

Thrive at Work

SUPPORTING YOUR WELL-BEING, EVERY STEP OF THE WAY

Health Net offers value-added benefits and wellness programs, included at no extra cost for members.

These resources are designed to help with a variety of everyday concerns—whether it's managing mental health, living a healthier lifestyle, referrals to legal aid, housing or other challenges.

You're not alone

Health Net's wellness programs connect you with professionals trained to help with both large and small issues.



Health and well-being resources



Teladoc Health: Teladoc Health (Teladoc) offers virtual health care that's convenient, with confidential access to quality U.S. board certified doctors.



Behavioral Health: Behavioral health providers include Therapists, Psychologists and Psychiatrists.



Nurse Advice Line: Licensed nurse access 24/7.



Unwinding by Sharecare: Unwinding by Sharecare is an evidence-based digital program that uses mindfulness to help employees build resilience. Through breathing exercises, meditations, sleep support, visual relaxation and more, members will get help to start living a less-stressed life.



Find Help: Free online directory of social service organizations personalized by zip code. Find Help connects people with free or reduced cost services, which include housing assistance, transportation, legal aid, or job training.

How to get started



Call your Health Net account representative



Visit **healthnet.com** to login or create your account



SCAN ME



*We're here
for you, every
step of the
way!*

Why seek support?

- ➔ **Reduced Stress:** Gain support for managing anxiety, stress, and depression.
- ➔ **Improved Work-Life Balance:** Get tips and tools to improve your personal and professional life.
- ➔ **Expert Guidance:** Professional counselors and resources to help with any challenge.
- ➔ **Confidential:** No need to worry about privacy. Your conversations stay private.



Remember, your well-being comes first!

Whether you're facing a personal challenge or simply need someone to talk to, we're committed to supporting you in thriving at work and navigating life's ups and downs.