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MHN Member Pulse Digest

Here's the **MHN Member Pulse (September 2017)**. We will continue to forward blog updates for easy reference to the Employee Assistance Program. As a reminder, you can visit the MHN'S **NEW** EAP website at <https://www.advantageengagement.com> and use the **code "sia"**, then choose your **school district in the drop-down menu** 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
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Member Pulse Digest

Josefina Bravo
Health Net

September 2017

MHN Member Pulse Updates

September Member Pulse

Can you feel it?

No matter where you live, the air may be changing a bit as we move into the just-beginnings of fall. Whether you're able to see the leaves start their color show, or not, seasons change — and people do too, when it comes to health. So let the movement of the calendar prompt taking stock.

Where are you with taking care of you (and your family) at this point in the year? Whether it's eating healthy; staying active and interested; doing the things that you love; and making sure fitness is top of mind, body, and spirit, any change of seasons is a good time to pause and review a checklist. We've helped, with an overall roster of good-health items! We've also made sure that you don't forget your brain when it comes to staying healthy, and offer some tips to keep it sharp, emphasizing the mind-body connection.

Farmers' markets are still open, and you'll see the changes in offerings from the spring and summer into early fall, so take advantage of some cooler stroll time. Bring the family to open up some taste buds (and try some new healthy recipes). LocalHarvest.org gives you access to the more than 30,000 farms and farmers' markets listed nationally, so look up one in your regional area.

September is just a tip-toe into fall. Enjoy the possibilities of good health and good times with the articles below:

- [***Farmers' Markets: Take Your Pick for Freshness, Flavor***](#)
Bing cherries and jarred honey. Farm-fresh eggs, cheeses, and herb bread. Arugula, zucchini, and fresh flowers too ...
- [***The Brain Game: Body and Mind Fitness as You Age***](#)
Nutritional, physical, and social preventive measures — along with some cognitive training (*hello, salad, walking shoes, workout buddy, and crossword puzzle!*) — can help keep your brain sharp through the years as you age, according to the Alzheimer's Association.
- [***Your Good Health Checklist***](#)
It's easy to drop the ball on good health from time to time. The good news is that each day offers a fresh start, so time to "spot-check" where you stand with your overall fitness.

Healthy Recipes of the Month

What could be easier than popping a mix of rustic root vegetables into the oven with a drizzle of good olive or vegetable oil, a sprinkling of seasonings, and knowing that the outcome is as flavorful as it is healthy? A hearty good-for-you muffin recipe also awaits. Try these recipes now, but we'll bet you'll also want to earmark them for when Thanksgiving rolls around. Click away:

- [***Roasted Root Vegetables***](#)
- [***Zucchini and Date Muffins***](#)

Don't forget to save [MHN Member Pulse](#) to your list of favorite websites!

If you need support, call us at the number on your EAP member website.

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。

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