



BALANCE IS THE KEY TO UNLOCKING A HEALTHIER LIFE

Having trouble reaching a calm, balanced and productive life? Health Net's MHN Employee Assistance Program can help. We're there whenever you need us, to help with:

- Stress and depression
- Grief and loss
- Alcohol and substance issues
- Family, marital and relationship challenges
- Anger management
- Financial and legal challenges
- Balancing work and life

Call us toll-free anytime: **800-977-0281**

TDD callers, please dial: **800-977-6757**



Health Net[®]
A Better Decision

In Arizona, benefits are insured and/or administered by Health Net of Arizona, Inc. for HMO plans and Health Net Life Insurance Company for indemnity plans and life coverage. The Health Net of Arizona, Inc. service area includes all Arizona counties.

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