

Type www.healthnet.com/csb into your web browser and the picture below will pop up



Health Net

Register Now | **LOG IN**

Find a Doctor or Hospital

I'M A MEMBER ▾ | I'M A BROKER ▾ | I'M AN EMPLOYER ▾ | I'M A PROVIDER ▾

COUNTY OF SAN BERNARDINO

My Health Matters

Complete a Health Risk Questionnaire ("HRQ")

Provider Search

Benefits of Health Net Membership

My Benefits

Decisionpower rewards.com

Health Net Newsletters

Contact Us

Site Features

Log in or Register to access:

- Decision Power Health & Wellness
- Health Risk Questionnaire
- Personal Health Record
- Medication Center
- Get Decision Support
- Talk to a Health Coach
- Preventive Guidelines
- Treatment Cost Estimator
- Compare Hospitals
- Member Discounts
- Wellness Programs
- Health News
- Newsletters
- Alerts and Recalls
- See Who's Covered
- Check Claims
- Order ID Cards
- Change a PCP
- Create a Customized Physician Directory with maps
- Get forms

Get to Know the Member Site

- Take a tour
- Members, register now!

My Health Matters!

YOUR HEALTH PLAN...YOUR INFORMATION SITE!

Health Net is pleased to offer health care benefits to the County of San Bernardino. We are committed to providing our members with innovative programs and excellent personalized services.

The My Health Matters! wellness program begins September 1, 2009 and ends July 30, 2010.

Important Tip To Get Started - be sure to access all My Health Matters! Health Net programs from this website www.healthnet.com/csb. Click on the appropriate link for the Health Risk Questionnaire (HRQ) and wellness program of your choice. After making your selection you will be prompted to log in - Please do not log in prior to selecting your program.

Click the **My Health Matters!** link for details.

Then click on "Complete a Health Risk Questionnaire ("HRQ")



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My Health Matters!

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Click the **My Health Matters!** link for details.

You will then see this page. Enter your user name and password. If you are not registered on Healthnet.com you **MUST** register first. Click on "Register Now"



Hⁿ Health Net Register Now **LOG IN**

Contact Us **Find a Doctor or Hospital**

I'M A MEMBER | **I'M A BROKER** | **I'M AN EMPLOYER** | **I'M A PROVIDER**

We're sorry, you must be logged in to access this page.

Please log in:

User Name:

Password:

SUBMIT

[Forgot your user name?](#)
[Forgot your password?](#)
[Register Now](#)

[Medicare Information](#) | [MHN](#) | [Health Net Dental](#) | [Federal Services](#) | [Investor Relations](#) | [Newsroom](#) | [Employer Sites](#)

[Health Net Associates](#) | [Careers](#) | [Suppliers](#) | [Privacy](#) | [Terms of Use](#) | [Medical Policies](#) | [Secure Messaging](#)

Secured

Enter requested information. Questions continue keep scrolling down.



[Register Now](#)

[LOG IN](#)

[Contact Us](#) | [En Español](#) | [Find a Doctor or Hospital](#)

I'M A MEMBER

I'M A BROKER

I'M AN EMPLOYER

I'M A PROVIDER

 SEE OUR PLANS

 MY MEDICAL BENEFITS

 MY PHARMACY BENEFITS

 MY CLAIM HISTORY

 DECISION POWERSM HEALTH & WELLNESS

 DOCTOR & HOSPITAL INFORMATION

 MANAGE MY ACCOUNT

Quick Links

- View My Benefit Details
- Order ID Card
- Print Temporary ID Card
- Change Primary Care Physician
- Find a Pharmacy - Medicare Members

Member Registration

For immediate access to all of the features on the Health Net Member web site, please enter the requested information below.

If you have concerns about your privacy, or about the security of this web site, please view our [Privacy and Security Policy](#).

Our site requires users to give us unique identifiers in order to log into many areas of the site. You must take responsible and appropriate steps to safeguard your identification numbers to help protect your privacy against unauthorized users.

If you have difficulty completing your registration, please review our [Frequently Asked Questions](#) or [contact us](#).

* Required Field

* ID # / Subscriber #:
[What's This?](#) 

* Date of Birth:
[What's This?](#) 

* Email Address:
[What's This?](#) 

* Confirm Email Address:
[What's This?](#) 

Use my email address as my user

My Health Net

Please log in to access your plan information.

User Name:

Password:

[SUBMIT](#)

[Forgot your user name?](#)
[Forgot your password?](#)
[Register Now](#)



ProviderSearch

find doctors, hospitals, and more

Make sure that all boxes are checked if appropriate. Otherwise it will give you an error and you will have to start over. Click on "Register" and you will be redirected to the page where you can enter your user name and password that you just created.



Members

* Confirm Email Address:

[What's This?](#)

Use my email address as my user name

* User Name:

[What's This?](#)

* Confirm User Name:

[What's This?](#)

* Create a Password:

[What's This?](#)

* Confirm Password:

[What's This?](#)

* Password Security Question:

[What's This?](#)

* Password Security Question Answer:

[What's This?](#)

Language Preference:

[What's This?](#)

Personal Health Records:

[What's This?](#)

Add my claims to my personal health records (PHR).

