

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

Free Wellness Webinars *in* 2019!



Learn how to effectively manage and maintain a healthier lifestyle – all from your workplace!

In order to help keep your valued organization on track to becoming a healthier workforce, each of our 45-minute webinars is presented live and provide information and resources on topics such as diabetes prevention, healthy eating and pain management.

Designed to work for you

Our wellness webinars are concise and organized to make the most of your employees' time. Your sales account manager can help you develop the best way for employees to access these vibrant webinars.

- Employees can conveniently view them onsite at their work station; or

- Employees can gather with co-workers in a conference room and project the presentations from a laptop computer.

For added convenience, you will receive an email before each session, announcing the topic, date and time so that you can adjust your schedule.¹

To become healthy and stay healthy, we all need information and encouragement. Please encourage all your employees to join Health Net's wellness webinars and experience health and wellness at its best!

Our free wellness webinars help employees live a healthier lifestyle.

2019 wellness webinar schedule

January	Staying Well, Well, Well with Health Net	July	Healthy Skin Tips from the Expert
February	Making a Great Plate	August	From Couch to 5K
March	Healthy Challenges: Ready, Set, Goals!	September	Pain Management Alternatives
April	Acupressure: The Healing Power of Self-Care	October	Weathering the Winter
May	Return to the Outdoors: The Healing Power of Nature	November	Don't Sugar Coat It: The Impact of Sugar on Your Health
June	The Power of Prevention	December	Healthy Holidays

¹The worksite wellness webinars are scheduled on a monthly basis. The date of the webinars will depend on the schedule of the presenter. Webinar topics are subject to change. To help accommodate employees' schedules, the webinars will be 45 minutes in length.