



## MEHN Getting Started Guide

### How to get the most out of your Men's eHealth Network

#### Step 1: Identify the Health Problem

- Click on **Information** tab at top of homepage then [The Health Problem](#) tab

#### Step 2: Be aware of your Health Risks

- Click on **Information** tab at top of homepage then the [Health Risks](#) tab

#### Step 3: Recognise the Symptoms

- Click on **Information** tab at top of homepage then the [Recognise the Symptoms](#) tab

#### Step 4: Get the 'all clear' from GP and help from Health Professionals

- Click on **Information** tab at top of homepage then the, [Health Professionals](#) tab

#### Step 5: Review the Lifestyle Information featuring on MEHN

- Click on **Information** tab at top of homepage then the [Lifestyle](#) tab

- Then click on [Exercise](#) tab
  - Exercise programs and demonstration clips
    - Click on desired program at **bottom** of **Exercise** page
- Then click on [Nutrition](#) tab
  - Easy to cook recipes
    - Click on links in **Nutrition** page for [Go for 2 & 5](#) and [Nutrition Australia](#)
- Then click on [Mental Wellbeing](#) tab

#### Step 6: Get Organised

- Click on **Information** tab at top of homepage then the [Get Organised](#) tab

- Download templates
  - Health Check Log Book / Goal Setting Tool/ Daily Checklist / Food Diary / Meal Planner / To Do List / Exercise Program Template
    - Click on [Downloads](#) tab at top of homepage then click on [Documents](#)
    - Check out the [Service Log Book \(48 week program\)](#) and email [mehnadmin@mehn.org.au](mailto:mehnadmin@mehn.org.au) to register your participation.

#### Step 7: Register with the '[MEHN Community](#)' to gain and give support to help you and other men adopt positive lifestyle changes and/or help you and other men through battles with health conditions.

- Click on the **Register** tab on the top right corner of the homepage then the [Create a new account](#) tab then enter your details. You will then receive a confirmation email, click on the link in it to confirm your registration then enter your username and password and click on **logon**. Click on the **Introduce yourself** topic so you can tell us about your lifestyle and then you can begin to explore other topics...

Good Luck, MEHN Crew.