

READY TO LOSE WEIGHT?

Decision PowerSM can help.

Through Decision Power, you can talk to a specially trained Health Coach, such as a nurse or dietitian, who can help you reach a healthy weight. You can talk to a Health Coach 24 hours a day, 7 days a week by calling **1-800-893-5597 (TTY/TDD 1-800-276-3821 for the hearing and speech impaired)**. There is no cost to use this service and you can call as often as you like.

A HEALTH COACH WILL HELP YOU:

- Learn ways to stay motivated to lose weight.
- Make healthy food choices.
- Find activities that you enjoy and will keep you moving.
- Learn skills to help you keep the weight off.

Your Health Coach knows how hard it can be to eat healthy and stay active. They are there to support you as you take these important steps to a healthier you. To learn more, call your Health Coach today at 1-800-893-5597 (TTY/TDD 1-800-276-3821 for the hearing and speech impaired). You can also access online weight management and other healthy living support programs on our web site at www.healthnet.com.



1-800-893-5597
(TTY/TDD 1-800-276-3821
for the hearing and
speech impaired)

www.healthnet.com

You have access to Decision PowerSM through your current enrollment with any of the following Health Net companies: Health Net of Arizona, Inc.; Health Net of California, Inc.; Health Net of Connecticut, Inc.; Health Net of New Jersey, Inc.; Health Net of New York, Inc.; Health Net Health Plan of Oregon, Inc.; Health Net Insurance of New York, Inc.; Health Net Life Insurance Company.

In Arizona, benefits are underwritten and/or administered by Health Net of Arizona, Inc., for HMO plans and Health Net Life Insurance Company for indemnity plans and life insurance coverage. The Health Net of Arizona, Inc. service area includes all Arizona counties. Health Net, Inc., is the parent company of both Health Net of Arizona, Inc., and Health Net Life Insurance Company.

Decision PowerSM is not part of Health Net's commercial medical benefit plans nor affiliated with Health Net's provider network and it may be revised or withdrawn without notice. Decision Power is part of Health Net's Medicare Advantage benefit plans but is not affiliated with Health Net's provider network. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

6018873 (3/09) Health Net[®] is a registered service mark of Health Net, Inc. Decision PowerSM is a service mark of Health Net, Inc. All rights reserved.