

Chronic Condition Resources for Members

Condition	Description	Website – Commercial (HMO, POS, PPO, EPO, HSP)
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Respiratory Conditions

Asthma



Health Net has an Asthma Management Program where you can get help and support. The program will teach you how to better manage asthma for a more normal, healthier life.

A care manager will work with you and your doctor by phone to develop a plan to help keep you healthy, and:

- Identify your asthma triggers
- Help you better understand your medication
- Teach how to track your symptoms
- Know when to call the doctor for extra support

Through the Asthma Management Program, you may receive relevant educational materials, outreach calls and text messages.

To join the program, you can self-refer by calling the phone number provided, or you can ask your doctor to call or fax a referral form to us. Call today!

For additional information, the [American Lung Association](#) has educational handouts, an online support community, and patient caregiver network. Plus their Lung Helpline is staffed with nurses and respiratory therapists to answer lung-related questions.

Asthma

[Health Net Asthma Website](#)

To find out more, call Health Net Health Education toll free at: [1-800-804-6074](tel:1-800-804-6074) (TTY:711). Monday through Friday, 8:00 a.m. to 5:00 p.m. Pacific time.

Health Net Integrated Care Management

Phone: 888-732-2730

Fax: 800-745-6955

Chronic Obstructive Pulmonary Disease (COPD)



Health Net offers integrated care management services for members with COPD. Our team of care managers and clinical pharmacists offer help with reducing your symptoms or stopping them from getting worse.

The care manager or clinical pharmacist will work with you and your doctor by phone to develop a treatment plan based upon your symptoms. To enroll in the program, you may self-refer by calling the phone number provided or you can ask your doctor to call or fax a referral form to us.

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Chronic Obstructive Pulmonary Disease (COPD) (continued)

For more information, The [American Lung Association](#) has resources and programs available about what you need to know about COPD, what to do after diagnosis, and how to manage it better.

Consider joining the [Better Breathers Club](#). The club has in-person or virtual meetings, support groups, and tools you can use to help you keep active and healthy!

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Diabetes Management

What to Know about Diabetes



With diabetes your body does not make enough insulin or can't use it as well as it should. Diabetes is a health condition that causes too much blood sugar (glucose) to build up in your blood. Knowing more about diabetes can help you manage it. The best way to manage your diabetes is to keep your blood sugar levels near normal. You will want to balance food intake, medication and exercise. You'll also want to know your blood pressure as well as how to track it and keep your cholesterol and lipid levels within normal range.

Regular screening can help find problems early. There are routine tests you need to complete regularly. Talk to your doctor to learn about what tests are right for you.

If you are experiencing any problems controlling your blood sugar or any other diabetes related issue, we can help. Our team of care managers and pharmacists can work with you and your doctor to help manage your symptoms so you can you feel better.

To enroll in the care management program, you may self-refer by calling the phone number provided or you can ask your doctor to call or fax a referral form to us.

Health Net Diabetes

<https://www.healthnet.com/content/healthnet/es/population-health-management/diabetes-prevention.html>

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Diabetes Basics - Centers for Disease Control (CDC)



Learn the basics of Diabetes and about Diabetes symptoms. It is recommended that you learn as much as possible about diabetes so that you can be proactive about your health.

Knowing how to control your diabetes is important! People that get education and have good self-care have a lower blood sugar and less risk of serious complications. Plus, it reduces your risk of heart attack and stroke.

Centers for Disease Control Diabetes Basics:

<https://www.cdc.gov/diabetes/basics/index.html>

Diabetes and Your Heart:

<https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html>

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Diabetes Basics - Centers for Disease Control (CDC) (continued)

Watch this video series to learn more about 7 Diabetes self-care behaviors. Plus, ask your doctor if there are any diabetes education classes near you.

Plus, remember to eat healthy, be physically active, monitor your blood sugar, take your medication, maintain a healthy weight, manage stress, and work to solve any health problem that affect your care.

