



We're Serious about Wellness

At the State of California, we care about your health! Your EAP offers convenient wellness tools that can help you live better.

Getting started

You can find the Wellness Center under the Wellness tab on our home page. Just follow a few easy steps to access wellness resources:

- Click Continue and then use your company code (soc) to log in to the Live Well Wellness Center.
- Check out the Health Topics menu for articles, videos and online seminars.
- To access the health assessment and other personalized wellness tools, register and log in under Live Well Wellness Coaching.

Our health assessment tool is a great first step toward better health. You'll receive a confidential report rating your wellness and offering suggestions for improvement. Your individual results are never shared with your employer.



Making a change

Once you know where you stand, you can start making healthy changes. MHN's wellness tools are designed to help you:

- Develop a meal plan, shopping list, and long-term fitness program.
- Track your progress toward your fitness goals.
- Search for recipes by meal type or ingredients on hand.
- Find tips and advice for quitting tobacco, managing stress, improving sleep quality, and increasing the likelihood of a healthy pregnancy.

MHN's wellness tools are for informational and self-help purposes only. They should not be treated as a substitute for medical advice or as a substitute for consultation with a qualified professional.

Need help?

Call toll-free, 24 hours a day, seven days a week:

1-866-EAP-4SOC | 1-866-327-4762

TTY users should call 1-800-327-0801.

Or visit us at: eap4soc.mhn.com and register with the company code: soc