh bee hane'í bikáá' áají' hodíílnih éí doodaii' 1-888-926-4921 (TTY: 711).

Persian (Farsi)

خدمات زبان به طور رایگان. می توانید یک مترجم شفاهی بگیرید. می توانید درخواست کنید که اسناد برای شما قرائت شوند. برای دریافت راهنمایی، با ما به شماره ای که روی کارت شناسایی شما درج شده تماس بگیرید یا با مرکز تماس بازرگانی . 1-888-926-4921 (TTY: 711)

Panjabi (Punjabi)

ਬਨਿਾਂ ਕਸਿ ਲਾਗਤ ਤੇ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ। ਤੁਸੀਂ ਇੱਕ ਦੁਭਾਸ਼ਿਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਹਾਨੂੰ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦੱਤੇ ਨੰਬਰ ਤੇ ਸਾਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ ਕਰਿਪਾ ਕਰਕੇ 1-888-926-4921 (TTY: 711).

Russian

Бесплатная помощь переводчиков. Вы можете получить помощь устного переводчика. Вам могут прочитать документы. За помощью обращайтесь к нам по телефону, приведенному на вашей идентификационной карточке участника плана. Кроме того, вы можете позвонить в 1-888-926-4921 (TTY: 711).

Spanish

Servicios de idiomas sin costo. Puede solicitar un intérprete. Puede obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, llámenos al número que figura en su tarjeta de identificación o comuníquese con el 1-888-926-4921 (TTY: 711).

Tagalog

Walang Bayad na Mga Serbisyo sa Wika. Makakakuha kayo ng isang interpreter. Makakakuha kayo ng mga dokumento na babasahin sa inyo. Para sa tulong, tawagan kami sa nakalistang numero sa inyong ID card o tawagan ang 1-888-926-4921 (TTY: 711).

Thai

ไม่มีค่าบริการด้านภาษา คุณสามารถใช้ล่ามได้ คุณสามารถให้อ่านเอกสารให้ฟังได้ สำหรับความช่วยเหลือ โทรหาเราตาม หมายเลขที่ให้ไว้บนบัตรประจำตัวของคุณ หรือ โทรหาศูนย์ติดต่อเชิงพาณิชย์ของ 1-888-926-4921 (TTY: 711)

Vietnamese

Các Dịch Vụ Ngôn Ngữ Miễn Phí. Quý vị có thể có một phiên dịch viên. Quý vị có thể yêu cầu được đọc cho nghe tài liệu. Để nhận trợ giúp, hãy gọi cho chúng tôi theo số được liệt kê trên thẻ ID của quý vị hoặc gọi 1-888-926-4921 (TTY: 711).

For more information

Visit healthnet.com/calpers > **Health & Wellness.**

¹Members/spouses must be 18 years or older to take part. Fees will vary based on fitness center selection. There is a 2-month commitment required. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct is a trademark of ASH and used with permission herein. Not all services may be available in all areas and the program may be changed (including monthly and enrollment fees and/or the introductory period) or discontinued at any time.

²Access to telehealth services does not guarantee that a prescription will be written.

³You may receive services on an in-person basis or via telehealth, if available, from your primary care provider, a treating specialist or from another contracting individual health professional, contracting clinic, or contracting health facility consistent with the service and existing timeliness and geographic access standards required under California law. Any cost share for services received through Teladoc Health (Teladoc) will accrue toward your out-of-pocket maximum and deductible (if your plan has a deductible). By scheduling through Teladoc, you consent to receive services via telehealth through Teladoc. See your health plan coverage document for coverage information and for the definition of telehealth services. You have a right to access your medical records for services received through Teladoc. Unless you choose otherwise, any services provided through Teladoc shall be shared with your primary care provider.

⁴To receive the gift card, you'll need to complete the first three steps of the program and answer a short survey. One gift card reward, per member, per year.

Programs and services are subject to change. Members have access to wellness programs through current enrollment with Health Net of California, Inc. Health Net of California, Inc. is a subsidiary of Health Net, LLC. and Centene Corporation. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.