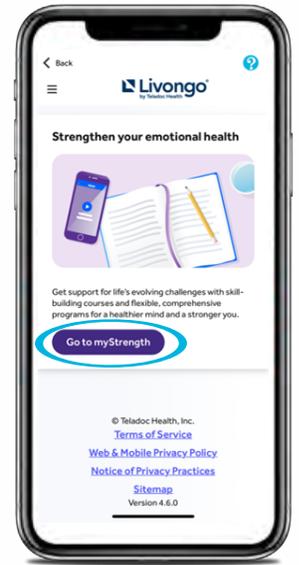
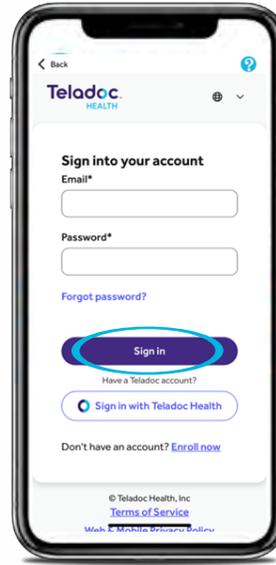
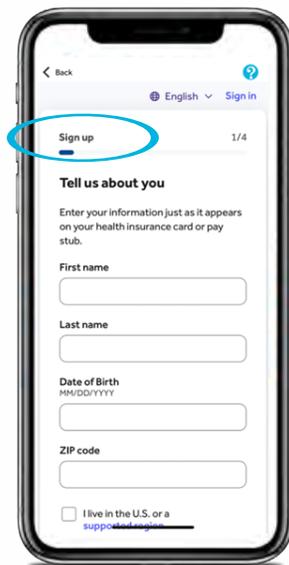
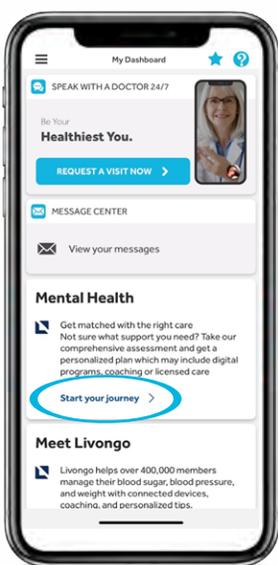




How To Access MyStrength Complete

Our MyStrength service provides specialized digital mindfulness programs that employees can work through on their own.

1. **SIGN IN** to the HealthiestYou App
2. Go to the **MENTAL HEALTH** file on the dashboard
3. Click **START YOUR JOURNEY**
4. **SIGN UP** (this will take you out of the *HealthiestYou* dashboard and you will need to Sign Up for *MyStrength*).
5. **SIGN IN** using the new login info that you just created.
6. Click **GO TO MYSTRENGTH**



Recommended digital content and resources.
Explore self-guided activities and tools based on your goals and needs.