

# Keep Smiling



Ramon Munoz  
We make the  
well-being of our  
MHN members  
a priority.



MHN's Employee Assistance Program – paid for by your employer – is here to help you live better. EAP services are confidential. Your privacy is important to us, and it is protected by state and federal laws.

Visit our member site or call our confidential toll-free line anytime (24/7) for help with:

- Emotional health concerns
- Work-life balance
- Health and wellness
- Financial and legal issues
- Identity theft recovery
- Childcare and eldercare

**Call us toll-free anytime: 1-800-242-6220 TTY  
users call 711.**

**Or visit us at: [members.mhn.com](http://members.mhn.com)  
and register with the company code: alameda**

**We speak your language!**

When you call MHN, free interpretation services are available in over 170 languages. We also contract with a vendor who can physically attend appointments with you, at no cost, if you need help communicating with doctors or other providers.

**¡Hablamos su mismo idioma!**

Cuando llame a MHN, podrá usar nuestros servicios de interpretación gratuitos en más de 170 idiomas. Además, contamos con proveedores contratados que pueden asistir en persona a las citas con usted, sin cargo alguno, en caso de que necesite ayuda para comunicarse con los médicos u otros proveedores.

**我們說您的語言!**

您致電 MHN 時，我們可提供 170 多種語言的免費傳譯服務。我們還聘用了翻譯人員，如果您需要翻譯人員幫助您與醫生或其他醫療服務提供者進行交流，該翻譯人員可以與您一道參加約診，該服務為免費提供。