



health net

# News Now

August, 2024

## TALKING TREND

### Mental Health Care Workforce Shortage



According to the National Institute for Health Care Management (NIHCM), 49% of Americans live in a mental health [workforce shortage](#) area.

The NIHCM Workforce analysis provides [“Improving Access to Behavioral Health Care through Integrated Primary Care”](#).

This infographic was reviewed in April 2023 by Randl Dent, PhD, an Equity Scholar working with the Atlantic Fellows for Health Equity Program at the Fitzhugh Mullan Institute for Health Workforce Equity and Clese Erikson, MPAff, Deputy Director of the Health Workforce Research Center on Emerging Health Workforce Issues at The George Washington University and a member of the senior leadership team of the Fitzhugh Mullan Institute for Health.

Traditionally, the U.S. health care system treats physical and behavioral health separately, with providers often trained in silos. However, there's a growing recognition of the benefits of integrating behavioral health services into primary care settings. This integration, highlighted in the [Department of Health and Human Services' roadmap](#), is crucial for addressing the national behavioral health crisis, ensuring access to quality care, and delivering culturally sensitive services.

Integration can take various forms, such as incorporating behavioral health providers into Federally Qualified Health Centers (FQHCs) or integrating primary care into Certified Community Behavioral Health Clinics (CCBHCs). Even school-based settings can facilitate integration, reflecting the trend of patients seeking behavioral health support from their primary care providers.

Despite its potential benefits, widespread implementation of integrated care faces challenges like limited technology adoption, insurance constraints, and logistical barriers. Leveraging health support workers, including peer providers and community health workers, can help bridge gaps in access. These workers, drawing on their lived experiences and community ties, play a vital role in reducing stigma, increasing awareness of resources, and improving treatment engagement.

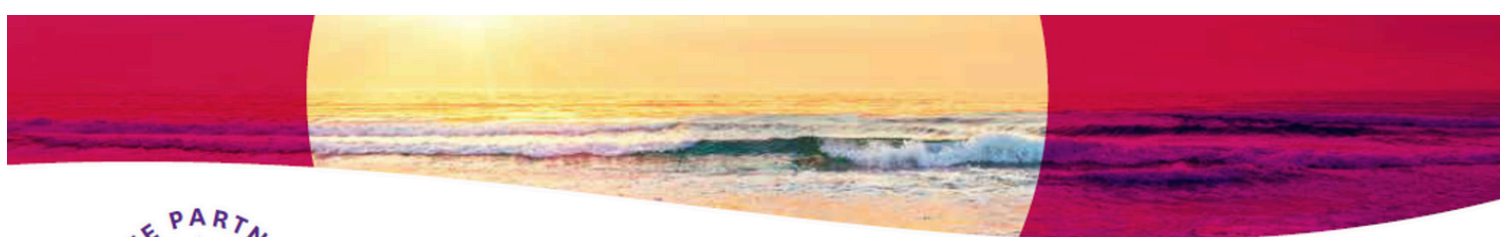
Telebehavioral health services have also emerged as a crucial tool, particularly during the COVID-19 pandemic. While less than 1% of behavioral health visits were conducted via telehealth before the pandemic, this figure skyrocketed to 40% during the pandemic's peak.<sup>1</sup> Telebehavioral health not only enhances access for those in underserved areas but also offers urban populations added privacy, potentially reducing stigma-related barriers to care.

For Health Net Members, [Teladoc Health \(Teladoc\)](#), offers virtual health care that's convenient, with confidential access to quality U.S. board-certified doctors.

Behavioral health professionals can be booked 7 days a week 7:00 a.m. to 9:00 p.m. (Pacific time).

<sup>1</sup>Lo J, Rae M, Amin K, Cox C, Panchal N, Miller BF. “Telehealth has played an outsized role meeting mental health needs during the COVID-19 pandemic.” [Published 2022](#).

## HEALTH NET NEWS



### Wake Up Hawaiian Style at EPP

Health Net's Elite Partners Program (EPP) contest gives you the chance to put your selling talents to the test.

Be one of Health Net's top 8 selling brokers in IFP, Large Group or Small Group, and you and a guest can pack your bags for paradise. Celebrate your success and carve a new future as you spend time with Health Net's senior leadership. Plus, get expert insight on emerging industry trends and future growth strategies and network with colleagues. Then relax with a Mai Tai in hand and your toes in the sand!

[Surf's up for big sales](#)

To qualify:

**SBG:** The top 8 Brokers will secure a spot. Minimum 250 members to qualify. (contest runs from June 2024–January 2025<sup>1</sup> effective dates)

**LGB:** The top 8 Brokers will secure a spot. Minimum 300 members to qualify. (contest runs from June 2024–January 2025 effective dates)<sup>1</sup>

**IFP:** The top 8 Brokers will secure a spot. Minimum 250 members to qualify. (contest runs for the entire month of January 2025)<sup>2</sup>

[More details coming soon!](#)

For more information, contact your Health Net Sales Representative.

