



# WELLNESS PROGRAMS

# Wellness Programs

The following benefits are just some of many available that are included in your Health Net medical plan

Health Net offers [Text4Baby](https://www.text4baby.org/), a free service that provides free text messages up to 3 times a week with information to assist you through your pregnancy and your baby's first year. In order to register, text BABY to 511411. For more information, please visit:

<https://www.text4baby.org/>

If you are pregnant, or thinking of starting a family, the [Start Smart for your Baby Program](#) offered through Health Net provides you valuable information to assist you in having a healthy pregnancy and delivering a healthy baby. Many subjects are covered offering information on exercise, nutrition, weight management, breastfeeding and other important aspects of pregnancy.

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## CONTINUED

**Decision Power** is a program through Health Net that offers a variety of methods to track possible health risks and identify potential problems. The goal of this program is to assist through on-line coaching with a guide to pregnancy, tobacco use, weight management, nutrition and stress reduction.

If you wish to make the healthy decision to quit smoking, **Quit For Life**® offers a plan to help you kick the habit with the assistance of either on-line or telephone support.

**Lose Weight** is another health-wise program offered through Decision Power that keeps you motivated to lose weight, offers healthy eating choices and counseling from a health coach.

To access detailed information about these valuable programs, please visit the **Documents Library** on the **Gallagher Benefits Services website** and you can view flyer's for each wellness program.