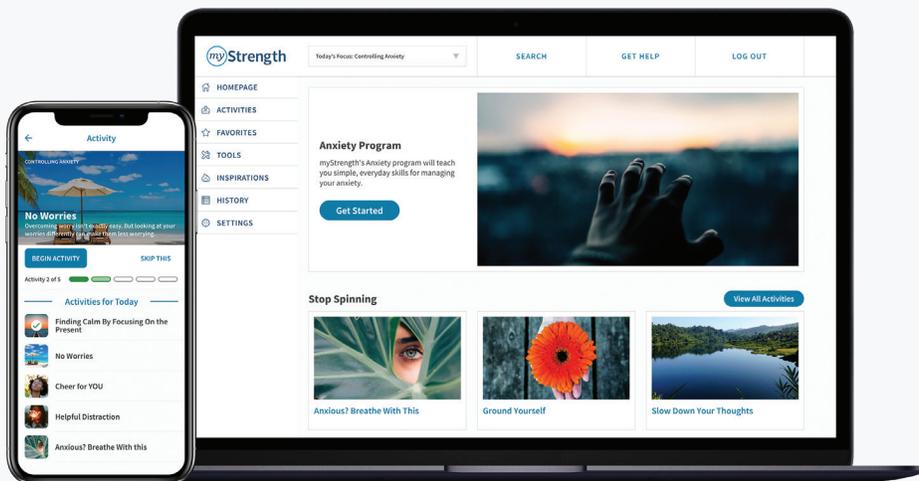


# Emotional Health and Well-being Support For You

## Recharge, Refresh and Improve Your Mood with myStrength by Livongo

Now you can use myStrength's web and mobile tools to support your goals and well-being. Learning to use myStrength's tools can help you overcome the challenges you face and stay mentally strong. It's all safe, secure and personalized – just for you. And best of all it's available through your health plan at no extra cost.



### What myStrength users are saying:

*"It's nice to have self-guided help that is so accessible."*

*"myStrength gives me back some of the 'light' I had lost."*

### SIGN UP TODAY

1. Visit [bh.mystrength.com/hlthtrst-anh](https://bh.mystrength.com/hlthtrst-anh) and click on "Sign Up."
2. Enter the access code: "hlthtrst-anh"
3. Complete the myStrength sign-up process and personal profile.

Go Mobile!  
Download the **myStrength** mobile app, log in, and get started today.

