



FROM | healthnet

Eat Right Now
by @sharecare



Eat Right Now[®]

DIGITAL WEIGHT LOSS AND DIABETES PREVENTION PROGRAM

Frequently Asked Questions

What is Eat Right Now and how does it work?

Eat Right Now is an innovative science-based program that combines neuroscience and mindfulness tools to help you identify eating triggers and ride out cravings to change your eating patterns for good. The 12-month program aims to help participants lose 5-7% of their body weight and significantly reduce the risk of developing type 2 diabetes.

How to enroll in Eat Right Now DPP?

You can enroll by using the Sharecare digital platform or calling Sharecare customer service at 855-430-5272.

What are the key benefits of the Eat Right Now program?

- Short daily video lessons on mindfulness-based behavior change that fit into most schedules
- Free smart scale & activity tracker that connect with the Eat Right Now program
- Dedicated digital coach
- Live weekly classes hosted by Dr. Jud Brewer and other specially trained experts
- Community support—connect with others who are also on their weight loss journey
- Compatible with Apple Health, Google Health and Fitbit trackers
- Available via web, iOS and Android

Have more questions? Visit healthnet.sharecare.com.



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Do I have to use the program every day?

No. Eat Right Now is designed for you to take at your own pace. Daily use is recommended but not required.

How long is the program?

Eat Right Now is a year-long program focused on long-term changes and lasting results. The program can make progress easy—and even fun! In as little as 10 minutes a day, you can learn proven techniques and use science-based tools for adopting healthy habits.

Who is eligible to participate in the program?

You are eligible to participate in the Eat Right Now program, based on your current enrollment with Health Net and your responses to the qualification assessment within the Sharecare digital experience. The program will be available for those with a BMI of 25 or higher and/or for those that qualify as having prediabetes based on the assessment.

Is there a cost for this program?

Through your current enrollment with Health Net, Eat Right Now is available to you at no cost.

How can I access Eat Right Now?

Eat Right Now can be accessed from within the Sharecare digital experience via the 'Achieve' section, by selecting 'Programs' and then selecting 'Eat Right Now'.

Have additional questions?

If you have additional questions about the DPP program or are looking for in person support, please contact Sharecare at 855-430-5272.



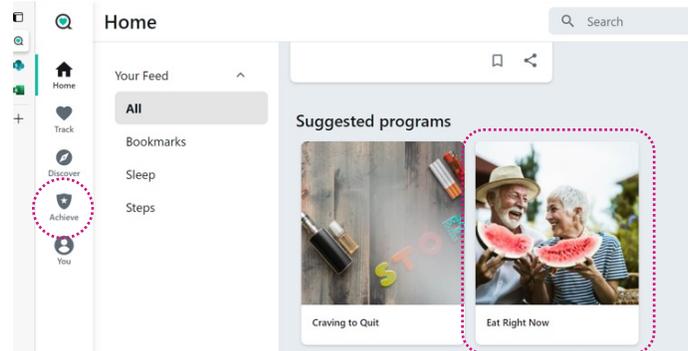
This information is not intended as a substitute for professional medical care. Please always follow your health care provider's advice. Programs and services are subject to change. Members have access to Sharecare through current enrollment with Health Net of California, Inc. Ambetter from Health Net HMO and PPO plans are offered by Health Net of California, Inc. Health Net of California, Inc. is a subsidiary of Health Net, LLC and Centene Corporation. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.



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1. What does the member need to do to enroll via the Sharecare platform or APP?

Member should register, and view programs. Programs are listed on the home page of the member's account and under the "Achieve" link.



Members will answer the pre-qualifications questions to determine their eligibility for the program. Members will also receive a Digital Scale upon enrollment and after Milestone 1 (2.0% weight loss after minimum 30 days since enrollment OR 10+ individual days of program engagement), they will receive a wearable fitness tracker if they are enrolled in the digital program.

Do any of the following describe your health status?

Select all that apply

- Pregnant or breast feeding
- A major surgery in the last 3 months (chest, abdominal, or cancer surgery)
- Undergoing chemo or radiation therapy for cancer
- Diagnosed with kidney disease currently requiring dialysis or special diet
- Diagnosed with or seeking treatment for an eating disorder
- Currently struggling with a significant mental health issue
- Diagnosed with Diabetes, Type 1 or Type 2
- None of the above

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Do you have a mother, father, sister, or brother with diabetes?

- Yes
- No

Optional. Answer not required to complete screening assessment and access Program services.

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Have you ever been diagnosed with high blood pressure? (required)

- Yes
- No

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Are you physically active? (required)

- Yes
- No

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How tall are you?

Feet (required)

Inches (required)

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How much do you weigh?

Pounds (required)

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In the last year, has a healthcare professional told you that you're at risk for diabetes based on a blood test? (required)

- Yes
- No

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What is your ethnic background?

Select all that apply

- Black
- Asian
- White
- Hispanic or Latino
- American Indian or Alaska Native
- Native Hawaiian or Other Pacific Islander
- Other

Optional. Answer not required to complete screening assessment and access Program services.

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You've qualified for Eat Right Now

Ready to get started? Let's get started on your first online lesson and get your free scale shipped to you.

Get Started Now



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2. How can Health Net Customer Care refer or assist members seeking enrollment?

If a member wants to enroll for the digital offering, they can follow the steps listed in #2 above. If a member needs assistance with enrolling, a customer care specialist can call 1-855-430-5272 and warm transfer the member to Sharecare customer service team.

3. How can I assist a member that is need of an “in-person” diabetes prevention program option?

A Health Net Customer Care Specialist can make a referral by also calling 1-855-430-5272 or sending an email to: HealthNetCA@sharecare.com. For either a phone call or an email please make sure the following information is provided:

- Member Name
- Member phone number
- Member email address if available
- Member ID
- Member Address
 - Email subject should read: Health Net Customer Care DPP Referral