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MHN Member Pulse Digest

Here's the **MHN Member Pulse (January 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.

January 4, 2016

MHN Member Pulse Updates

January Member Pulse: Healthy Habits in the New Year

Happy 2016!

It's a great time to think about your goals for the new year - including how to live a healthier lifestyle. This month's *Member Pulse* is packed with ideas on how to improve your overall health and well-being

- from practicing mindfulness to keeping an exercise routine going.

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

- [**Everyday mindfulness**](#)
Although we may be driving or waiting in line, many of us are thinking about other things - work deadlines, a recent spat or an unpaid bill. Taking the time to stop, breathe, observe, and connect with our inner experience can protect us from modern day stresses. Learn more about the benefits of mindfulness and how you can bring it into your daily life.
- [**Fitness: Tips for staying motivated**](#)
Many of us start the new year with good intentions of keeping a healthy habit - such as regular exercise - going for the long-term. But we may be tempted to quit our fitness program when we get bored or don't see results as fast as we want. If you're tempted to skip your exercise routine, these tips can help you stay motivated.
- [**Wellness coaching**](#)
Do you have a healthy lifestyle goal you want to achieve in the new year? A wellness coach can provide the personalized support you need to make a plan and see it through.*

Healthy Recipes of the Month

Looking for dinner inspiration? Check out these healthy recipes.

- [**Zucchini Lasagna**](#)
- [**Finger-Licking Curried Chicken**](#)

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.

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.

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's personalized coaching services are separate from medical benefits offered by your employer. This is just a summary. For details about services and eligibility, please contact MHN, check your plan documents or contact your employer.

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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