



WHEN EMPLOYEES LIVE BETTER, COMPANIES WORK BETTER

Health, wellness and productivity solutions from MHN



Contact us for more info about MHN's capabilities, products or services.

(800) 327-7526
productinfo@mhn.com

Or visit
www.mhn.com

We're grateful for your service – it clearly shows the **positive partnership** we've built together over the years.

- An MHN client of four years



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- » Employee Assistance Programs
- » Managed Behavioral Healthcare
- » Wellness Programs



ABOUT MHN

MHN is a leading healthcare company that provides comprehensive behavioral change solutions for individuals and organizations. One of the most experienced and capable providers of managed behavioral healthcare and Employee Assistance Programs (EAPs) in the United States, we partner with a nationwide provider network of about 43,000 licensed practitioners and 1,400 hospitals and care facilities.

With more than 30 years of behavioral healthcare experience, MHN uses clinically-proven behavioral change methods to serve about 10 million members and more than 850 organizations, including Fortune 500 companies, government agencies, health plans and Taft-Hartley Trust Funds.

OUR EXPERTISE

At MHN, it's about you. We take pride in our ability to understand the needs of members and employers, to provide the right solutions and deliver real results.

We specialize in driving behavior change that improves the lives of individuals and the efficiency of organizations. Our programs are developed by behavioral health experts committed to clinical excellence. Clinical counseling is provided by Ph.D.s, LCSWs, Marriage and Family Therapists and Certified EAP professionals (CEAPs). For every service we offer, we employ or contract with providers who are experts in their fields, from psychologists and social workers to financial advisors, attorneys and mediators.

OUR PROMISE TO YOU

We promise our customers careful, individualized assessment, clinically-based solutions, and real, measurable results. And we deliver. Our success is made possible by our expertise in:

- » Behavioral health
- » Behavior change
- » Clinical counseling
- » Addiction counseling and treatment
- » Care/case management
- » Global delivery
- » Employee productivity
- » Organizational effectiveness
- » Critical incident stress management

RIGHT SOLUTIONS

Our workplace solutions promote mental and emotional wellness, employee productivity and organizational efficiency.

EMPLOYEE ASSISTANCE PROGRAMS (EAPs)

Our EAPs help employees and supervisors identify and resolve emotional health issues before they become costly workplace issues. Services include face-to-face clinical counseling, telephonic assessment and consultation, work & life services and online member services.

The EAP also includes resources for managers, supervisors and human resource personnel, such as critical incident assistance, job performance referrals, domestic violence prevention and awareness tools, management consultations and trainings.

WELLNESS PROGRAMS

From online self-help programs to onsite seminars to group telephonic coaching programs, MHN offers leading edge programs that help members manage their weight, quit smoking, lower stress and adopt healthier lifestyles. Our expertise in behavioral science means the wellness solutions we offer are about real, lasting lifestyle change, not temporary fixes.

MANAGED BEHAVIORAL HEALTHCARE (MBH)

MHN's MBH plans address mental health and substance abuse disorders. MBH plans are available on a stand-alone basis, integrated with a Health Net medical plan, and/or integrated with MHN's EAP.

REAL RESULTS

Our programs boost employee wellness and productivity by:

- » Reducing absenteeism and turnover
- » Increasing productivity
- » Reducing medical and mental health claim costs
- » Improving morale, employee satisfaction and retention
- » Increasing management effectiveness
- » Managing risk of violence in the workplace
- » Reducing risk of litigation

"MHN's services have been, and continue to be nothing short of outstanding."

An MHN member whose wife accessed care thanks to a single patient contract.



MHN LEADERSHIP

Steven Sell
President & CEO



As President & CEO, Steve defines MHN's core values and business strategies. With expertise in finance, operations, sales and marketing, he believes that understanding member and client needs is the key to providing the right solutions.

Steve's leadership ensures that all MHN associates are focused on providing real, measurable results for the organizations and individuals we serve.

Juanell Hefner
Chief Operating Officer



Juanell is accountable for the operational performance of the company, ensuring that tactical decisions and processes are effective, responsive, focused and coordinated.

With more than 20 years of executive experience in operations, she is keenly aligned with MHN's customer-centric approach. Her expertise spans health plan operations, specialty operations, transaction and call center operations, project management and business analysis.

Ian Shaffer, MD
Chief Medical Officer



Ian sets and oversees clinical policies and guidelines for MHN to ensure the clinical efficacy of MHN's behavioral health solutions. He is responsible for MHN's professional relations, quality improvement and disease management units, and is committed to continuous improvement of clinical quality.

Ian is a board-certified psychiatrist, an expert in behavioral change and an active board member of the American Managed Behavioral Healthcare Association (AMBHA).



At MHN, it's about you.

Your needs. Right solutions. Real results.



Our families are better equipped to deal with reintegration, thanks to the MHN consultant. Please accept my sincere thanks for your great support. *A unit commander stationed in Iraq.*