

Health Net of California, Inc. (Health Net)
Health Net Life Insurance Company



Put Your Mind at Ease

YOUR BEHAVIORAL HEALTH BENEFITS ADMINISTERED BY MHN SERVICES



[HealthNet.com](https://www.healthnet.com)

Being healthy is about your mental and emotional health as well as your physical health. Mental health and substance use disorder conditions are more common than people think. Plus, they've increased during stressful times like these.

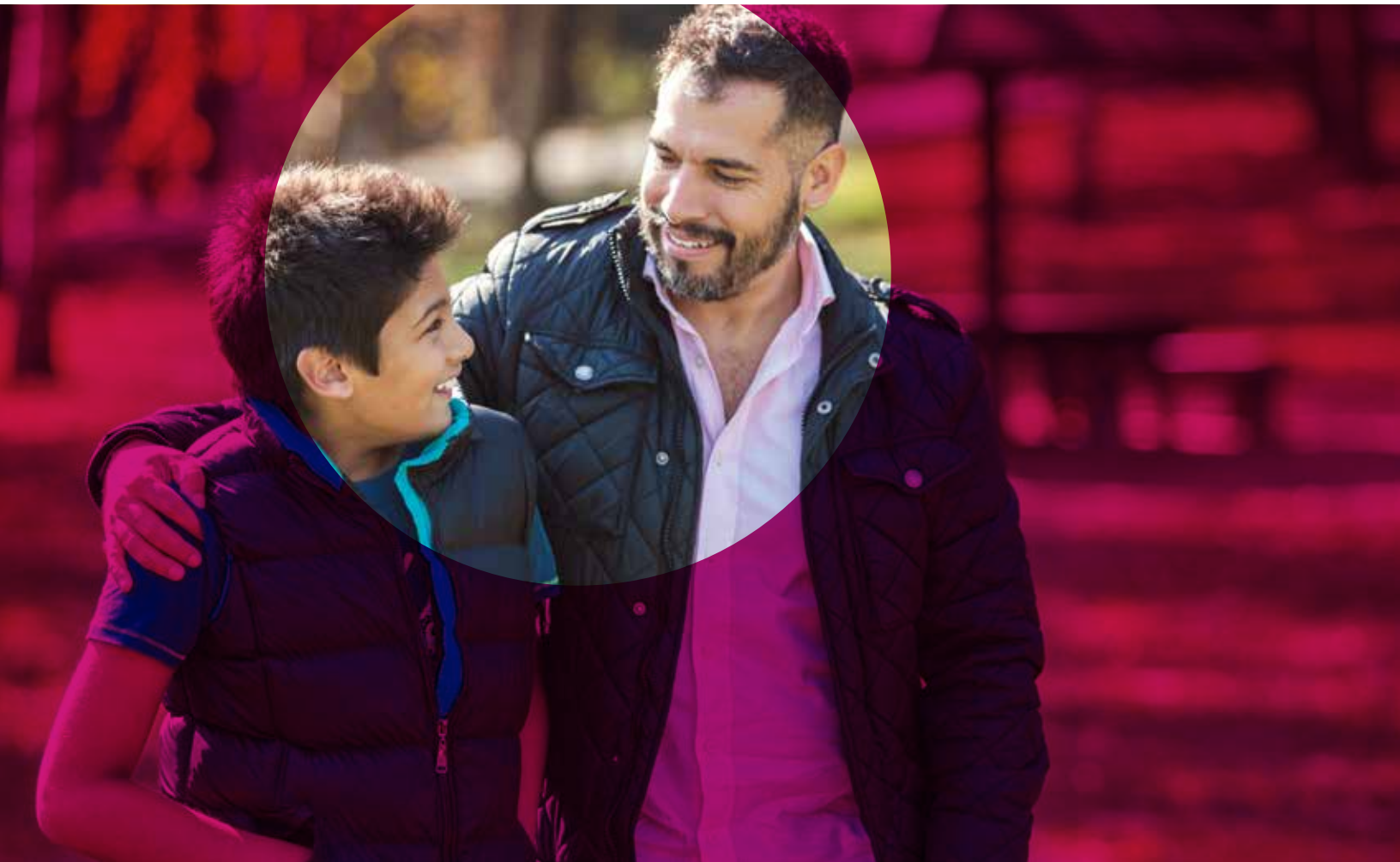
If you or a loved one have been struggling with mental health issues, you are truly not alone.

Mental Health



Your mental health includes a number of factors. The World Health Organization (WHO) defines someone with good mental health as being able to:

- Realize their own potential
- Cope with the normal stresses of life
- Work in a productive and fruitful fashion
- Contribute to their community





Mental health and substance use disorders²

Mental health and substance use disorders affect people from all backgrounds and all age groups. They are common, frequent and can often be serious. But, they can also be treated.

