



Live well

myStrength™: The health club for your mind

Now you can use myStrength to help enhance your emotional wellbeing. myStrength is a new kind of online wellness portal. You can use it to support your mind, body and spirit. Best of all, it's a free part of your program.

Strengthen your whole self

myStrength offers tools to improve your emotional health and help you overcome depression, anxiety, stress, substance misuse and/or chronic pain. Once

you set up myStrength, you'll log on to a home page created just for you. myStrength is:

- Clinically proven
- Easy to use
- Free and available 24/7
- Confidential

Read articles, watch videos and try eLearning programs. Or just get inspired by the daily quote.

Resources *for Living*®

Give the mobile app a try, too

Get inspired on the go. With the myStrength mobile app you can:

- Get custom inspiration right on your smartphone
- Track your mood over time
- Upload your own inspiring photos and videos
- Opt to receive check-in reminders

Easy sign-up

- Register for myStrength right from the link on your member website
- Start exploring all that myStrength has to offer

"myStrength.com is a great wellness tool for your mind, body and spirit! I love the daily inspirational quotes and wellness articles. [It's] a great way for me to proactively take care of myself."

— myStrength user

1-800-272-3626

resourcesforliving.com

Username: PRM

Password: 8002723626



The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change.

Resources *for* Living®