

# LIFE LOOKS BETTER WITH MHN

## IT'S ABOUT YOU

An EAP is a service designed to help you manage life's challenges. At MHN, we customize EAP solutions by understanding your unique needs and then offering the appropriate assistance or referrals. The following services, paid for by your employer, are available to eligible members.\*

## CLINICAL COUNSELING

Your EAP provides assessment, assistance and, when necessary, referral to additional services. Eligible members may be entitled to face-to-face or telephonic consultations for a wide range of emotional health, family and work issues, including:

- » Marriage, relationship and family problems
- » Alcohol and drug dependency
- » Stress and anxiety
- » Depression
- » Grief and loss

## WORK & LIFE SERVICES

Your EAP also features services to help you balance work and life and take care of all kinds of chores and challenges. Telephonic consultations are available in the following areas:

**Childcare and eldercare assistance** – Needs assessment plus referrals to childcare and eldercare providers (depending on your plan, you may also be entitled to help with other parenting matters, and/or to referrals to providers with current, confirmed openings)

**Financial services** – Budgeting, credit and financial guidance (investment advice, loans and bill payments not included), retirement planning and assistance with tax issues.

**Legal services** – Telephonic or face-to-face consultations for issues relating to civil, consumer, personal and family law, financial matters, business law, real estate, estate planning and more (excluding disputes or actions between you and your employer or MHN)

**Identity theft recovery services** – Information on ID theft prevention, plus an ID theft emergency response kit and help from a fraud resolution specialist if you are victimized

**Daily living services** – Referrals to consultants and businesses that can help with everyday errands, travel, event planning and more (does not cover the cost nor guarantee delivery of services)



## EMPLOYEE ASSISTANCE PROGRAM

(continued)

## ONLINE MEMBER SERVICES

Access helpful information and powerful emotional health and work-life tools online. You can:

- » Search for an MHN counselor and get a referral
- » Ask our expert an emotional health question
- » Access online assessments and self-help programs for stress, depression, insomnia, anxiety and substance abuse
- » Access online estate planning information and tools, including an online will-making program
- » Find helpful tips, tools and articles

To access these services, go to: **members.mhn.com** and register with the company access code listed on this flyer.

For a referral to a counselor, you will be prompted to supply additional information.

\* Please note that the product features offered under your plan may vary from those described above. Please consult MHN (at the number to the right), your benefits manager or your benefits documentation (such as an Evidence of Coverage booklet or Summary Plan Description) for detailed product and employee/dependent eligibility information.

### Need help?

Call toll-free, 24 hours a day,  
seven days a week:

**(800) XXX-XXXX**

TDD: (800) 327-0801

or visit us at:

**members.mhn.com**

access code: XXXXX

Eligible members are entitled to X  
telephonic or face-to-face clinical consul-  
tations per incident, per calendar year.

# STRESS KILLS.

## PREVENTION IS YOUR BEST DEFENSE.

You know stress can give you a headache, make you feel tired, irritable and scattered, and lead to depression or burnout. But do you know that stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide?<sup>1</sup>

### TAKE ACTION BEFORE STRESS TAKES A TOLL

Your MHN Employee Assistance Program includes, at no cost to you, an effective Stress Management Program that can help you prevent and reduce stress. You'll feel better – happier, healthier, more balanced – and you'll reduce your risk of serious health consequences. The program includes:

- » A stress management kit (available online or in print) that includes a workbook to teach and reinforce behavioral change techniques and a relaxation CD
- » An online self-help program, **Relax™**, that analyzes your stressors and behavior, provides an action plan for change and recommends the stress reduction and prevention methods that are right for you
- » An online nutrition library to help you adopt a stress-busting diet

### THE HELP YOU NEED, WHEN YOU NEED IT

Because it's a Web-based program, MHN's Stress Management Program is conveniently available 24 hours a day, seven days a week. By making access so convenient we hope to encourage you to find time for the program. Taking a proactive approach to stress management is your best bet for preventing stress-related illness and emotional distress.

Of course, you also have access to clinical referrals and counseling as part of your basic EAP benefits. We're available around-the-clock by phone, so call MHN's toll-free number whenever you need a helping hand with stress, anxiety, depression, or other emotional health issues.

<sup>1</sup> "The Stress Solution: An Active Plan to Manage the Stress in Your Life," Lyle H. Miller, Ph.D. and Alma Dell Smith, Ph.D. 1993.



## STRESS MANAGEMENT PROGRAM

**Try an ounce of prevention.**

Start the stress management program today! Visit:

[members.mhn.com](http://members.mhn.com)

access code: XXXXX

and click "Relief from Stress."

Or call us at:

**(800) XXX-XXXX**

TDD: (800) 327-0801

# A HEALTH IMPROVEMENT PLAN AS UNIQUE AS YOU ARE

At MHN, it's about *you*. That's why we offer **Succeed**<sup>®</sup>, an online program that assesses your unique needs and then generates a detailed health improvement plan specific to your lifestyle, habits, health history and priorities.

## HOW IT WORKS

It's easy, and it's free! Just follow these simple steps:

- » Log in to **members.mhn.com** using the company code below.
- » Click on Assess Your Health.
- » Click on Start Today.
- » Enter your username and password (or click on "please register" to specify a username and choose a password).
- » Follow the prompts through the questionnaire, and your assessment and unique health improvement plan will be ready within minutes.

Your assessment explains how your behaviors affect your health. Your improvement plan – complete with action items and a customized website for ongoing support – helps you make lifestyle choices that can prevent disease and improve your health, well-being and quality of life.

Succeed looks at these nine lifestyle behaviors that may impact your health:

- » Weight Management
- » Nutrition
- » Physical Activity
- » Tobacco Use
- » Stress and Well-being
- » Alcohol Use
- » Skin Protection
- » Injury Prevention
- » Immunizations and Health Screenings

Online Member Services also includes other assessments and self-help programs and a wealth of valuable information on:

- » Stress
- » Depression
- » Anxiety
- » Substance abuse
- » Emotional health
- » Personal finance
- » Work-life balance
- » Grief and loss



## THE SUCCEED<sup>®</sup> ONLINE HEALTH RISK ASSESSMENT

**We encourage you to succeed!**

Get started today by visiting:

**members.mhn.com**

access code: XXXXX

Or call MHN at:

**(800) XXX-XXXX**

TDD: (800) 327-0801