

Register



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### Alcohol Awareness Month

Alcohol consumption can cause liver damage, heart disease and even cancer. It's also a major cause of traffic accidents. Learn more about the effects of alcohol below, and take a quick alcohol assessment to find out if you might be drinking too much.

- [Effects of Alcohol](#)
- [Long-Term Risks of Alcohol](#)
- [Alcohol and Driving](#)
- [Alcohol Screening Tool](#)

### Emotional Health



#### Gaining Control

Most of us have behaviors that make us feel better, things that pick us up when we're feeling down. They can help us cope with stress, pain, anger and even boredom. But such behaviors can become addictions that control us. [Learn more.](#)

### Health & Fitness



#### Common Diseases with Aging

As we age, our bodies become susceptible to a variety of diseases. If a person you care for is experiencing any unusual symptoms, encourage him or her to discuss them with their doctor. They may be signaling the early stages of a disease that can be cured if treated early. [Read more.](#)

### Family & Work



#### Adult Care: Talk About it Now

Most of us don't like to think about our parents not being able to live independently, so we avoid talking about their future needs. But it's never too early to discuss plans and preferences for adult care. In fact, the time for such conversations is now – before any crises or emergencies occur. [Full article.](#)

### Financial & Legal



#### Analyzing Your Financial Picture

The best time to start serious planning for retirement is between the ages of 30 and 40. The sooner you start building your retirement nest-egg, the longer it has to grow while you still have a full-time career. [Learn more.](#)

**Online Tools & Assessments:**  
[Depression](#)  
[Stress](#)  
[Anxiety](#)  
[Insomnia](#)  
[Alcohol & Drugs](#)

#### Alcohol Awareness

What you don't know about alcohol really can harm you.

[Find out more.](#)

Click here  
to learn what  
**MHN**  
can do for you!



#### Am I at Risk?

Your family's history of alcohol use can affect your risk of alcoholism.

[Read more.](#)

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#### Feedback?

Send us your [feedback](#) on *Member Matters*. Let us know what you liked, what you didn't, and what you'd like to see more of.

[Click here to view Member Matters in Spanish](#)

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