



# You Deserve to Live Your Best Life

**myStrength** by Teladoc Health helps you manage sleep, stress, anxiety, and much more.



A simple place to start getting support, no matter what your needs are.



Ongoing care that adjusts as your needs evolve.



A clinically based digital assessment so we can create a plan designed just for you.



A complete range of tools and resources to suit your preferences.



## Enroll Now

**Online:** Visit [mystrength.com](https://mystrength.com); click "Sign Up";  
Use access code: **INTERMOUNTAIN**  
**or**

**Download** myStrength from Google Play or the  
App Store; Use access code: **INTERMOUNTAIN**

