

TALKING TREND

Exploring Alternatives to Opioids in 2025

In 2025, non-opioid pain management options are set to expand. Here's a look at some alternatives expected to expand in the next year:

Neuromodulation:

Therapies like spinal cord and peripheral nerve stimulation, which use electrical impulses to inhibit pain, are gaining traction. Advancements in closed-loop systems, which adjust stimulation in real time, are expected to make these treatments more effective. Smaller, long-lasting devices and AI integration could further improve outcomes.

SSRIs:

While typically used for depression, SSRIs may also relieve chronic pain linked to mental health issues. Research is underway to enhance their anti-inflammatory properties and explore their combined use with other analgesics for more effective pain relief.

Overall, 2025 will likely offer new approaches to pain management to help reduce reliance on opioids and broaden options for patients.

Health Net offers options to help manage chronic pain. Members can access helpful programs through [Sharecare](#) and [myStrength](#).

Read more on this topic from [Definitive Healthcare](#).



INDUSTRY NEWS

Nurses Push Back on Healthcare Tech



From [Becker's Hospital Review](#).

Nurses nationwide are raising concerns over the rapid adoption of AI and virtual nursing in healthcare, arguing that these technologies could compromise patient safety.

In 2024, nurse-led protests spotlighted these concerns. In April, the California Nurses Association staged a demonstration at Kaiser Permanente's San Francisco Medical Center, advocating for nurses and union members to be involved in "every step" of the decision-making process around AI and other data-driven technologies in healthcare.

HEALTH NET NEWS

Health Net's Alyson Stone Promoted to Commercial Officer



We are excited to announce Alyson Stone's promotion to Commercial Officer for Health Net.

Alyson has played a key role in Health Net's success for more than 16 years, across two tenures. She consistently drives growth, cultivates high-performing teams and champions value. Most recently, Alyson led sales for California Small Group and Oregon Commercial business. She delivered high-impact solutions for employers, members and distribution partners.

Alyson previously held senior roles at Elevance, where she developed a solid reputation for:

- Strategic insight
- Membership growth
- Empowering sales and account management teams

In this new role, Alyson will bring her leadership and innovative mindset to enhance service, trust and accountability. Her commitment to integrity aligns with our mission to serve our brokers and members with authenticity.

Feel free to reach out to Alyson directly via email at: alyson.stone@healthnet.com or by calling her at (714) 934-3333.

WELLNESS

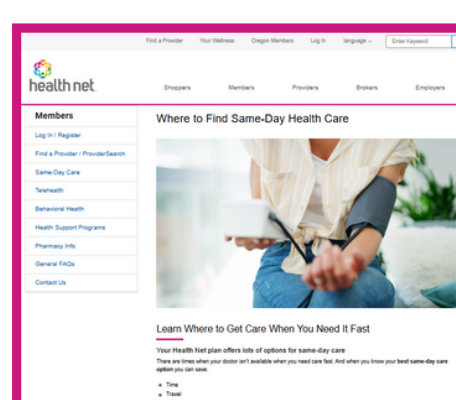
Same-Day Access to Care Webpage for Members is Now Live!

We're excited to announce the launch of Health Net's new Access to Care webpage, designed to help members find convenient same-day health care options when their regular doctor isn't available.

The new page offers a variety of resources, making it easier for members to get the care they need without waiting for an appointment. The Access to Care webpage is a new go-to resource for fast, reliable care options for Health Net members.

Explore the new page below.

[Where to Find Same-Day Health Care](#)



JUST FOR FUN

How to Make Candles at Home

Making candles at home is not only a fun and rewarding DIY project but also a great way to add a personal touch to your home or make thoughtful gifts for the Holiday season or any other time.

Understanding the Basics of Candle Making

At its core, candle-making involves three key components: wax, wicks, and fragrance. Here's a quick rundown:



- **Wax:** Different types of wax can be used, such as soy wax, beeswax, and paraffin wax. Soy and beeswax are preferred for their natural properties and cleaner burn.
- **Wicks:** Wicks come in various materials, including cotton, hemp, and wood. The thickness and type of wick affect how well your candle burns.
- **Fragrance:** Adding fragrance is optional, but many prefer using essential oils or fragrance oils to give candles a pleasant aroma.

Choosing Your Wax

Choosing the right wax for your candles is crucial. Here are some popular options:

- **Soy Wax:** A natural option that burns slowly and evenly, making it ideal for container candles. It is also budget-friendly and holds fragrance well.
- **Beeswax:** Known for its natural, subtle honey scent and clean burn. Beeswax is a great option for those who prefer all-natural candles.
- **Paraffin Wax:** The most common and inexpensive option but can release toxins when burned. Not recommended for those seeking a healthier alternative.

Essential Tools and Materials

For each candle-making recipe, you'll need a few essential tools:

- Melting pot and double boiler setup
- Candle wicks
- Containers (like mason jars or tin cans)
- A thermometer to monitor wax temperature
- Stirring stick (wooden or metal)
- Essential oils (optional for fragrance)

Instructions:

- **Prepare the Mold:** Clean and prepare your mold by lightly coating it with a mold release spray.
- **Melt the Wax:** Melt the wax in a double boiler, heating it to around 185°F. Use a thermometer to check the temperature.
- **Add Fragrance (Optional):** If desired, add fragrance oils and mix well.
- **Pour the Wax:** Slowly pour the melted wax into the mold. Ensure the wick is centered.
- **Set and Unmold:** Let the wax cool completely before removing it from the mold. Trim the wick to 1/4 inch.

These candles can be made in various shapes and sizes, making them a great decorative element.

If you need a little help with this project, there are many in-depth instructional videos available on YouTube:

[Candle Making for Beginners](#).

Happy Holidays!