



Build a healthier mind for a stronger you.

What is myStrength?

myStrength is a flexible and comprehensive digital program for emotional health to help with life's evolving challenges. From learning activities and guided meditation to skill-building courses, with myStrength, you get personalized support to build a healthier mind for a stronger you.

What to expect:

- Learn from hundreds of activities, articles and videos.
- Practice techniques to help you shift your thinking, get inspired and feel more hopeful.
- 24/7 access: Available whenever, wherever you need it.

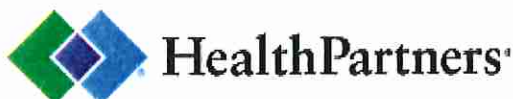
Get started today!

Complete your health assessment and view your well-being activities at **healthpartners.com/wellbeing** or download the **myHP app** and click the Living Well button.

Questions?

Contact Living Well
Customer Service at
Info@Journeywell.com
or call **800-311-1052**.

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Cope, bounce back and grow during stress and change

myStrength

Now more than ever it's critical to support the emotional health needs of employees. HealthPartners is here to help by providing your employees with access to myStrength. This free, digital resource will help your population build resilience, reduce stress and lower anxiety, so they can improve their overall health and lower costs.

Building skills to manage stress, depression, anxiety and more

myStrength is a digital program that uses evidence-based, cognitive behavioral therapy to support your employees with most aspects of their mental health. With myStrength, you and your employees get:

- Comprehensive, evidence-based support that addresses needs across the mental health spectrum – from general topics like resilience, sleep, and mindfulness to more serious needs like substance use and trauma.
- Convenient, 24/7 access to interactive, self-paced programs from a phone or computer
- Integration with other HealthPartners programs and solutions, including the digital experience, health and well-being coaching and disease and case management nurse support

Full spectrum of support

Emotional health focus areas:

- Managing Depression
- Controlling Anxiety
- Improving Sleep
- Drug or Alcohol Recovery
- Chronic Pain
- Opioid Recovery
- Reducing Stress
- Mindfulness and Meditation
- Balancing Intense Emotions
- Pregnancy & Early Parenting
- Nicotine Recovery
- Moving Beyond Trauma
- Bipolar Disorder

Life Topics

- Coping During COVID-19
- First Responders Mental Fitness
- Managing Chronic Conditions
- Facing Racism and Discrimination
- Relationships
- LGBTQ+
- Work
- Caregiving
- Aging
- Grief
- Suicide