Quality health plans & benefits Healthier living Financial well-being Intelligent solutions



myStrength[™]: the health club for your mind **Aetna Resources For Living**[™]

Now you can use myStrength to help enhance your emotional well-being. It's 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.

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| E HISTORY | |
| O SETTINGS | Arguna Olama (Weine Street |
| | I can't change the direction of the wind, but I can adjust my sails to always reach my destination. |
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| | Tracker Goal Setting Care Visit Planner |

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 get set up with myStrength, you'll log on to a home page created just for you.

myStrength is:

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

You can read articles, watch videos and try eLearning programs. Or you can just get inspired by the daily quote.



Give the app a try, too

You can get inspired on the go. With the myStrength app you can:

- Get custom inspiration based on your mood
- Track your mood over time
- Upload your own inspiring photos and videos
- Opt to receive check-in reminders

Easy sign-up

You can register for myStrength from the link on your member website.

*my*Strength

"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

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Now you're ready to start exploring all that myStrength has to offer.