

# PROVIDER Update



Health Net®

NEWS & ANNOUNCEMENTS

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## Refer Patients to myStrength.com for Pregnancy and Early Parenting Support

### A website with customized tools to help members balance mind and body

myStrength.com, *The health club for your mind*,™ is offering a new program, Pregnancy and Early Parenting. It is a unique self-care resource that includes 65 evidence-based interventions that provide real-time support to integrate healthy behaviors throughout pregnancy and early parenting.

Members get a personalized experience based on user-defined preferences and receive diverse approaches to get help. It is available to mothers and fathers, as well as single parents, same-sex couples, adoptive parents, and anyone else expecting a baby or raising a child up to age three.

#### Self-paced learning

Members will have access to information that covers many topics about pregnancy and parenting, such as:

- When You're Expecting
- Labor and Delivery
- Connecting With Your Baby Every Day
- The Journey to Parenthood
- The Baby Blues
- Expecting the Unexpected: What Parents Wish They'd Known
- Making a New Parent Sleep Plan
- Mindfulness for Moms and Dads

#### Private and confidential

myStrength.com is a Health Insurance Portability and Accountability Act- (HIPAA-) compliant platform with customized interactive tools using web and mobile technology. It is private, safe and secure.

#### On-demand resources – 24/7

Members can enjoy the benefits of this resource, and more, from the comfort and privacy of their home! myStrength.com offers in-the-moment mood tracking and immediate stress-relief tools, including:

THIS UPDATE APPLIES TO CALIFORNIA PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

LINES OF BUSINESS:

- HMO/POS/HSP
- PPO
- EPO
- Medicare Advantage (HMO)
- Medi-Cal
  - Kern
  - Los Angeles
    - Molina
  - Riverside
  - Sacramento
  - San Bernardino
  - San Diego
  - San Joaquin
  - Stanislaus
  - Tulare

PROVIDER SERVICES

provider\_services@healthnet.com

**EnhancedCare PPO (IFP)**

1-844-463-8188

provider.healthnetcalifornia.com

**EnhancedCare PPO (SBG)**

1-844-463-8188

provider.healthnet.com

**Health Net Employer Group HMO, POS, HSP, PPO, & EPO**

1-800-641-7761

provider.healthnet.com

**IFP – CommunityCare HMO, PPO, PureCare HSP, PureCare One EPO**

1-888-926-2164

provider.healthnetcalifornia.com

**Medi-Cal – 1-800-675-6110**

provider.healthnet.com

PROVIDER COMMUNICATIONS

provider.communications@

healthnet.com

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- A variety of mood-improving resources.
  - Step-by-step eLearning modules.
  - Interactive tools.
  - Weekly action plans.
  - Self-help workbooks.
  - Daily inspirations.

## Sign up today!

Members can visit [myStrength.com](http://myStrength.com) to sign up online for the Pregnancy and Early Parenting Program.

- 1 In a web browser enter:  
**[www.myStrength.com/hnwell](http://www.myStrength.com/hnwell)** for Commercial members (HMO, POS, HSP, PPO, and EPO).  
**[www.myStrength.com/hnmedical](http://www.myStrength.com/hnmedical)** for Medi-Cal members.
- 2 Click *Sign Up*.
- 3 Complete the myStrength sign-up process with a brief wellness assessment and personal profile.

## Go mobile!

After setting up an online account, members can also download the myStrength app for iOS and Android devices and register using the same email and password.

## Referrals make a difference

In addition to the new Pregnancy and Early Parenting Program, [myStrength.com](http://myStrength.com) addresses other areas to help members:

- Anxiety
- Balancing intense emotions
- Chronic pain
- Depression
- Insomnia
- Mindfulness and meditation
- Opioid recovery
- Stress
- Substance use

Encourage members struggling with mental health issues to register on [myStrength.com](http://myStrength.com). See the steps under *Sign up today!*

If a member needs emergent or routine treatment services, call MHN at 1-888-327-0010.

## Additional information

If you have questions regarding the information contained in this update, contact the Health Net Provider Services Center by email at [provider\\_services@healthnet.com](mailto:provider_services@healthnet.com) within 60 days, by telephone or through the Health Net provider website as listed in the right-hand column on page 1.