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Health Net

# Free Health Net Wellness Webinars!

Health Net of California, Inc. and Health Net Life Insurance Company (Health Net) understand that accelerated lifestyles leave little time to fully gain and apply important information for maintaining good health, not to mention keeping up with the new information, tools and resources that promote the importance of health and well-being. That's exactly why we created our **free** wellness webinar series to help you effectively manage and maintain a healthier lifestyle – all from your workplace!

Each dynamic 45-minute segment is presented live and features a topic related to chronic disease prevention and management, including:

- Diabetes management.
- Cholesterol and blood pressure control.
- Exercise and nutrition.

Plus, healthy behavior tips and ideas are introduced to help keep you on track to a healthier you.

The webinars are succinct and organized to make the most of your time and to inspire you to lead a healthier life! Work with your sales account manager to develop the best

way to access these vibrant webinars.

You can conveniently view them onsite at your work station – or 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 wellness webinar announcing the topic, date and time so that you can adjust your schedule accordingly.<sup>1</sup>

Encourage all your employees to join Health Net's wellness webinars and learn how to become the healthiest workforce you can be!

| 2018 wellness webinar schedule |  |           |   |
|--------------------------------|--|-----------|---|
| January                        | New Year: New Challenge                            | July      | Farm to Fork                              |
| February                       | Money Talks: Stop It from Saying Goodbye           | August    | Work, Home, Play: Finding a Balance       |
| March                          | Get Healthy With Your Health Net Wellness Programs | September | Combating the Opioid Epidemic Crisis      |
| April                          | Good Night, Sleep Tight!                           | October   | From Couch to 5K                          |
| May                            | Mindfulness for Health & Happiness                 | November  | Overcoming Barriers to Weight Loss        |
| June                           | Skin: Taking Care of Your Body's Biggest Organ     | December  | Preventing Diabetes: Don't Sugar Coat It! |

<sup>1</sup>The 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.



Webinars are constantly updated – So even if the topics seem the same as in previous years, the content remains fresh and informative.