Mental health disorders

Mental health disorders involve changes in thinking, mood and/or behavior. These disorders can affect how you relate to others and make choices. To be diagnosed with a disorder often depends on how it affects the way you are able to function in everyday life.

Substance use disorders

Substance use disorders happen when the continued use of alcohol and/or drugs causes major damage. This can include health problems, disabilities and failure to meet duties at work, school or home.



One in five adults in the U.S. will have a mental health condition in their lifetime.¹



¹<https://www.cdc.gov/mentalhealth/learn/> About Mental Health, June 2021.

²<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm> As of June 2020.

Getting the right diagnosis and treatment

If you're concerned about your mental health or your substance use (or both), it's important to get the correct diagnosis and treatment. And, it needs to come from a qualified mental health professional.

A good treatment plan is one that takes a whole-person approach. One that views all aspects of your wellbeing. Whole-person care is very important if you have both a mental health disorder and co-occurring substance use. Treatment can include many services such as medical, private or group therapy and more.



Did you know?

Substance use disorders can include abuse of:

- Marijuana
- Alcohol
- Inhalants
- Prescription drugs (e.g. opioids)

Prevention and Treatment

Health Net has many programs that can help you with mental health or substance disorder treatments. These include Managed Health Network (MHN) – Health Net’s behavioral health administrator, myStrength and Integrated Care Management (ICM).



MHN has a 24/7 call center that is staffed with well-trained customer service reps and licensed behavioral health care managers – all of whom are ready to serve you. Call the phone number for MHN listed on your member ID card to learn more.

Managed Health Network (MHN)

MHN, Health Net’s behavioral health administrator, is here to help you get the treatment and the support you need. MHN has a network of more than 16,000 providers in California. MHN customer service reps can help you find someone to help.

You can visit someone in person, or through our telehealth network. **You don’t need to be referred by your doctor or need an approval from MHN.** You can simply begin to visit an in-network provider for therapy or medication management. Give MHN a call at the phone number listed on your member ID card or choose a provider at **www.mhn.com**.

Telehealth

Telehealth has become a tool to help get people into care more quickly. At the start of the pandemic, MHN saw the need for members to receive services outside the normal office visit setting. As a result, MHN contracted with more than 4,000 clinicians to provide telehealth services via secure audio/video platforms.

All you need is a smart phone, tablet or computer to get started. MHN call center staff can answer questions that you might have about getting a provider through telehealth.



Mental Health and Substance Use Disorder Treatment services

Mental health and substance use struggles are common problems. For many people, these problems have increased since the pandemic.

Because of this, you may need services other than outpatient visits. We provide coverage for medically necessary services that include:

- Hospital stays for mental health and substance use crises.
- Day programs such as:
 - Partial hospital stays.
 - Intensive outpatient care.
 - Applied Behavioral Analysis for treatment of Autism Spectrum Disorders.

You can call MHN any time and discuss your concerns with someone who can help with finding you the care that you need. **They are here to help!**

The Centers for Disease Control reported that **13 percent of Americans** began or increased substance use disorders as a direct result of the pandemic.²



²As of June 2020. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>



myStrength

myStrength is a private online website, tailored to help improve your mood. The program provides many self-help tools that can help improve your total health.

MyStrength has more than **1,600 activities** you can access. Plus, it keeps adding new content to address timely topics, like concerns about the pandemic. myStrength addresses the behavioral health needs of people across many different settings.

You can relax and refresh with myStrength's mindfulness suite of wellness actions that can help train you to focus on the present moment. You can use mindfulness offerings (actions you can do to practice mindfulness) to help with:

- Boosting your total wellness
- Easing stress and worry
- Managing panic attacks

Ways to reward yourself using myStrength's mindfulness activities:

- Relax and reflect for a few minutes to start your day.
- Practice mindful eating at lunch or snack time.
- Practice mindfulness activities with co-workers, family and friends.
- Notice new things during your daily commute on the bus/train or in the car.
- Create a "letting-go" moment at the end of your day.



MyStrength has an easy-to-use mobile app available for download on Android and Apple devices. It has a similar look and feel, that closely reflects the myStrength website. You'll find relevant, evidence-based behavioral health content anytime, anywhere in a fun, familiar and engaging way.



Don't forget to make time to take good care of yourself and your loved ones. You are important to your family. You and your family are important to Health Net.

¹<https://www.cdc.gov/mentalhealth/learn/> About Mental Health, June 2021.

²As of June 2020.

Sources: SAMHSA, <https://www.samhsa.gov/find-help/disorders>

<https://www.cdc.gov/mentalhealth/learn/>

Johns Hopkins Medicine, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/substance-abuse-chemical-dependency>

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