

myStrength

The health club for your mind™¹

Are you looking for daily tips and help to deal with stress or anxiety? You can find support and tools with **myStrength** on your computer or mobile device. This online resource gives you information based on the latest research to help your household members handle stress and other issues. myStrength is available at no cost to you as part of your Employee Assistance Program. Just go to anthem.com/eap/verizon to sign up and get started.



myStrength offers confidential resources to support you 24/7, including:

- Videos, articles, quotes and inspirations.
- Tools and exercises to help you develop a personal action plan and make healthy changes.
- Online learning to handle anxiety, depression and substance abuse.
- Mood trackers so you can assess your progress.

To learn more about myStrength and other services go to anthem.com/eap/verizon or call 888-441-8674.

Get started today

Here's how to sign up for myStrength:

1. Go to anthem.com/eap/verizon. Find the *myStrength Center* and choose the **Sign-up** button.
2. Set up your account and unique password.
3. Take the confidential *Wellness Assessment* and fill out the personal profile. Both take just a few minutes to complete.
4. Your answers will help create your personal home page with topics and updates that interest and inspire you.
5. Take myStrength with you on the go by downloading the iOS or Android app.

Your privacy is our top priority

We're committed to keeping your information safe, secure and completely confidential by using passwords, encryption, dedicated servers and other precautions.



¹ The health club for your mind is a trademark of myStrength, Inc.

myStrength is not a health care provider and does not provide medical advice, diagnosis or treatment. If you are currently thinking about or planning to harm yourself or someone else, please call 911, go to the nearest hospital emergency room, or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

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