



MHN's Member Website

Take charge of your wellbeing and simplify your life! Our member website can help, with support when and where you need it.

Here's a quick tour:

Member log in

You can log in to our site with just your company code, listed on your member flyer, brochure or wallet card. To make the most of your benefits, though, make sure to register. We protect your privacy, and won't share any identifying information with your employer or any third party without your consent (unless required by law).

My benefits

Not sure what your EAP can do for you? The My Benefits page explains all of your benefits and how to get started. There's even a quick video overview of the website and a detailed benefit training video.

Find a practitioner

Would you like to schedule a visit with a provider from our network? Search for the right person online, by distance, name, specialty, gender or languages spoken. Please call us to confirm that the provider you select serves your benefit plan and is accepting new patients.

Member Matters

Check out our monthly e-newsletter for timely articles throughout the year.

Childcare and eldercare directory

Finding the right care for the people you love can be stressful. Select the type of care you need and find licensed providers or agencies near your home or workplace.

Articles, tips and tools

Our resources are well-researched and reliable, with content provided by industry experts. Topics include:

- Stress, depression, grief, anxiety and other emotional health issues
- Parenting, relationships and family issues
- Succeeding at work or school
- Health and wellness
- Financial and legal issues and estate planning



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E-learning

Our training specialists have been educating members for years through webinars and onsite workshops. Now we're bringing our training programs straight to you as interactive e-learning modules. Current programs include:

- Strategies for Uncertain Financial Times
- Readiness for Healthy Change
- Walking: Your Path to Health and Fitness
- Tips for Healthy Weight Management

Wellness and self help

Living well isn't always easy, but it's worth the effort. Our online tools and programs can help you improve your health, wellbeing and quality of life:

- Get started with our wellbeing assessment. A personal wellbeing report will alert you of challenges and offer an action plan for overcoming them.
- Make a change with self-help programs for stress, weight management, nutrition, fitness and tobacco cessation. Keep on track with calculators for BMI, target heart rate and calorie expenditure. Learn how to refresh your routine with our virtual exercises and healthy recipes.
- Questions? Ask our experts and coaches and receive a personal response to your private inbox.

Remember, you can also call us for help 24/7 at the number below.

Need help?

Call toll-free, 24 hours a day, seven days a week: **1-800-242-6220**
TDD: (800) 327-0801

or visit us at: **members.mhn.com**
company code: **placercounty**



*Christian Aparicio
We help make health
care simple.*

We speak your language!

When you call MHN, free interpretation services are available in over 170 languages. We also contract with a vendor who can physically attend appointments with you, at no cost, if you need help communicating with doctors or other providers.

¡Hablamos su mismo idioma!

Cuando llame a MHN, podrá usar nuestros servicios de interpretación gratuitos en más de 170 idiomas. Además, contamos con proveedores contratados que pueden asistir en persona a las citas con usted, sin cargo alguno, en caso de que necesite ayuda para comunicarse con los médicos u otros proveedores.

我們說您的語言！

您致電 MHN 時，我們可提供 170 多種語言的免費傳譯服務。我們還聘用了翻譯人員，如果您需要翻譯人員幫助您與醫生或其他醫療服務提供者進行交流，該翻譯人員可以與您一道參加約診，該服務為免費提供。