Get healthier today by kick-starting your Diabetes care. Click on the Center for Disease Control link to find education, support, and available resources.

Centers for Disease Control Diabetes Basics:

<https://www.cdc.gov/diabetes/basics/index.html>

Hypertension

Controlling Blood Pressure



Do you have high blood pressure? Often symptoms of hypertension go unnoticed and without treatment your risk of developing heart disease or having a stroke increases.

The best prevention is to know your blood pressure numbers, and take action to keep your blood pressure under control. Go to Health Net Controlling Your Blood Pressure to learn:

- What blood pressure numbers mean.
- How to correctly take your blood pressure.
- How to log your blood pressure numbers regularly.
- What questions to ask your doctor.

As a reminder, take your blood pressure at home at the same time every day, and/or as advised by your doctor. Take two readings one minute apart and record in a logbook. This will help your doctor determine if the treatments are working.

For more helpful tips to help lower your blood pressure go to Sharecare, our health and wellness platform. Sharecare has articles, slideshows, videos, wellness activities, plus access to tracking tools and consultants. Register today!

Health Net Controlling Blood Pressure:

https://www.healthnet.com/content/healthnet/en_us/health-and-wellness/controlling-your-blood-pressure.html

Sharecare:

<https://healthnet.sharecare.com/>

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Hypertension and Diabetes

Sharecare for Hypertension and Diabetes



Sharecare is Health Net's on-line health and wellness program. It gives you access to wellness tools and resources to help manage hypertension (high blood pressure) and diabetes.

Sharecare provides you with trackers to log your:

- Blood pressure
- Blood sugar level
- Lipid levels (the fatty or oils in your blood)
- Medications, and more.

To begin using Sharecare, click on the link provided to register. Once registered, you will find helpful articles, slideshows, and videos. Plus, on-line you gain access to health coaches.

Health coaches are highly trained and qualified experts, such as registered nurses, nutritionists, dieticians, exercise physiologists, and mental health specialists. The health coach will help you set health goals, track your progress, and provide encouragement through the Sharecare platform.

Register today, you can earn an annual gift card rewards for completing various steps, such as completing the RealAge© Test, Craving to Quit tobacco cessation, Eat Right Now or participating in health coaching! *(Not all employer groups qualify for the incentive program)*

Sharecare for Hypertension and Diabetes

<https://healthnet.sharecare.com/>

(Program not available for Senior Plus members)

Cancer

Health Net Cancer Program



We're here to support you! Our clinical pharmacists and care managers are here to help you during this difficult time.

Our dedicated pharmacy and care management teams will work with you and provide education about medications, medication side effects, and how to improve your tolerance to chemotherapy.

They may outreach to your doctor if you are unable to tolerate medication or have difficulty sticking to the treatment plan.

Together, they will work with you and your doctor to develop a plan of care that works best for you.

If you are faced with housing or other financial issues impacting your care, they will assist in linking you with helpful resources.

To enroll in the program, you may self-refer by calling the phone number provided or you can ask your doctor to call or fax a referral form to us.

If you have any other questions feel free to call member services, their phone number is listed on the back of your membership card.

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Cancer (continued)

American Cancer Society



[The American Cancer Society](https://www.cancer.org/) has patient programs and services to help you during and after cancer treatment. Plus, they can help you find other free or low-cost resources. The American Cancer Society programs and services available are:

- The 24/7 Cancer Helpline connects you to a trained specialist to help answer questions you may have. Call them at 1-800-227-2345 or you can schedule a video chat.
- If you need lodging during treatment, the ACS partners with Extended Stay America for deeply discounted hotel rooms. Call 800-227-2345 for possible lodging options, or download the [American Cancer Society CARES app](#) to gain access to more services and support.
- [American Cancer Society CARES app](#) provides you with access to resources, education, and support. Download their app today!
- [Breast cancer support](#) is available, so you can chat to a survivor that knows what you're going through and offer you confidential support.
- Transportation assistance. To schedule a ride to cancer treatment call 1-800-227-2345. Contact them to find out what is available in your area.
- Access to hair loss or [mastectomy products](#) to purchase on the tender loving care website.

