

Services include but are not limited to:

- ▶ **Face-to-face Counseling**
  - ▶ Marital, Family & Relationship Issues
  - ▶ Alcohol & Drug Problems
  - ▶ Anxiety & Depression
  - ▶ Job Stress
- ▶ **Life Coaching**
  - ▶ Stress Management & Balance
  - ▶ Spirituality & Personal Growth
  - ▶ Career Planning & Development
  - ▶ Motivation & Time Management
  - ▶ Finances & Budgeting
- ▶ **Legal & Financial Services**
  - ▶ Certified Financial Planners
  - ▶ Attorneys & Law Firms
  - ▶ Tax Advisors & Preparation Services
- ▶ **Child Care & Parenting Resources**
  - ▶ Parenting Education Classes
  - ▶ Special Needs Programs & Services
  - ▶ Before/After School Programs
- ▶ **Adoption Support**
  - ▶ Adoption Agencies
  - ▶ Support Groups
  - ▶ Domestic & International Services
- ▶ **Education Resources**
  - ▶ Tutoring Services
  - ▶ Financial Aid Programs & Loans
  - ▶ College & University Scholarships
- ▶ **Elder Care Assistance**
  - ▶ Assisted Living Services
  - ▶ Transportation Programs
  - ▶ Skilled Nursing Facilities
  - ▶ Special Needs Programs & Services

How do I access Services Online?

Services are available online at the MHNet web site. To access our web site please go to:

**www.mhnet.com**

For any pages requiring login access, such as Provider Searches and EAP Services, please enter the following information:

**Username: ICUBA**

**Password: 8773985816**



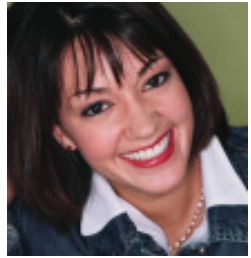
**Confidential**

**24 hours a day ▼ 7 days a week**



Your Employee Assistance Program, Work-Life, and Behavioral Health Services

The Total Behavioral Health Solution





## What is the MHNNet Employee Assistance Program?

MHNNet's Employee Assistance Program (EAP) is a comprehensive program that provides individuals with the resources and tools to live a balanced and healthy life at home and at work.

MHNNet provides specially trained, Master's-level Clinicians to assist you 24 hours a day, 7 days a week with referrals to counselors and resources, and to provide information on a wide variety of topics.

This benefit is sponsored by your employer to improve the health and wellness of you and your dependents. The services provided by the EAP are confidential.

## What other services does MHNNet provide?

MHNNet also provides comprehensive Work-Life, Legal and Financial, Life Coaching, and Behavioral Health services to you.

## Who can participate?

Because your employer is concerned about the quality of your life both at work and at home, EAP and Work-Life services are available to you and your eligible dependents.

Members covered by your group health plan also receive behavioral health services through MHNNet.



## How do I contact MHNNet?

You can contact MHNNet 24 hours a day, 7 days a week by calling our toll-free telephone number listed on the back of this brochure.

All EAP face-to-face visits and inpatient treatment must be pre-authorized by MHNNet.

## Will my employer know I called?

All contact with the MHNNet EAP is confidential within the limits of the law. Information shared with MHNNet and other professionals is protected under confidentiality laws and cannot be shared with your employer without your consent.

## What types of issues are covered?

MHNNet offers you and your eligible dependents access up to six [6] face-to-face counseling visits per issue per plan year [04/01 - 03/31] that can help resolve personal problems, which may be affecting your work and home life.

MHNNet also provides custom searches, and delivers information packets that include referrals to local service providers and "tip sheets" to help you evaluate service options and make informed choices. Educational and self-help materials also are available online.

## What will the benefit cost?

Your employer is providing EAP and Work-Life services at no cost to you.

Behavioral health services will be subject to deductibles and copays as defined under your specific medical plan benefits.

## What happens when I call in?

An Intake Clinician listens to your concerns, helps you decide what services would be most helpful, and refers you to a licensed provider or other resources, if appropriate.

As part of the ClientConnect® program, the Intake Clinician calls and locates a provider in your area who meets any specific criteria you might have such as specialty, language capabilities, service location, etc. This simple process eliminates the time-consuming need for you to call a list of providers on your own.

### WHERE CAN I GET ADDITIONAL INFORMATION?

Call MHNNet:  
**877.398.5816**

24 hours a day, 7 days a week

*There is no question or  
issue too small to discuss  
with a Counselor.*

Callers with  
TTY equipment,  
please call  
800.338.2039