



You Deserve to Live Your Best Life

(my)Strength. 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; click "Sign Up"; Use access code: INTERMOUNTAIN

or

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





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