<sup>1</sup>Top-selling brokers are those who sell to the most members during the contest period June 1, 2024 through January 31, 2025. Small Group sales through Cal Choice do not qualify.

<sup>2</sup>Top-selling brokers are those who sell the most January 2025 members.

## MORE HEALTH NET NEWS

### California and Oregon RxDC Report Filing Completed in May, 2024

Health Net successfully filed the RxDC report for Oregon and California Small and Large groups on May 30, 2024.

[Why It Matters](#)

As explained in the February 15, 2024 Broker Blast Communication, the No Surprises Act (NSA), enacted as part of the [Consolidated Appropriations Act, 2021](#) (CAA), includes transparency provisions required to both grandfathered and non-grandfathered group health plans and health insurance issuers in the individual and group markets, to submit information on prescription drugs and health care spending. The information is submitted to the Departments of Labor Health and Human Services and the Department of Treasury and the Office of Personnel Management (The Departments).

This prescription drug data submission is called the RxDC report and is collected by the Centers for Medicare and Medicaid Services (CMS).

The RxDC report is due each year, beginning December 27, 2022 (for reference years 2020 and 2021), and then by June 1 of each subsequent year.

[No further action is required from the employer groups.](#)

More Information:

1. What was submitted? **D1, D2, D3, D4, D5, D6, D7 and D8.**
2. At the time of submitting D2, was the aggregate total submitted under Health Net's EIN? **Yes, the aggregate total was submitted under Health Net's EIN.**
3. If the D2 was submitted as an aggregate, are the rest of the submissions on an aggregate? **Yes.**
4. Did Health Net submit a Narrative Response? **Yes.**

[Questions](#)

For more information, contact your Health Net Sales Representative.



## IN THE COMMUNITY

### Health Net Providing Special Assistance to Members Affected By Thompson Fire In Butte County



In a [Press Release](#) (7/5), Health Net, “one of California’s most experienced managed care health plans and company of Centene Corporation,” announced that in “response to Gov. Gavin Newsom’s declared state of emergency in Butte County,” the company “is providing special assistance to assist members affected by the Thompson Fire.” Health Net “is committed to ensuring its members have uninterrupted access to essential prescription medications, critical Health Net information and healthcare services.”

## WELLNESS

### August is National Wellness Month

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel! According to the [National Institute of Mental Health \(NIH\)](#), self-care helps manage stress and can lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.



[Here are some self-care tips:](#)

- Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much.
- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Reach out to friends or family members who can provide emotional support and practical help.
- Try a relaxing activity. Explore relaxation or wellness programs or apps. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

Health Net offers a wide variety of self-care programs, activities and one-on-one behavioral health assistance to members through access to [Sharecare](#) and [Teladoc Health](#).

[Teladoc Health is the Exclusive Telehealth Provider for Health Net Members](#)

Did you know that Teladoc Health, Health Net's select telehealth services provider, offers 24/7 virtual medical visits with U.S. doctors for non-emergencies? This means your clients have the flexibility to consult with experienced physicians anytime, anywhere\*, by calling 1-800-TELADOC (835-2362), visiting the [website](#), or downloading the Teladoc app. Visits can be by phone or video.

In addition, scheduled behavioral health services are available 7 days a week from 7 am to 9 pm (PT)\*\*, ensuring support is accessible when Health Net members need it most.

Interested in exploring the world of Teladoc Health? Reach out to your Health Net Sales Representative today to learn more about how this innovative service can elevate your client's healthcare experience. Let's discuss how easy and convenient healthcare can be with Health Net and Teladoc Health!

\*Teladoc is not available outside of the 50 U.S. states, Washington D.C., and Puerto Rico.

\*\*Some restrictions apply.

## JUST FOR FUN

### Hot Summer Day Indoor Activities for Kids (and Kids at Heart)



What is the best way to beat the summer heat? Stay indoors! But what do you do when the kids get bored?

Here are some fun and engaging suggestions from [realsimple.com](#) to keep your kids entertained while reducing their screen time.

1. **Create an Indoor Obstacle Course:** Set up couch cushions, hang swinging keys, and tape yarn for a laser maze.
2. **Do an Indoor Scavenger Hunt:** Make a list of things to find around the house. Use online templates for inspiration.
3. **Play a Murder Mystery Game:** Engage in a fun mystery game that encourages critical thinking and imagination.
4. **Make No-Bake Treats:** Create no-bake cookies, frozen banana treats, ice cream, sundaes, or ice cream sandwiches.
5. **Put on a Play or Make a Movie:** Have kids create and perform their own play or create fun videos with scripts or improvised scenes, then edit with apps like VivaVideo or iMovie.
6. **Make up a Dance Routine:** Learn and perfect choreography from favorite movies, musicals, or TikTok.
7. **Play Indoor Pickleball:** Set up a kids' pickleball set indoors with a soft rubber ball.
8. **Set up an Airfort:** Attach breathable fabric to a box fan to create a cool indoor fort.
9. **Do Karaoke:** Use YouTube or search online for karaoke versions of favorite songs.
10. **Have a Board Game Marathon:** Play a series of board games with a treat for the winner.