

myStrength™: the health club for your mind

Aetna Resources For LivingSM

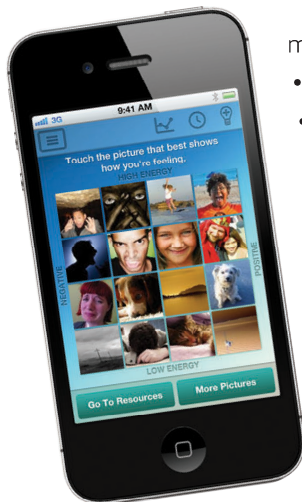
With your Employee Assistance Program (EAP), now you can use myStrength to help enhance your emotional well-being.

It's a new kind of online wellness portal. You can use it to support your mind, body and spirit. Best of all, it's a free part of your program.



Strengthen your whole self

myStrength offers tools to improve your emotional health and help you overcome depression, anxiety or substance abuse. Once you get set up with myStrength, you'll log on to a home page created just for you.



myStrength is:

- Clinically proven
- Free and available 24/7
- Easy to use
- Confidential

You can read articles, watch videos and try eLearning programs. Or you can just get inspired by the daily quote.

myStrength.com

The health club for your mind.™

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Give the app a try, too

You can get inspired on the go. With the myStrength app you can:

- Get custom inspiration based on your mood
- Track your mood over time
- Upload your own inspiring photos and videos
- Opt to receive check-in reminders

Easy sign-up

You can register for myStrength from the link on your member website.

Now you're ready to start exploring all that myStrength has to offer.

www.mylifevalues.com

Username: **peaceofmind**

Password: **solutions**

myStrength.com

The health club for your mind.™



"myStrength.com is a great wellness tool for your mind, body and spirit! I love the daily inspirational quotes and wellness articles. [It's] a great way for me to proactively take care of myself."

— myStrength user

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