



Member Pulse

Digest

NOVEMBER 3, 2014

MHN Member Pulse Updates and More

Great news! Coming January 1, 2015, your EAP will include new resources to improve your health and happiness in the new year and beyond:

- Wellness coaching services to help you reach your healthy lifestyle goals
- Enhanced wellness tools on your EAP member website, such as:
 - A comprehensive health assessment
 - Interactive trackers for healthy eating, exercise and more
 - Meal planners, recipes and fitness recommendations

More information will be coming soon - Please stay tuned! Also, we've added the following articles to *MHN Member Pulse*. Just click on the titles below to go directly to the articles.

- [**Relationships That Last**](#)
Like flowers, relationships need care to grow. When life gets busy, our relationships may suffer. We may feel we simply don't have the time to spend on our relationships when we're busy with work, parenting and running a household. If this sounds familiar, try these tips and watch your relationships thrive.
- [**Aging Parents: 7 Warning Signs of Health Problems**](#)
As your parents get older, how can you be sure they're successfully taking care of themselves and staying healthy? When you visit your aging parents, ask yourself the following questions. Then, if necessary, take steps to help your aging parents maintain their independence.
- [**Single Parent? Tips for Raising a Child Alone**](#)
If you're raising a child on your own, you're not alone. Single-parent families are more common than ever. Know how to manage some of the special challenges single parents experience and what you can do to raise a happy, healthy child.
- [**Family Feud**](#)
It can start small: Your brother puts you on hold while he takes a call from his new girlfriend and forgets you're waiting on the line. Or your mother-in-law criticizes your parenting skills. Hurt feelings and disappointments can build over time, until one day family members simply stop communicating. One week of silence turns into a month, then a year, then many years. In charged silence, repairing a damaged relationship may seem beyond hope. But these tips can help.

Don't forget to save [MHN Member Pulse](#) to your list of favorite websites! Also, check out [MHN's member website](#) for all sorts of valuable tools and content just for EAP members.

To access MHN's member website, you will need your company code. You can obtain this by contacting MHN at (800) 646-9923 or membersupport@mhn.com.

We speak your language!

Call our toll-free number for assistance. When you call MHN, free interpretation services are available in over 170 languages.

¡Hablamos su idioma!

Si desea ayuda, llame a nuestro número telefónico gratuito. Cuando llame a MHN, podrá usar nuestros servicios de interpretación gratuitos en más de 170 idiomas.

我們使用中文!

撥打我們的免付費電話以取得協助。打電話給MHN時，我們可提供170多種語言的傳譯服務。

Please note that the characters above may not display correctly if the Chinese simplified language pack has not been installed on your computer.

Not yet registered for your EAP member website? No problem! [Log in/Register](#)

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