

Livongo for Behavioral Health powered by myStrength

# New COVID-19 Mental Wellness Tools



Now, as always, Livongo is committed to empowering our Members to live better, healthier lives. That includes providing resources for managing heightened stress and uncertainty brought on by the current coronavirus (COVID-19) threat.

The new **COVID-19 and Mental Wellness** resources from Livongo for Behavioral Health powered by myStrength are now available through your health plan to support you through these challenging times. These resources will be available to you through the end of 2020, at no cost.

## Resources Include:



Strategies to manage heightened stress



Tips for parenting during challenging times



Ideas to manage social isolation



Other tools and information for emotional support



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Get Started Today at [bh.mystrength.com/regence-wa](https://bh.mystrength.com/regence-wa)

# Getting Started Is Easy

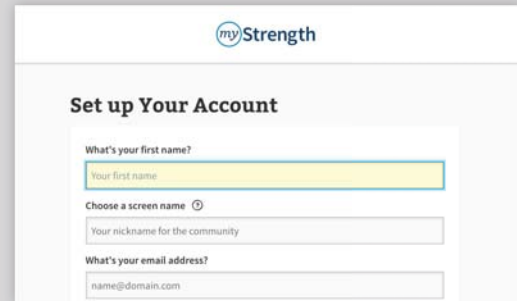
1

Visit [bh.mystrength.com/regence-wa](https://bh.mystrength.com/regence-wa).



2

Create a free account.



3

Choose from over a dozen activities to help manage heightened stress brought on by the COVID-19 pandemic.

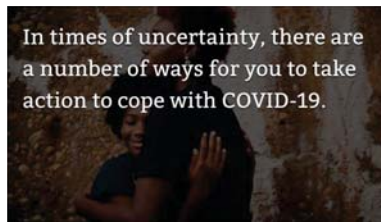
## Staying Connected While Social Distancing

Make a plan to increase your feelings of connectedness.



## Coping Skills during COVID-19

In times of uncertainty, there are a number of ways for you to take action to cope with COVID-19.



## Keeping Perspective in a Crisis

Focus on the bigger picture in the midst of COVID-19.



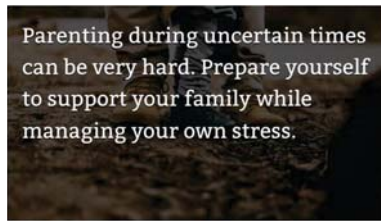
## Changing Plans and Handling Disappointment

Ways to cope with unexpected changes.



## Parenting in Challenging Times

Parenting during uncertain times can be very hard. Prepare yourself to support your family while managing your own stress.



## Managing Overwhelming Thoughts About COVID-19

What you can do now to keep your mind on your side.

