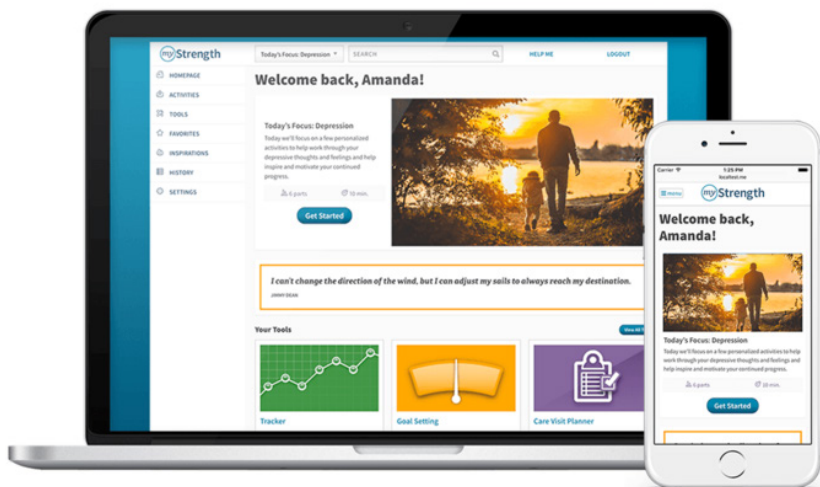


# myStrength™: the health club for your mind

## Aetna Resources For Living<sup>SM</sup>

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.



### 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
- Free and available 24/7
- Easy to use
- 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.



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



*“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

**Aetna Resources For Living<sup>SM</sup> is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna). The EAP is administered by Aetna Behavioral Health, LLC and in California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.**

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