MHN Member Pulse Digest

Here’s the MHN Member Pulse (September 2016). We will continue to forward blog updates for easy reference to the Employee Assistance Program. As a reminder, you can visit the MHN EAP website at www.members.mhn.com and register with the code "sia", or call (800) 227-1060.

Don’t forget…. Employees, their family members and anyone under the employees roof 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. Please let me know if you have any questions.

Thank you.

MHN Member Pulse Update

September Member Pulse: Emotional Health, Emergency Preparedness

A survey by the Federal Emergency Management Agency (FEMA; http://www.fema.gov/) cites that
almost 60 percent of American adults are not practiced in emergency readiness. Would you know what to do in an emergency? Whether it’s knowing how to ride out a storm, getting your family or group to safety, communicating effectively, or packing the right gear ahead of time to get up and go, only 30 percent of those surveyed had developed an emergency plan, let alone discussed it with their families.

This month’s Member Pulse gives you some know-how about being better prepared for an emergency, along with some tips for keeping it positive when it comes to life’s little detours. Just click on the titles below to go directly to the articles.

- **Be First Aid Kit Ready**
  Remember the mantra, “be prepared” from your scouting days? Having a first aid kit at the ready (at home, in the car or in your travel bag) is the way to be just that, if an accident (or bad allergic reaction) occurs.

- **Have an Emergency Game Plan**
  For some parts of the country, it’s hurricanes. For others, it may be mudslides, snow storms or tornadoes. No matter what weather might come your way, the question is: *What can I do to keep my family safe?* The best, easiest thing that you can be is prepared. That means putting together an action plan, now, *before* something happens.

- **Sunny Side Up: Maintaining Your Optimism**
  Hey, life happens. If only we could all acknowledge when day-to-day challenges sometimes push us a little too far. We’ve all been there; the day starts out with promise, we rise, we shine, and are raring to go. Then, we get stuck in bumper-to-bumper traffic, our drive-through coffee order is all wrong, and a can’t-miss meeting gets moved up, right in the middle of some long-anticipated time off. It’s a ripple effect of a day gone wrong.

**Healthy Recipes of the Month**

The kids have returned to school, but the leaves aren’t ready to turn just yet. Revel in what’s left of late summer with some light recipes that really make the grade for both flavor and health!

- **Mighty Greens Gazpacho**
- **Shrimp with Creamy Arugula Pesto**

Don’t forget to save MHN Member Pulse to your list of favorite websites!

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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.

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Call us at the number on your EAP member website to let us know your spoken and written languages. You may be asked to give us your race and ethnicity information. You can choose to not answer if you prefer. We use this information to improve the quality of services that you receive. MHN will protect your individual information and will not share it with anyone.

Llámenos al número que figura en el sitio web para miembros de EAP para hacernos saber su idioma oral y escrito. Es posible que también le preguntemos acerca de su raza y origen étnico. Puede optar por no responder si lo prefiere. Utilizamos esta información para mejorar la calidad de los servicios que recibe. MHN protegerá su información individual y no la compartirá con nadie.

請致電您 EAP 會員網站上所列的電話號碼與我們聯絡，以告知我們您在說話和書寫時所使用的語言。我們可能會要求您提供的種族和民族資訊。您也可以選擇不回答。我們會利用您提供的資訊來為您提供更好的服務。MHN 將保護您的個人資訊，不與任何人共享。

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Contact Us

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