

myStrength by Livongo – Available Now!

Free, digital resource to help you build resilience, reduce stress and lower anxiety

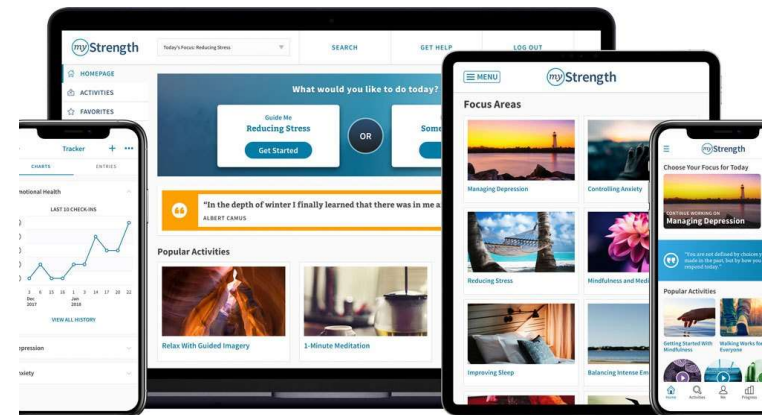
Full spectrum of support

Emotional health focus areas:

- Managing Depression
- Controlling Anxiety
- Improving Sleep
- Drug or Alcohol Recovery
- Chronic Pain
- Opioid Recovery
- Reducing Stress
- Mindfulness and Meditation
- Balancing Intense Emotions
- Pregnancy & Early Parenting
- Nicotine Recovery
- Moving Beyond Trauma
- Bipolar Disorder

Life Topics

- Coping During COVID-19
- First Responders Mental Fitness
- Managing Chronic Conditions
- Facing Racism and Discrimination
- Relationships
- LGBTQ+
- Work
- Caregiving
- Aging
- Grief
- Suicide



Access available through your personal Living Well portal on healthpartners.com

