



myStrength

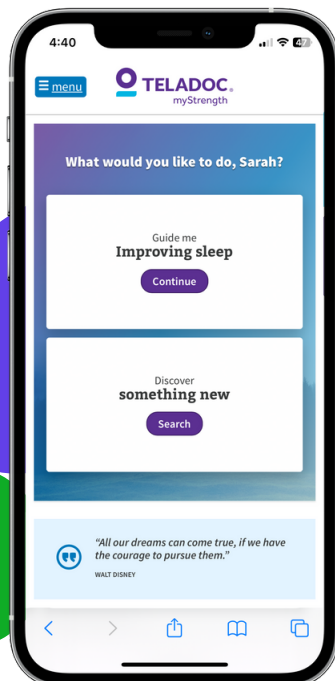
# Emotional health support designed for you



**MyStrength offers you access to 1100+ evidence-based digital programs that are proven to improve mental health.**

No matter where you are in your journey to better mental health, get the personalized support you need to become the best version of you. myStrength has been developed with clinical expertise and a data-driven approach to provide recommended content for your mental health needs. With myStrength, you get:

- A personalized program and pathway for your journey to mental wellness
- An in-app coach that provides guidance and support in navigating the app
- 24/7 access to in-the-moment tools so you can practice techniques to help you calm down, get inspired and feel more hopeful



## How it works

- 1** Download the Teladoc Health app and register. Open the "Mental Health" tile, and select "myStrength".
- 2** Fill out a brief questionnaire which then delivers you recommended content. Choose the activity you would like to start with and begin!
- 3** Throughout your use of myStrength, you will be connected with an in-app coach who will provide virtual asynchronous guidance and support.

“

“Rather than dwelling on a problem, I need to ask, 'How can I overcome this and think more positively?' myStrength has given me the tools to actually do that.”

– Tracy



## myStrength offers:

96%

Member satisfaction rate

82%

As effective as therapy

### In-app coach

Message asynchronously with an in-app expert coach who can recommend activities based on your progress.

### Recommended content

Learn from hundreds of resources, activities, and videos.

### 24/7 access

You can access myStrength anytime, from anywhere.

### No cost

myStrength is available through your employer or insurer at no cost to you.

### Take on life's evolving challenges:

myStrength offers evidence-based support for many types of emotional and physical challenges. We help with:

- Reducing stress
- Improving sleep
- Managing depression
- Managing anxiety
- Mindfulness & meditation
- Balancing intense emotions
- Pregnancy & early parenting
- Managing chronic pain
- Improving relationships
- Processing grief
- Navigating the workplace
- And more

## Start your myStrength journey today.

Visit [TeladocHealth.ca](https://TeladocHealth.ca) | Call 1-877-419-2378 | Download the Teladoc app

