



LIFE LOOKS BETTER WITH YOUR EMPLOYEE ASSISTANCE PROGRAM



It's About You

An Employee Assistance Program (EAP) is a service designed to help those enrolled in a Health Net medical plan manage life's challenges. At Health Net, we work with MHN, our behavioral health subsidiary, to customize EAP solutions. First we understand your unique needs, and then we provide the resources and expertise needed to help you successfully cope with problems facing you both at home and at work.





The following services, included in your medical plan, are available to covered Health Net members:

Clinical Counseling

Your EAP provides assessment, assistance and, when necessary, referral to additional services for a wide range of emotional health, family and work issues. Covered Health Net of Arizona members are entitled to **unlimited telephonic consultations and three face-to-face counseling sessions** for each issue annually. Issues include:

- Marriage, relationship and family problems
- Domestic violence
- Alcohol and drug dependency
- Stress and anxiety
- Depression
- Grief and loss

Work & Life Services

Your EAP also features services to help you balance work and life while taking care of a variety of chores and challenges. Telephonic consultations are available in the following areas:

Childcare and eldercare assistance – Includes a needs assessment and referrals to childcare and eldercare providers.

Financial services – Comprised of budgeting, credit and financial guidance (investment advice, loans and bill payments not included), retirement planning and assistance with tax issues. Telephonic and face-to-face consultations are both available.

Legal services – Telephonic and face-to-face consultations for issues relating to civil, consumer, personal and family law, financial matters, business law, real estate, estate planning and more.¹

Identity theft recovery services – Advice and information about ID theft prevention, plus, if you are victimized, an ID theft emergency response kit and help from a fraud resolution specialist.

Daily living services – These services include referrals to consultants and businesses that can help you with everyday errands, travel, event planning and more.²

Tools on healthnet.com

Through *healthnet.com*, Health Net members have online access to valuable resources in the form of educational articles, health risk assessments and interactive tools for wellness.

Need help?

Call toll-free, 24 hours a day, seven days a week:

(800) 977-0281

TDD: (800) 977-6757



¹Excluding disputes or actions between you and your employer or MHN.

²Does not cover the cost nor guarantee delivery of services.

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 insurance coverage. The Health Net of Arizona, Inc. service area includes all Arizona counties.