

# Live well

## myStrength™: The health club for your mind

Now you can use myStrength to help enhance your emotional wellbeing. It's a new kind of online wellness portal. You can use it to support your mind, body and spirit. Best of all, it's a free part of your program.

### Strengthen your whole self

myStrength offers tools to improve your emotional health and help you overcome depression, anxiety, stress, substance misuse and/or chronic pain. Once you get set up with myStrength, you'll log on to a home page created just for you. myStrength is:

- Clinically proven
- Easy to use
- Free and available 24/7
- Confidential

Read articles, watch videos and try eLearning programs. Or just get inspired by the daily quote.

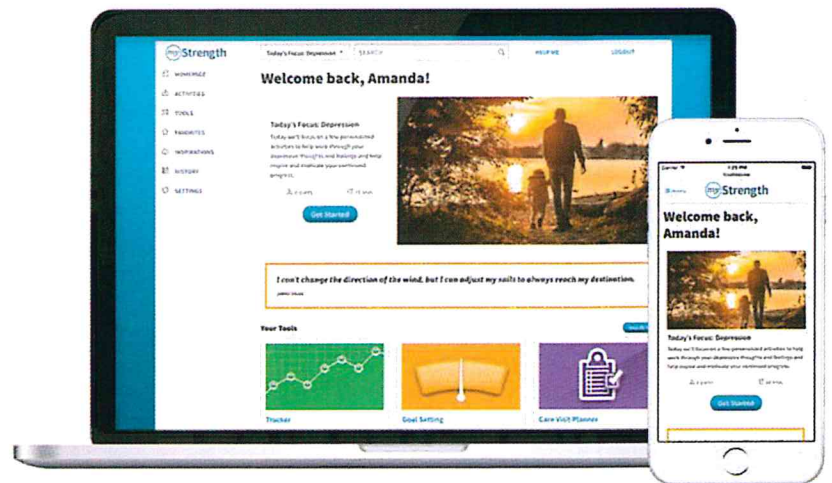
### Give the app a try, too

Get inspired on the go. With the myStrength app you can:

- Get custom inspiration based on your mood
- Track your mood over time
- Upload your own inspiring photos and videos
- Opt to receive check-in reminders

### Easy sign-up

You can register for myStrength from the link on your member website.



*"myStrength.com is a great wellness tool for your mind, body and spirit! I love the daily inspirational quotes and wellness articles. [It's] a great way for me to proactively take care of myself." — myStrength user*

Now you're ready to start exploring all that myStrength has to offer.



### The EAP is administered by Resources For Living, LLC.

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