

PROVIDER Update



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:

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

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
CAL MEDICONECT
PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

PROVIDER SERVICES

provider_services@healthnet.com
Los Angeles County – 1-855-464-3571
San Diego County – 1-855-464-3572
www.healthnet.com

PROVIDER COMMUNICATIONS

provider.communications@
healthnet.com

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- Daily inspirations.
 - Interactive tools.
 - Mood-improving resources.
 - Self-help workbooks.
 - Step-by-step eLearning modules.
 - Weekly action plans.

Sign up today!

Members can visit www.myStrength.com/hnwell to sign up online for the Pregnancy and Early Parenting Program.

- 1 Enter www.myStrength.com/hnwell in a web browser.
- 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 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. 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 within 60 days, by telephone or through the Health Net provider website as listed in the right-hand column on page 1.