



# myStrength™: The health club for your mind

## Aetna Resources For Living<sup>SM</sup>

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

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

### 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

**Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC. and in California for Knox-Keene plans, Health and Human Resources Center, Inc.**

All EAP calls are confidential, except as required by law. myStrength services are provided and managed by myStrength, an independent third party. Aetna does not oversee or control the services provided by or recommended by myStrength and does not assume any liability for their services. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. For more information about Aetna plans, go to [aetna.com](http://aetna.com).

### 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

