

**Schools Insurance Authority  
MHN Employee Assistance Program  
Benefit Summary**

**Access Phone Number: (800) 227-1060**

**Clinical Counseling – for employees and their household members**

- Up to 7 face-to-face or telehealth sessions per individual, per issue, per policy year

**Work-life Services (unlimited)**

- Child and Elder Care Referrals
- Legal Consultations (30-minute free consultation per legal issue, 25% discount thereafter)
- Financial Consultations
- Identity Theft Prevention and Recovery Assistance
- Daily Living Services
- Wellness Coaching – including Aware Mindfulness Stress Reduction

**Online Member Services - [www.members.mhn.com](http://www.members.mhn.com)**

**Online Access code: sia**

- Assessments: depression, alcoholism, insomnia and stress, and more
- Self-help programs, articles and resources
- In-depth Health Risk Assessment
- Online Smoking Cessation Program
- Weight Loss and Nutrition Resources
- Download legal forms
- On-line Estate Planning

**Client (Manager) Services:**

- Critical Incident Stress Management (20 hours free onsite time per incident, unlimited incidents)
- Management Consultations (unlimited)
- Job Performance Referrals (unlimited)
- Employee Orientations
- Supervisor Orientations
- Materials for Health Fairs
- 188 hours Training Seminars (shared among SIA groups)