American Cancer Society

<https://www.cancer.org/support-programs-and-services.html>

Sickle Cell Disease

Sickle Cell Program



Health Net's Sickle Cell program is designed to help you better manage sickle cell disease which can help and reduce emergency room and inpatient hospital stays.

Sickle cell symptoms vary but can include low blood counts, pain that can last from hours to days, swelling of hands and feet, lung or breathing problems, frequent infections, vision changes, and for children delayed growth or puberty.

Our team of clinical pharmacists and care managers work with you and your doctor to develop a care plan that's right for you. Together, we will review your medications and make treatment recommendations aimed to help reduce pain, your risk of infection, and to help prevent organ damage.

Care managers schedule phone calls to discuss medications, any side effects, and offer suggestions on how to help manage your symptoms. They may link you to a center of excellence or other services if needed.


To get more information about the Sickle Cell program, you can self-refer by calling the integrated care management phone number provided, or you can ask your doctor to call or fax a referral form to us. Call today!

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Chronic Pain		
<p>Chronic Pain/ Alternative Therapy</p> 	<p>Tell us where it hurts. Health Net offers alternatives to help reduce pain and discomfort. Ask your doctor about what therapy is right for you.</p> <p>Physical therapy. Talk to your doctor or sports medicine doctor about referring you to physical therapy. It can help restore balance, flexibility and strength which may help to reduce discomfort and pain over time.</p> <p>Alternative Medicine. ChooseHealthy offers offers a 25% discount on fees from network chiropractors, acupuncturists, and massage therapists. Some benefit plans cover chiropractic services and/or acupuncture services. To confirm your plan benefits see your plan coverage document for details or contact the Health Net Member Services Department.</p> <p>Eat Right Now. Being at your best weight can help reduce back pain. Eat Right Now by Sharecare is a program offers help so you that can get to your healthy weight. Register today!</p> <p>Stress reduction. Tense muscles lead to stiffness and pain. Unwinding is a mindfulness program that helps reduce stress, build resilience, and improve sleep. Loosen up tense muscles with Unwinding by Sharecare!</p>	<p>Call 877-771-2746 or enroll at www.healthnet.com then click the Medical Services/ Benefits tab.</p> <p>Visit Teladoc.com Call 1-800-TELADOC (835-2362) Download the app</p>

Chronic Pain Program by myStrength



myStrength’s Chronic Pain program is designed to help you manage discomfort and pain. It is an on-line self-help program designed to:

- Offer you an increased sense of control, by showing you available options.
- Provide information about opioid drug use and guidance on how to use it sparingly and carefully.
- Offer insightful tips on how to enhance your relationship with your doctor.
- Provide you with strategies and personalized tools designed to help you manage and live more fully despite pain
- Offer you hope through inspirational stories from real people.

You can access myStrength online using your laptop or mobile phone. It is available now for Health Net members only. To sign up, click on the link provided.

myStrength

<https://mystrength.com/go/healthnet>

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Health and Wellness Library		

Krames Staywell Health Library



Access up-to-date patient education resource 24 hours a day, 7 days a week.

Get simple, easy to understand health information at your fingertips. You and your family can find the answers to many of your health and wellness questions.

The library content includes information about disease and conditions, medication, treatments, surgeries, procedures, and wellness safety for all ages.

Krames Staywell Health Library is available to you and your family today! Click on the links to learn more.

Health and Medications

Easy access to more than 4,000 health sheets.

<https://cahealthnet.kramesonline.com/>

Wellness and Lifestyle Improvements

We have added a new set of assessments and tools to help you.

<https://centene.staywellhealthlibrary.com/>