



Build a healthier mind for a stronger you.

What is myStrength?

myStrength is a flexible and comprehensive digital program for emotional health to help with life's evolving challenges. From learning activities and guided meditation to skill-building courses, with myStrength, you get personalized support to build a healthier mind for a stronger you.

What to expect:

- Learn from hundreds of activities, articles and videos.
- Practice techniques to help you shift your thinking, get inspired and feel more hopeful.
- 24/7 access: Available whenever, wherever you need it.

Get started today!

Complete your health assessment and view your well-being activities at healthpartners.com/wellbeing or download the **myHP app** and click the Living Well button.

Questions?

Contact Living Well Customer Service at Info@Journeywell.com or call **800-311-1052**.

The HealthPartners family of health plans is underwritten and/or administered by, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company. 20-920173-1006397 ©2021 HealthPartners

