



# We all have our daily struggles

Focusing on your emotional health is essential. As a Priority Health member, we encourage you to take advantage of myStrength.

This free mental wellness resource offers personalized, virtual support to help you live your happiest and healthiest life.<sup>1</sup>

## With this feature, you'll be able to:

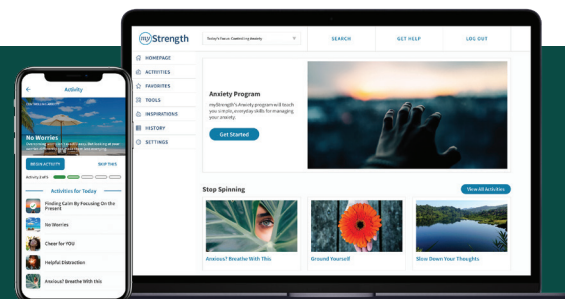
- Access guided support for areas including resilience in challenging times, managing depression and anxiety, reducing stress, improving sleep, and more.
- Connect with a dedicated myStrength guide who will encourage you through your journey, and help you improve your results.
- Use a safe and secure system—focused on your needs.



## Sign up today

Set up your free myStrength account using your Priority Health Member ID number.<sup>2</sup> You'll answer a few questions about what's on your mind. From there, your personalized account will be ready to use.

Visit [bh.mystrength.com/priority-health](https://bh.mystrength.com/priority-health)



<sup>1</sup>myStrength is available to Priority Health members ages 13 and up. <sup>2</sup>Listed on your card as Contract ID.

PMXXXXXX | ©2023 myStrength, Inc. All rights reserved. | Program includes trends and support on your secure account and mobile app but does not include a phone or laptop.

Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.888.389.6648 (TTY: 711).

ملحوظة: إذا كنت تتحدث أذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1.888.389.6648 (رقم هاتف الصم والبكم: 711).