

# myStrength – Tools for Your Mind, Body and Spirit

**PERSONAL SUPPORT – ON DEMAND!**

*myStrength is a confidential online resource, personalized to help improve your mood. The program provides a variety of self-help tools designed to help empower you to become – and stay – mentally and physically healthy.*



## Why myStrength? Here are just a few reasons:



A variety of mood-improving resources.



Interactive tools.



Daily inspiration.



Step-by-step eLearning modules.



Weekly action plans.



A site that's confidential and HIPAA-compliant<sup>1</sup> – for your privacy.

## myStrength

This valuable resource offers in-the-moment mood tracking and immediate stress-relief activities that can help you achieve lasting, healthy change.

## Experience Mindfulness with myStrength

Mindfulness is a suite of wellness activities that trains us to focus on the present moment, often by using all our senses. You can use mindfulness activities to help with panic attacks, reduce stress and worry, and enhance your overall wellness.

### HERE ARE SOME WAYS TO REWARD YOURSELF USING MYSTRENGTH'S MINDFULNESS ACTIVITIES:

- Start your day with a mini-meditation session.
- Practice mindful eating at lunch or snack time.
- Practice mindfulness activities with co-workers.
- Practice mindful noticing during your commute on the bus/train or in the car.
- Create a “letting go” moment at the end of your day.

(continued)

With mindfulness activities and just a few minutes a day, you can treat yourself to some precious “quality me time.”

## Pain management

In addition to addressing depression, anxiety, stress, substance abuse, prenatal and postpartum behavioral health, insomnia, and mindfulness, myStrength also offers a guided program to help you manage pain and to live a more meaningful life, despite your condition.

Through exercises and online content, you can explore the different pain management techniques that work best for you, while learning about the careful use of medications.

The program uses approaches such as cognitive behavioral therapy and mindfulness. These methods offer low-risk, effective solutions for managing most types of chronic pain. The goal of the pain management program is to create a positive experience for you by:

- Providing education on pain management options beyond medications/opioids.
- Strengthening the doctor-patient relationship and increasing your sense of control.
- Helping to focus the goals of pain treatment on long-term functioning and overall well-being.
- Extending activities that foster mindfulness, positivity and physical activity.



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## Sign up today!

1. Visit <https://mystrength.com/r/ucsystem>
2. On the Health Net myStrength portal, click *Sign Up*.
3. Complete the myStrength sign-up process with a brief wellness assessment and personal profile.
4. Go mobile! After setting up an online account, download the myStrength app for iOS and Android devices, and register using the same email and password.



## Health Net’s Nondiscrimination Notice

Members have access to myStrength through current enrollment with Health Net of California, Inc. myStrength is not part of Health Net’s commercial medical benefit plans. It is not affiliated with Health Net’s provider network, and may be revised or withdrawn without notice. myStrength services, including clinicians, are additional resources that Health Net makes available to its enrollees. Health Net of California, Inc. is a subsidiary of Health Net, LLC. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.