

# Build a healthier mind for a stronger you

Great news! You now have access to myStrength, a new McLaren Health Plan benefit offered at **no cost to you**. The myStrength program is offered at no cost to eligible patients and covered dependents ages 13 years and up with coverage through the McLaren plan.

MyStrength is a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more—all tailored to your unique needs.

With myStrength, you get:



**Personalized plan.** Answer a series of questions, and we'll create a plan designed just for you.



**Recommended activities and content.** Explore skill-building tools and resources based on your ongoing needs and preferences.



**In-the-moment tools.** Calm yourself down, shift your thinking, get inspired and feel more hopeful.

Become the best version of you with personalized support from myStrength.

[Sign up today](#)

Use registration code: MCLARENHEALTHPLAN

**We take your privacy seriously. Your protected health information is protected through federal and state laws, including HIPAA.**

## Support for life's evolving challenges— designed for you

Choose what to focus on in your own time, at your own pace with 24/7 access to myStrength online or via our mobile app.

- Reducing stress
- Improving sleep
- Managing depression
- Managing anxiety
- Mindfulness & meditation
- Balancing intense emotions
- Pregnancy & early parenting
- Managing chronic pain

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### Getting started is easy

Call Livongo Member Support at 800-945-4355 (TTY: 711) and use your registration code MCLARENHEALTHPLAN.

**Download the myStrength app now:**