* I accept the [Terms of Use](#) of this website

Enter user name and password that you just created and click "Submit"



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User Name:

Password:

SUBMIT

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[Medicare Information](#) | [MHN](#) | [Health Net Dental](#) | [Federal Services](#) | [Investor Relations](#) | [Newsroom](#) | [Employer Sites](#)

[Health Net Associates](#) | [Careers](#) | [Suppliers](#) | [Privacy](#) | [Terms of Use](#) | [Medical Policies](#) | [Secure Messaging](#)

Secured

Click on "Complete a Health Risk Questionnaire"



The screenshot displays the Health Net website interface. At the top left is the Health Net logo. To the right are links for "Contact Us", "En Español", and "Find a Doctor or Hospital", along with a "LOG OUT" button. Below this is a navigation bar with tabs for "I'M A MEMBER", "I'M A BROKER", "I'M AN EMPLOYER", and "I'M A PROVIDER". A search bar is located on the right side of this bar. The main content area features a navigation menu with "Home", "Medication Center", "Health Topics", and "Living Healthy". A central banner for "Decision Power" includes a photo of a man and a woman and text stating: "Decision Power™ brings together the information, resources and personal support that fit you, your health and your life." Below the banner is a "Welcome," message. The "My Health Guide" section provides "Recommendations based on your health profile:" and lists "Getting Started" and "News For You" with various health-related links. A sidebar on the left, titled "View My Health Guide", contains a list of options, with "Complete a Health Risk Questionnaire" highlighted by a blue arrow. Other sidebar options include "MY MEDICAL BENEFITS", "MY PHARMACY BENEFITS", "MY CLAIM HISTORY", and "DECISION POWER™ HEALTH & WELLNESS". The right sidebar contains sections for "My Message Center", "Decision Power", "Take Action", and "Assess My Health".

This will be the beginning on the questions asked on the questionnaire. You know you have completed it when it issues a score. As shown on the next slide.

The screenshot shows the Health Net website interface. At the top left is the Health Net logo. To the right are links for 'Contact Us', 'En Español', and 'Find a Doctor or Hospital'. A 'LOG OUT' button is in the top right corner. Below the logo is a navigation bar with links for 'I'M A MEMBER', 'I'M A BROKER', 'I'M AN EMPLOYER', and 'I'M A PROVIDER'. A search bar is located on the right side of this bar. On the left side, there is a sidebar menu with categories: 'MY MEDICAL BENEFITS', 'MY PHARMACY BENEFITS', 'MY CLAIM HISTORY', and 'DECISION POWER™ HEALTH & WELLNESS'. Below these are links for 'View My Health Guide' and 'Complete a Health Risk Questionnaire'. The main content area features a header with 'Home', 'Medication Center', 'Health Topics', and 'Living Healthy'. The central focus is the 'WebMD Health Risk Questionnaire' section, which includes a sub-header 'Have Your Efforts Paid Off?' and a paragraph of text. Below this is a 'Secure Messages (0 new)' notification. A green navigation bar contains links for 'Take HRQ Now', 'HRQ Summary', 'Risk Reports', 'Condition Reports', 'Physician Summary', and 'Health Care Costs'. At the bottom of the main content area, there is a 'Print or Fax Report' link. A separate box at the bottom of the page contains a form titled 'Who are you taking this questionnaire for?' with radio button options for 'Me' (selected) and 'Someone Else...', and a 'submit' button.

**DECISION POWER™
HEALTH & WELLNESS**

View My Health Guide

**Complete a Health Risk
Questionnaire**

Populate My Health
Record

Start an Exercise Program

Make a Nutrition Plan

Manage My Weight

Manage My Stress

Quit Smoking

Research Conditions

Preventive Guidelines

Antibiotic Awareness

Treatment Cost Estimator

Compare Medical Groups

Compare Hospitals

Member Discounts

**DOCTOR & HOSPITAL
INFORMATION**

**MANAGE MY
ACCOUNT**



your score could use some improvement, explore the fun, interactive tools below to see what actions will have the most impact on raising your score and improving your health.

Secure Messages (0 new)

Take HRQ Now **HRQ Summary** Risk Reports ▼ Condition Reports ▼ Physician Summary Health Care Costs

Print or Fax Report

Your HRQ Score

86

out of 100
previous score: 89

based upon your answers, your calculated HRQ score is 86, compared to your peer average of 80. Click the check boxes below or use the **'Improve Your Score'** sliders to see how simply improving nutrition can impact your overall score, as well as your risk of developing certain health conditions.

- Eat a healthier diet.
- Decrease your stress.

Improve Your Score

Below are some of your key modifiable risk factors. Use the sliders to see how changing your behavior can change your risks of certain conditions.

How does this tool work?

The changes you make to the risk factors to the left will affect your risk of these conditions:

Highest Risk **Medium Risk** Lowest Risk

High Risk High Risk High Risk High Risk

Breast cancer

Heart disease

Colon cancer

Chronic lung conditions

Lung cancer

Health Risk Questionnaire Reward



- After you complete the Health Risk Questionnaire it will take approximately 10 to 15 business days to process your reward.
- You will receive an e-mail from Health Net's vendor, Hallmark Insights, using the sender name Health Net Decision Power Rewards with the subject line "My Health Matters Award." Please make sure you check your spam folder.
- This e-mail will provide instructions to select a gift card or use the reward towards an on-line purchase from a selection of over 350 merchants and their products.
- If you don't receive the notification within the time frame indicated above, please email us at CSB_MyHealthMatters@healthnet.com