



# We all have our struggles. The myStrength app can help.

myStrength is designed to help you navigate life's challenges, make positive changes, and support your overall well-being. The app can help you set goals and work towards them in the ways that work best for you. You can get myStrength at [kp.org/selfcareapps](https://kp.org/selfcareapps) and choose the mental health and wellness areas you want to focus on, including:

- Managing depression
- Reducing stress
- Improving sleep
- Mindfulness and meditation
- Pregnancy and parenting
- Drug, alcohol, or nicotine recovery



## Anyone can benefit from myStrength – and it's available at no cost to adult members

The app offers personalized self-care programs based on the cognitive behavioral therapy model. Programs include interactive activities, daily health trackers to monitor your progress, in-the-moment coping tools, and more. myStrength is:

- Evidence-based and proven effective
- Hand-picked by Kaiser Permanente physicians
- Confidential and easy to use

myStrength® is a wholly owned subsidiary of Livongo Health, Inc.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101