

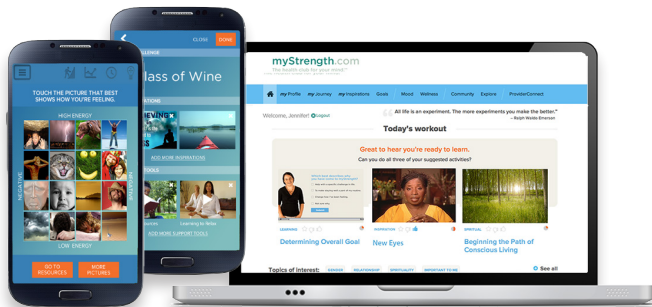
# Personal Support for You!

Health Net introduces myStrength

**We all struggle** with our moods at times. Anxious or depressive thoughts can weigh us down. Some of us may struggle with drugs or alcohol. Seeking help and focusing on your mental health is important.

**Now you can use web and mobile tools to help you get better and stay mentally strong.**

myStrength is confidential—just for you. It offers personalized resources to improve your mood. Learning to use myStrength’s tools can help overcome the challenges of drug and alcohol abuse.



*myStrength's proven web and mobile resources can help strengthen your mind, body and spirit.*



## SIGN UP TODAY

1. Go to [www.myStrength.com/HNWell](http://www.myStrength.com/HNWell)
2. Click "Sign-up."
3. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
4. **Go Mobile!** The myStrength app for iOS and Android devices can be downloaded when you sign up for your account!



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What myStrength  
users are saying



*It's nice to have  
self-guided help that is  
so accessible.*

*I love how personal  
myStrength is for me.*

*myStrength gives  
back some of the 'light'  
I had lost.*

*The mood tracker  
is fantastic!*

*I love that  
myStrength is available  
24 hours a day.*

*It gives me hope  
and inspiration for  
my recovery.*