



Leading digital behavioral health platform
for healthcare payers and providers.

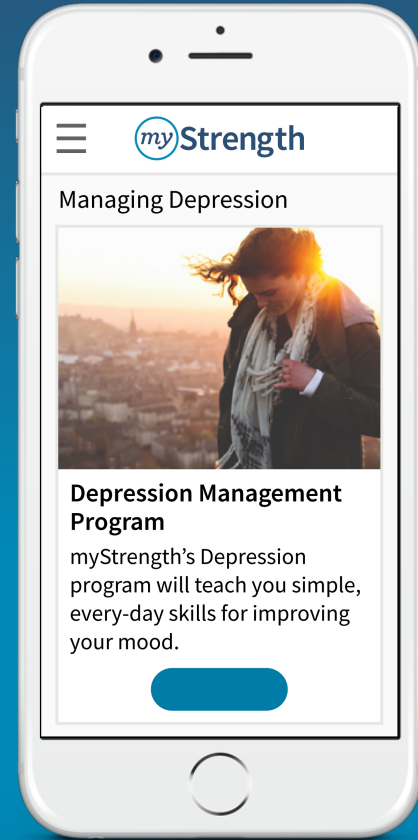


Agenda

- **What is myStrength?**
- **How does it benefit me?**
- **Sign Up Instructions**



www.myStrength.com/intro



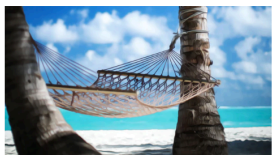
Focus Areas



Managing Depression



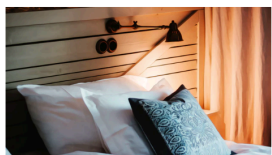
Controlling Anxiety



Reducing Stress



Mindfulness and Meditation



Improving Sleep



Balancing Intense Emotions



Managing Chronic Pain



Drug or Alcohol Recovery

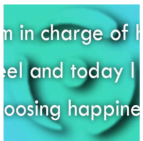


Opioid Recovery

Community Inspirations

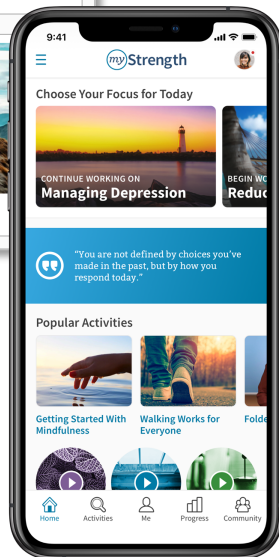
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Popular New My Inspirations Manage

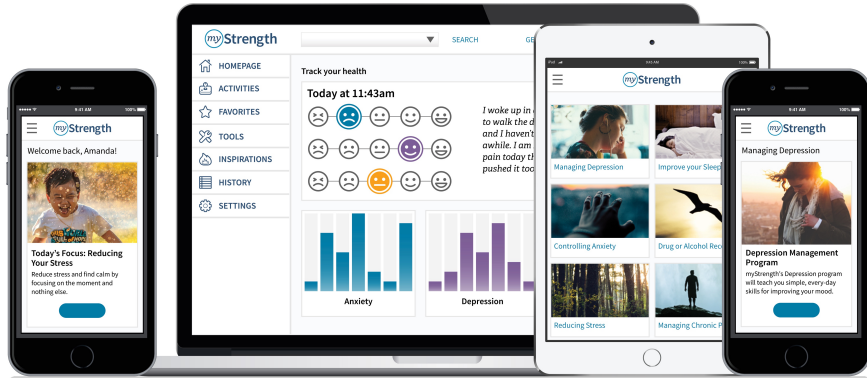


myStrength

Evidence-based self-help resources for emotional health and overall well-being



Personalized Emotional Health Resources



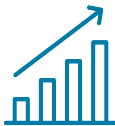
Interactive Applications

- Stress
- Depression
- Anxiety
- SUDs
- Opioid Recovery
- Chronic Pain
- Insomnia
- Mindfulness and Meditation
- Balancing Intense Emotions (DBT)



Mind + Body + Spirit

- Wellness
- Spiritual
- Social and Community



Cognitive Behavioral Therapy

Behavioral Activation

Mindfulness

Motivational Interviewing

Positive Psychology

Dialectical Behavior Therapy

myStrength Features

Interactive Self-Care Programs

Featured Topics

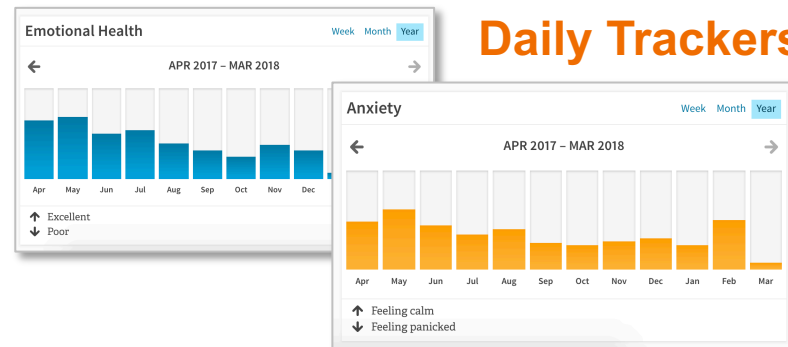
- Managing Depression
- Controlling Anxiety
- Drug or Alcohol Recovery
- Managing Chronic Pain

Sleep Program
Getting your sleep back on track.

