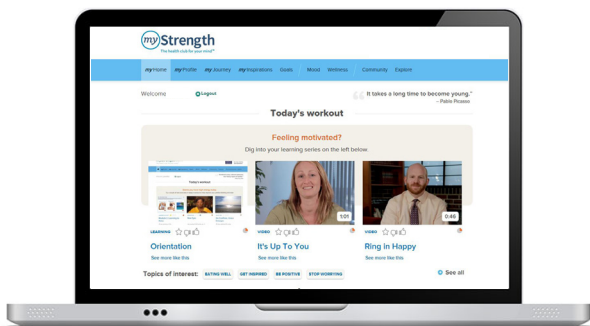


myStrength™: the health club for your mind

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.

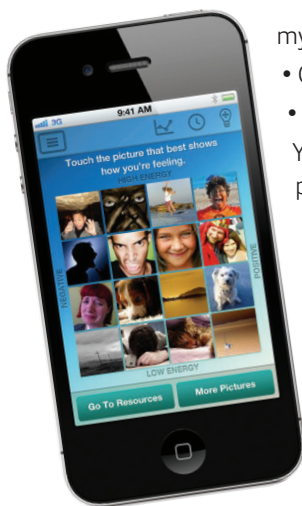


"myStrength.com is a great wellness tool for your mind, body and spirit! I love the daily inspirational quotes and wellness articles. [It's] a great way for me to proactively take care of myself."

— myStrength user

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.

Give the app a try, too

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

- Track your mood over time
- Get custom inspiration based on your mood
- 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.



All calls are confidential, except as required by law. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. This material is for informational purposes only. myStrength is an independent contractor. myStrength online access and services will be managed and provided separately and independently. Information is believed to be accurate as of the production date; however, it is subject to change.

Televideo Services

Now you can see a counselor online

Now it's easier than ever to use your Employee Assistance Program (EAP).

You may have the option of meeting with a counselor from the comfort of your own home via televideo — or even on the phone. Of course you can still see a counselor in person. Your problems are unique and counseling should match that. Your provider can help you determine which option is a good fit for you.



Call on us for help anytime

What would you like to work on? When it comes to using your free EAP sessions, you've got more options than ever before. And there's no need to leave home to work with the same counselor for multiple sessions.

You can get help with:

- Anxiety and depression
- Family and relationship issues
- Caregiving
- Time management
- Work-life balance and more

Televideo makes it easy to tend to your emotional well-being

Do you have a webcam and the internet? If so, you may want to ask about televideo counseling.

Like face-to-face sessions, you and your counselor can see each other and work on your goals. It's the next best thing to being in the same room. Without the drive time.

With televideo, you can:

- Build rapport together with your counselor
- Fit sessions into busy days
- Cut out any travel time and expense
- Skip the waiting room

Now you can decide where you want to use your free EAP sessions. So you can be at home while we help you feel at home.

When you call your EAP for a referral, you've got new choices. Televideo makes it easier than ever to see a counselor on your schedule.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change.