introducing myStrength®, your mental wellness program through HealthiestYou

with **myStrength**, you get

Personalized plan. Answer a series of questions, and we'll create a plan designed just for you.

Teletherapy your way. Connect with a licensed therapist of your choice by appointment seven days a week from the comfort of home.

Recommended activities and content. Explore skill-building tools and resources based on your ongoing needs and preferences.

Ready to get started?
Login to your profile using the HealthiestYou mobile app or member website and chose the Start Your Journey link from the **Mental Health** tile on the main dashboard!

Download the app for access to healthcare on the go

member.healthiestyou.com

Download on the App Store | GET IT ON Google Play

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