

# myStrength – Tools for Your Mind, Body and Spirit

## PERSONAL SUPPORT – ON DEMAND!

**myStrength is a private online resource**, tailored to help improve your mood. The program provides many self-help tools designed to help improve your mental and physical health. This useful resource has in-the-moment mood tracking. It also provides instant stress-relief actions that can help you achieve lasting, healthy changes.

### myStrength offers:

- Step-by-step eLearning modules
- Hands-on tools to improve your mood
- Weekly action plans
- Daily words to inspire – and more

**All this is included with your Health Net coverage - at no additional cost!**

### Practice mindfulness with myStrength

Mindfulness is a suite of wellness actions that can train you to focus on the present moment. Mindfulness often uses all your senses. You can use mindfulness activities (actions you can do to practice mindfulness) to help with:

- Panic attacks
- Easing stress and worry
- Boosting your total wellness

Ways to reward yourself using myStrength's mindfulness activities:

- Relax and reflect for a few minutes to start your day.
- Practice mindful eating at lunch or snack time.
- Practice mindfulness activities with co-workers.
- Notice new things during your commute on the bus/train or in the car.
- Create a "letting go" moment at the end of your day.

Treat yourself to some quality me-time. Practice mindfulness activities for a few minutes each day.

(continued)



### myStrength

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

## Pain management

myStrength can help to ease:

- Depression
- Worry
- Stress
- Substance abuse
- Prenatal and postpartum behavioral health
- Trouble sleeping

myStrength also offers a guided program to help you manage pain. The program can help you to live a more fruitful life, despite your condition.

Explore different techniques to manage pain through exercise and online content. You can also learn about the careful use of medications.

The program uses methods that offer low-risk ways to manage most types of chronic pain. Its goal is to create a good experience for you by:

- Giving information on how to manage pain – beyond medications/opioids.
- Making the doctor-patient bond stronger. And, helping to increase your sense of control.
- Helping to focus your pain treatment goals for the long-term and for your overall well-being.
- Extending ways to foster mindfulness, confidence and physical action.



The program uses approaches such as cognitive behavioral therapy and mindfulness.

### Sign up today!

- 1** Visit [www.myStrength.com/HNWell](http://www.myStrength.com/HNWell)
- 2** Click *Sign Up* on the Health Net myStrength portal.
- 3** Complete the myStrength sign-up process. Fill out 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. You can sign up using the same email and password.

Members have access to myStrength through current enrollment with Health Net Health Plan of Oregon, 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 Health Plan of Oregon, 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.