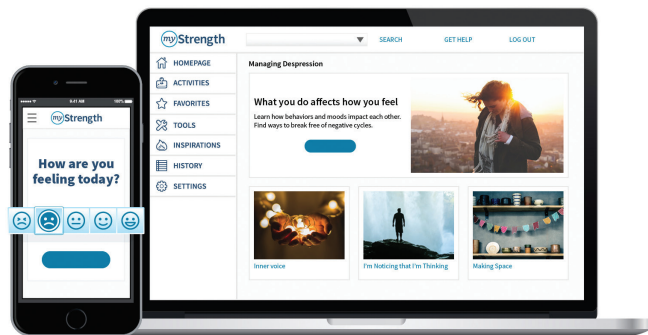


# Take a deep breath with myStrength

Your go-to for emotional well-being and peace of mind





Life gets busy. And sometimes it's hard to keep up. That's why as a part of your health care benefits you have access to myStrength, a free online and mobile program that supports emotional health and well-being.



The program's tools and resources are available to help you and your eligible dependents manage:

- Addiction
- Anxiety
- Chronic pain
- Depression
- Problems with sleep
- Stress

Think of myStrength as a private, 24/7 *health club for your mind*™. You can try out:

-  Positivity-training tools.
-  A daily mood tracker.
-  Inspirational videos, articles and quotes.
-  Step-by-step eLearning programs.

It's time you felt your best again! Let myStrength help you get there. Visit [anthem.com/mystrengthOH](https://anthem.com/mystrengthOH) to get started today.

