



## RISK AND DISABILITY MANAGEMENT

### EMPLOYEE ASSISTANCE PROGRAM

Don't forget.... employees and their family members have access to a wide range of tools and resources that help balance work and life, improve health and wellness, and enhance emotional wellbeing through this program, ***at no cost to you as an employee or your family members***. All information is confidential as well. To register call (800) 227-1060.

#### MHN Member Pulse Digest



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Health Net

# Member Pulse Digest

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## MHN Member Pulse Updates and More

We've added the following articles to *MHN Member Pulse*. Just click on the titles below to go directly to the articles.

- [\*\*Friendships: Enrich your life and improve your health\*\*](#)  
Friends are [good for your health](#). But it's not always easy to make new friends or keep the ones you have. These tips can help.
- [\*\*Stepfamilies: How to help your child adjust\*\*](#)  
Forming a new stepfamily brings unique challenges for each family member. Learn how to help children adjust to being part of a blended family.
- [\*\*Anger management: Your questions answered\*\*](#)  
Being angry is a normal human emotion, and it's not a bad thing - when it's handled

appropriately. Learn more about the nature of anger, how best to handle anger and when to seek help for anger management.

- **[Communicating effectively with your spouse](#)**

While romance might get a relationship started, good communication keeps it going. These healthy communication habits can help you strengthen your bonds with your spouse.

***Don't forget to save [MHN Member Pulse](#) to your list of favorite websites! Also, check out [MHN's member website](#) for all sorts of valuable tools and content just for EAP members.***

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To access MHN's member website, you will need your company code. You can obtain this by contacting MHN at (800) 646-9923 or [membersupport@mhn.com](mailto:membersupport@mhn.com).

We speak your language!

Call our toll-free number for assistance. When you call MHN, free interpretation services are available in over 170 languages.

¡Hablamos su idioma!

Si desea ayuda, llame a nuestro número telefónico gratuito. Cuando llame a MHN, podrá usar nuestros servicios de interpretación gratuitos en más de 170 idiomas.

我們使用中文!

撥打我們的免付費電話以取得協助。打電話給MHN時，我們可提供170多種語言的傳譯服務。

Please note that the characters above may not display correctly if the Chinese simplified language pack has not been installed on your computer.

Not yet registered for your EAP member website? No problem! [Log in/Register](#)

#### **[CONTACT US](#)**

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