

## BREAKING NEWS

### Administration of Behavioral Health Services Will Transition from MHN to Health Net as of 1/1/2024



Effective January 1, 2024, Commercial Group, Ambetter Individual and Family Plan/ and Medi-Cal members' Mental Health and Substance Use Disorder benefits will no longer be administered by MHN. These benefits will be arranged by Health Net. This means members will keep the same great benefits but the MHN name as the administrator will be removed, and these benefits will be known simply as Health Net's Behavioral Health Services.

- These changes will be displayed on the new Member ID card. Members should receive their new card before January 1, 2024.
- There will not be any change to the provider network due to this behavioral health administrator change.\* And for the first few months of 2024, Commercial and Medi-Cal members will still use the MHN Provider Search on [healthnet.com](http://healthnet.com), and Ambetter Individual and Family Plan members will use the MHN Provider Search on [myhealthnetca.com](http://myhealthnetca.com).
- There will be a follow up communication to members in the coming months when members will be able to search for behavioral health Providers on [healthnet.com](http://healthnet.com) and [myhealthnetca.com](http://myhealthnetca.com).

If you have any questions or concerns, please contact your Health Net representative. As always, we value your business, and thank you for partnering with us.

\* The provider network is subject to change in the normal course of business and consistent with members' coverage.

## INDUSTRY NEWS

### The Crisis in Veterans' Mental Health and New Solutions

November 11 was Veterans Day, and every year, we celebrate the brave individuals who have served our country. The mental health challenges that veterans face are both unique and profound. As they transition from service to civilian life, many carry the weight of experiences that significantly impact their well-being. Conventional treatment approaches for conditions such as [PTSD](#), [anxiety](#), [depression](#), and [substance abuse](#) are invaluable, yet some veterans continue to struggle with symptoms.\*



Centene and Health Net offer a variety of programs supporting the armed forces through our various health plans, Health Net Federal Services and Magellan Federal, a subsidiary of Magellan Health.

As another example of Centene's commitment to our veteran community, we recently announced a partnership with The American Legion establishing Wellcare as the Legion's official Medicare Advantage partner. Wellcare will provide Medicare-eligible veterans and their spouses healthcare solutions that complement the benefits they already receive through Veterans Affairs.

Health Net offers quality Behavioral Health programs such as:

- Health Net plans offer mental wellness assistance through Health Net's Behavioral Health Services. See [BREAKING NEWS](#) for more information.
- Teladoc Health (Teladoc) offers virtual health care that's convenient, with confidential access to quality U.S. board-certified doctors. You can book appointments through the Teladoc app, [website](#) or call 1-800-TELADOC (835-2362). Behavioral health professionals can be booked 7 days a week 7:00 a.m. to 9:00 p.m. (Pacific time).
- Unwinding by Sharecare, a mindfulness program designed to manage stress and build resilience in the workplace and at home, while also improving sleep, mental health and quality of life. Members can register for Sharecare at [healthnet.sharecare.com](http://healthnet.sharecare.com).

Published November 10, 2023 in [Psychology Today](#).

## HEALTH NET NEWS

### Reminder: OOS PPO Network Change Now in Effect

Effective November 1, 2023 for large and small business, Health Net's national PPO network for providers outside of California has changed to the Cigna Healthcare<sup>SM</sup> PPO Network.\*

- Cigna is now the network for Out-of-State California Commercial Group PPO members, replacing First Health.
- Cigna is also the network used for Travel when In-State California Commercial Group PPO members obtain services outside of California.
- There is no impact to Medi-Cal, Medicare, Individual & Family Commercial Business, or Oregon.

We're here for you!

For questions, reach out to your Health Net Account Representative

\*The Cigna Healthcare<sup>SM</sup> PPO Network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna Healthcare PPO for Shared Administration.

Cigna Healthcare is an independent company and not affiliated with Health Net of California, Inc.

Access to the Cigna Healthcare PPO Network is available through Cigna Healthcare's contractual relationship with Health Net of California, Inc.

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## WELLNESS

### “Healthy Habits for Life” December Wellness Webinar



“Healthy habits are learned in the same way as unhealthy ones – through practice” – Wayne Dyer.

In this webinar we will:

- Identify healthy habits for your body
- Learn how habits are formed
- Look at ways to make healthy habits part of our lifestyle
- Practical tips for creating and maintaining healthy habits

December Webinar: Healthy Habits for Life

Date: December 13

Time: 12:00-12:45 p.m. PST

[Join us and register!](#)

## TOOLS YOU CAN USE

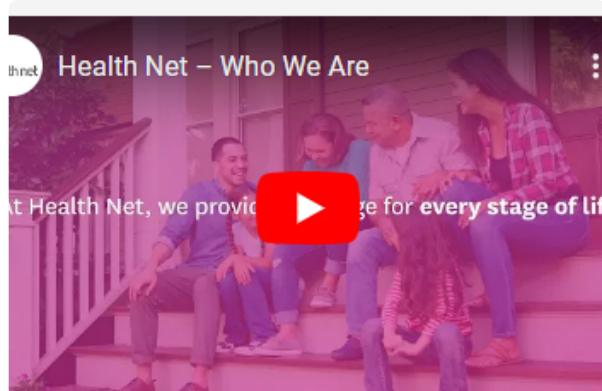
### Health Net “Who We Are” Video Slide

In our continuing efforts to provide you with tools to help you in engaging industry stakeholders and attract prospective members, we are thrilled to announce the release of our newly updated Health Net “Who We Are” video. Now available on YouTube, the Health Net Broker Page, and all media platforms.

We have also created a PowerPoint slide that you can use along with your sales presentations. If you have not received the slide via email, you can contact your Health Net Sales Representative for a copy.

This video serves as a perfect way for you to introduce Health Net at industry events and sales presentations across all Lines of Business.

[Watch the video.](#)



## JUST FOR FUN



December is the month for holiday gift giving and if you are stumped as to what to get your family and friends this season, Statista has provided this convenient chart.

Wishing you and yours a great holiday season!

### Some Hints for Holiday Gift Giving



\* Respondents could pick multiple options. 1,042 U.S. respondents (18-89 y/o) surveyed Oct. 25-Nov. 2, 2022

Source: Statista Global Consumer Survey

