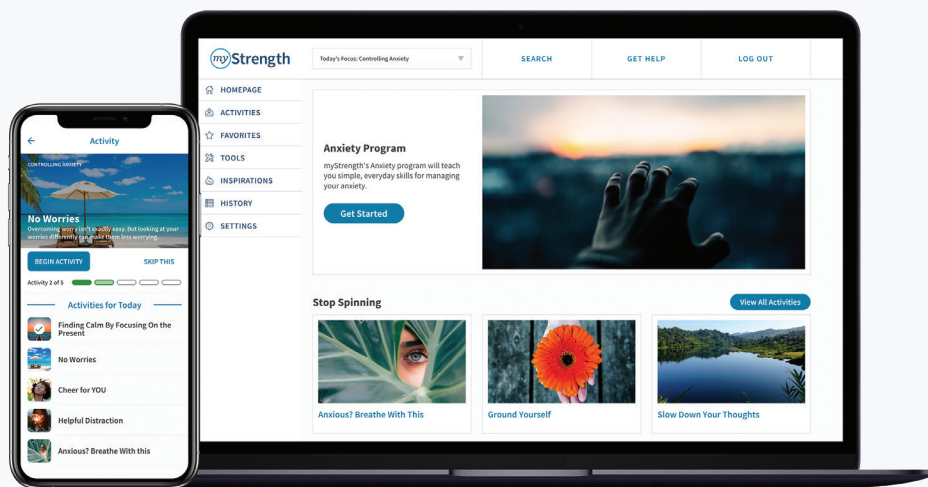


# Emotional Health and Well-being Support For Your Employees

## Help your Employees Recharge, Refresh and Improve Their Mood with myStrength by Livongo

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



### 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."*

## HELP YOUR EMPLOYEES SIGN UP TODAY

1. Employees visit [bh.mystrength.com/hlthtrst-rbs](https://bh.mystrength.com/hlthtrst-rbs)
2. Employees provide access code "hlthtrst-rbs"
3. Employees complete the myStrength sign-up process and personal profile

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Program includes trends and support on your secure account and mobile app but does not include a phone or laptop. The testimonials, statements, and opinions presented are applicable to the member. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid. Google Play and the Google Play logo are trademarks of Google LLC. Apple, the Apple logo, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc.

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