

Employee Benefits Advisor

Helping you get the most from your benefit plans.

Health Net's Wellness Program

As your benefits advisor, RSI wants to ensure you are getting the most from your benefit plan. One valuable program called "It's Your Life" is available to all Health Net members. Through this program, you can access information, discounts and services such as:

◆ **Weight Loss Support:**

Health calculators, articles, and more to support weight loss goals.

◆ **Tools to Quit Smoking:**

Tips and other resources to assist in the quitting process.

◆ **Wellness Programs:**

Healthy lifestyle changes, pregnancy support, health screening tools, preventive care, and resources on a variety of topics.

◆ **Well Rewards:**

Discounts on eye exams, eyewear, vitamins, herbs and supplements, health clubs, and other health-related products.

◆ **Ask Our Experts:**

Questions can be submitted via email to behavioral health, work/life, and financial experts. Answers and advice are provided within 2 days.



To take advantage of these programs, log on to www.healthnet.com. If you have not done so already, you will have to register via the website. You will then have access to links to all of the valuable benefits available to you as a Health Net member.

If you have any questions about this topic please contact your RSI Benefit Service Specialist at 1-800-394-6111.

