



## Get the emotional health support you want and deserve

Discover MyStrength, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

At no cost to you

### MyStrength empowers you with:



**Personalized plan.** Answer a series of questions and MyStrength will create a plan designed just for you.



**Recommended digital content and resources.** Explore self-guided activities and tools based on your goals and needs.



**In-the-moment tools.** Calm yourself down, shift your thinking, get inspired and feel more hopeful.

Teladoc Health takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our [Notice of Privacy Practices](#) for more information on how Teladoc Health uses your health information.

## Get started

You can join by visiting [MyStrength.Livongo.com](https://MyStrength.Livongo.com) or call **800-945-4355**

MyStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the Terms of Service for more information.

Program includes trends and support on your secure Livongo account and mobile app but does not include a tablet or phone.

Program eligibility varies. Visit our website to learn more.