

BEHAVIORAL HEALTH BENEFITS PROVIDED BY MHN Net

ALLEGIAN HEALTH PLANS has partnered with **MHN Net BEHAVIORAL HEALTH** to provide mental health and substance abuse services with access to over 30,000 contracted providers nationwide. *Please refer to your Evidence of Coverage (HMO) or Certificate of Coverage (PPO) for coverage details, including limitations and exclusions.*

GETTING HELP THROUGH MHN Net

MHN Net is here to ensure that your needs are met efficiently and effectively. Our dedicated staff is available to answer any questions you may have.

Feel free to call us at any time. We offer around-the-clock emergency access to trained mental health professionals. While our staff can assist you in most cases, we advise that you go to a hospital emergency room if a situation requires immediate attention. We look forward to providing you with information about your mental health benefits and services.

PLEASE CALL US, IF YOU...

- need names of therapists, doctors, or sub-specialty care providers
- are having a hard time coping or feel that you need help
- have questions about substance abuse or mental health concerns
- think you or someone you care about needs to be in the hospital
- have questions about your mental health benefits, co-payments, or mental health claims
- need mental health services outside of the service area
- need information about a practitioner, including his/her background or qualifications
- wish to name someone to represent you for claims, care decisions, and/or appeals

TREATMENT GUIDELINES AND PREVENTIVE HEALTH PROGRAMS

You are an important part of your treatment team. To help you be an active partner in your treatment, **MHN Net** has information on several disorders. These include schizophrenia, major depressive disorder, bipolar disorder, and substance abuse. The materials give you information about these disorders and your options for care. After you read them, please discuss your treatment options with your provider.

MHN Net also offers special behavioral health prevention programs that include educational materials and treatment opportunities for members with Anxiety Disorders and for members with teenaged children who may be at risk for Depression. **MHN Net** also maintains a library of education materials that are available online.

For more information, please call **MHN Net** and ask to speak with the QI Department.

CASE MANAGEMENT

Each person accessing care receives case management. Case Managers supervise your compliance with recommended treatment plans, monitor your progress, and contact you directly to make sure you are receiving treatment that will lead to superior clinical outcomes.

MHN Net also employs Intensive Case Management for members with concurrent medical and behavioral problems, members with chronic and severe behavioral health conditions and members who require supplemental services or have complicating factors that would result in further deterioration in the severity of the illness without intensive intervention.

MHN Net's case management provides access to specialty programs and resources, coordinates treatment between providers, ensures monthly reviews are done with a medical doctor, and reduces barriers through frequent member contact while monitoring and encouraging treatment

LIFE COACHING SERVICES

Life coaching helps you learn how to make choices that promote an effective, balanced and fulfilling life. This **FREE** benefit includes up to three [3] 50-minute telephonic coaching sessions per issue. Life focuses include:

- Stress Management and Balance
- Spirituality and Personal Growth
- Career Planning and Development
- Motivation and Time Management
- Finances and Budgeting

Call 866.583.0119 to schedule an appointment Monday through Friday 8 a.m. — 5 p.m. CST

PROVIDER NETWORK

MHN Net maintains a robust, diverse, credentialed nationwide affiliate network of over 30,000 licensed behavioral care providers.

Call **MHN Net** to locate a provider matched according to specialty, geography, and any other special needs.