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**MHN Member Pulse Digest**

Here's the **MHN Member Pulse (February 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](http://www.members.mhn.com) and register with the code "sla", 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**  
A Health Net Company™

# Member Pulse

## Digest

Josefina Bravo  
Health Net

February 1, 2016

**MHN Member Pulse Update**

**February Member Pulse: Building (and Keeping) Strong Relationships**

[New research](#) reveals that your relationships are just as important to your health as diet and exercise. Researchers [found](#) the size and quality of one's social network impacts specific health measures - such as hypertension - at different points in their lives.

While social support is important, it's not always easy to find - or keep. This month's *Member Pulse* includes tips for building and maintaining strong relationships.

Just click on the titles below to go directly to the articles.

- [\*\*Forgiveness: Letting go of grudges and bitterness\*\*](#)  
At some point in our lives, nearly all of us have been hurt by someone. Maybe your partner or spouse offended you or your mother-in-law constantly criticizes your parenting skills. Choosing to forgive someone instead of holding a grudge can lead to greater physical, emotional and spiritual well-being.
- [\*\*Being assertive: Reduce stress, communicate better\*\*](#)  
Being assertive means you're able to stand up for your point of view while respecting where others are coming from. If you're the type who tends to avoid conflict and has a hard time saying "no," assertiveness can help you manage stress. The good news - You can learn to be more assertive.
- [\*\*Relationship issues? Your Employee Assistance Program \(EAP\) can help\*\*](#)  
Researchers have found [evidence](#) over the years that stressful relationships can contribute to medical problems and even make it harder to heal from a wound or illness. (The effects are particularly strong among spouses.)

### **Healthy Recipes of the Month**

Looking for dinner inspiration? Check out these healthy recipes.

- [\*\*Corn Chowder\*\*](#)
- [\*\*Mediterranean Baked Fish\*\*](#)

***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。

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您的種族和民族資訊。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。

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](#)

MHN *Member Pulse* is for informational and self-help purposes only. It should not be treated as a substitute for financial, medical, psychiatric, psychological, or behavioral health care advice, or as a substitute for consultation with a qualified professional.

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