WHAT YOU'LL LEARN

- Getting Started: An overview of the myStrength sleep program.
- Making a Change: Are you ready to commit to a new way?
- Helping Your Body Support Your Sleep: Your body wants to sleep. There are things you can do to help it succeed.

Daily Trackers



In-the-Moment Tools

- Get Inspired
- Find Calm
- Be Positive
- Connect with Others
- Be Mindful
- Laugh
- Learning to Handle Conflict
- Managing Work-Related Stress
- Working Mom? Aim for Less Stress

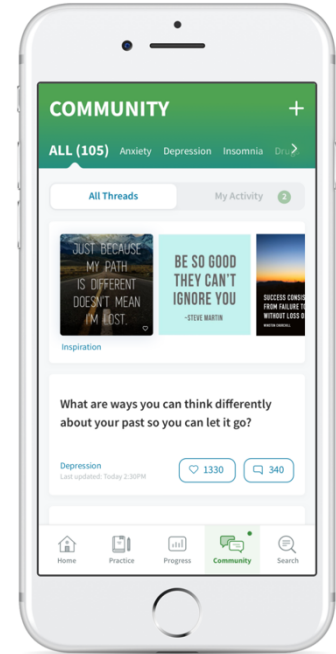
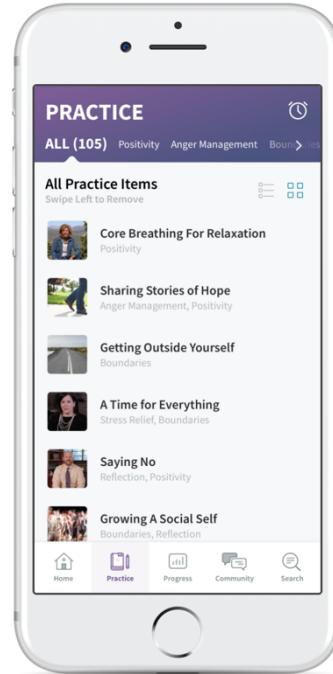
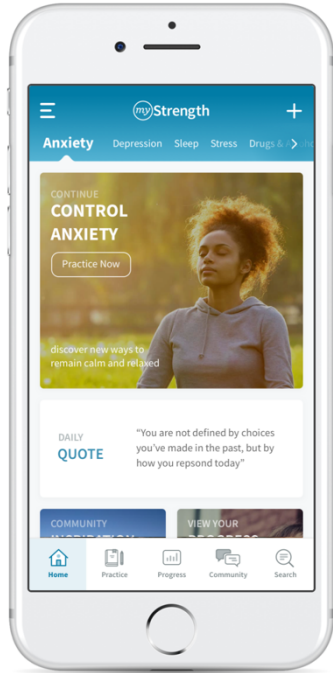
Community Interactions

Community Inspirations (Upload)

Popular New My Inspirations Manage

- BrokenOne: "SOMETIMES YOU JUST HAVE TO BOW YOUR HEAD, SAY A PRAYER, AND WEATHER THE STORM."
- Tortuga: "WE ARE THIS LIFE. WE ARE STRONG ENOUGH TO LIVE IT."
- Hopeful: "I am in charge of my future and today I am choosing happiness."
- Hopeful: "To get through the hardest journey, we must take only one step at a time, but we must keep on stepping."

myStrength Mobile App



myStrength Summary

- **Access** to clinically-proven mental health and well-being resources – to aid in MO CIT work in the field
- myStrength integrates **gold-standard psychotherapy models** such as cognitive behavioral therapy (CBT), mindfulness, and positive psychology to maintain and strengthen resilience and overall emotional health.
- myStrength **focuses** on a **broad range of conditions** such as depression, anxiety, stress, substance use, chronic pain, and insomnia.
- Ability to use as a **personal, self-care tool** for CIT Council members and their families.

Sign Up Today!

- 1) Visit www.myStrength.com and click on Sign Up
or
Download myStrength from your mobile app store.
- 2) Enter Access Code: **MOLEO**
- 3) If using in a **PROFESSIONAL** capacity, use **WORK EMAIL address.**
- 4) If using in a personal **WELLNESS** capacity, use ***PERSONAL email address or fictitious email address if concerns with privacy.***
- 5) Complete registration and enjoy the site!

Thank you.

