



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.

Questions?

Contact Living Well
Customer Service at
800-311-1052.

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.

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