



Andre Hamil
We help our MHN
members get the
support they need.



MHN's Member Website

Take charge of your well-being and simplify your life! Our member website can help, with support when and where you need it.

Getting started

- **Member login** – All you need is your company code, listed on your member flyer, brochure or wallet card.
- **My benefits** – The information you need about your EAP services.
- **Find a practitioner** – Would you like to schedule a visit with a provider from our network? Search for the right person online – by distance, name, specialty, gender, or languages spoken. Please call us to confirm that the provider you select is still in our network and accepting new patients.

Articles and videos

We partner with Mayo Clinic to offer information you can trust about:

- Emotional health.
- Family, relationships and parenting.
- Making healthy choices about food, fitness, alcohol and drugs, and sleep.

We also offer e-learning versions of many of our popular training programs!

Wellness Center

Log in and register for our Wellness Center to check out all sorts of personalized tools and programs, including:

- A health assessment.
- Resources to help you make a change, including personalized menu and exercise planners.
- Tools and trackers to measure your progress toward your wellness goals.



Remember, you can also call us for help 24/7 at the number below.

Need help?

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

1-800-227-1060

TTY users call 711.

Or visit us at:

members.mhn.com

**and register with the company
code: ccccd**