PROVIDER*Update*



NEWS & ANNOUNCEMENTS

DECEMBER 19, 2018

UPDATE 18-904

1 PAGE

Resources to Improve Low Back Pain

Encourage alternative noninvasive techniques prior to surgery

Practitioners can recommend safe and effective alternatives to their patients for relief from low back pain before scheduling orthopedic surgery, such as:

- Physical therapyPain management
- Cognitive behavioral therapy
- out and a
- Chiropractic care
- Acupuncture
- · Progressive muscle relaxation

Health Net of California, Inc., Health Net Community Solutions, Inc. and Health Net Life Insurance Company (Health Net) also offer the following additional resources that practitioners can share with members to help improve low back pain:

Resources	Description	Registration/Information
MYSTRENGTH™	Online peer-led program that teaches coping strategies, such as dealing with pain and managing opioid use	Group plan: www.healthnet.com Individual & Family plan: www.myhealthnetca.com and click Wellness Center > Discover myStrength > Go to myStrength from Health Net
		Medicare: https:\\ca.healthnetadvantage.com and click Wellness Center > Discover myStrength > Go to myStrength from Health Net Medi-Cal: www.myStrength.com/hnmedical
SILVER & FIT®	FREE program for Medicare Advantage members that provides access to strength training courses, yoga and other mindfulness-based stress reduction techniques	Health Net Member Services at 1-877-743-1137 www.silverandfit.com
HEALTH OUTCOME	FREE personalized exercise plan based on the experience of patients and leading spine physicians	www.healthoutcome.org
GOKHALE METHOD®	FREE gentle hands-on instruction using posture modification. Effects are often immediate and long lasting	https://gokhalemethod.com
SECOND OPINION	Obtain a second opinion before deciding on orthopedic surgery	Medical plan benefit

If you have questions regarding the information contained in this update, contact Yonnie Chen, Senior Project Manager, at (818) 676-7028, Dr. Anil Chawla, Medical Director, at (818) 416-2133, or the Health Net Provider Services Center as listed in the right-hand column.

THIS UPDATE APPLIES TO CALIFORNIA PROVIDERS:

- Physicians
- Participating Physician Groups
- O Hospitals
- O Ancillary Providers

LINES OF BUSINESS:

- HMO/POS/HSP
- PPO
- EPC
- Medicare Advantage (HMO)
- Medi-Cal
 - Kern
 - Los Angeles
 - O Molina
 - Riverside
 - Sacramento
 - San Bernardino
 - San Diego
 - San Joaquin
 - Stanislaus
 - Tulare

PROVIDER SERVICES

 $provider_services@healthnet.com$

EnhancedCare PPO (IFP)

1-844-463-8188

provider.healthnetcalifornia.com

EnhancedCare PPO (SBG)

1-844-463-8188

provider.healthnet.com

Health Net Employer Group HMO, POS, HSP, PPO, & EPO

1-800-641-7761

provider.healthnet.com

IFP – CommunityCare HMO, PPO,

PureCare HSP, PureCare One EPO

1-888-926-2164

provider.healthnetcalifornia.com

Medicare (individual)

1-800-929-9224

provider.healthnetcalifornia.com

Medicare (employer group)

1-800-929-9224

provider.healthnet.com

Medi-Cal – 1-800-675-6110 provider.healthnet.com

PROVIDER COMMUNICATIONS

provider.communications@ healthnet.com fax 1-800-937-6086

Health Net of California, Inc., Health Net Community Solutions, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, Inc. and Centene Corporation. Health Net is a registered service mark of Health Net, Inc. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved. Confidentiality Note for Fax Transmission: This facsimile may contain confidential information. The information is intended only for the use of the individual or entity named above. If you are not the intended recipient, or the person responsible for delivering it to the intended recipient, you are hereby notified that any disclosure, copying, distribution, or use of the information contained in this transmission is strictly PROHIBITED. If you have received this transmission in error, please notify the sender immediately by telephone or by return fax and destroy this transmission, along with any attachments.

OTH026808EH00 (12/18)