



healthiestyou™

By Teladoc

introducing **(my)Strength**®, your mental wellness program through **HealthiestYou**

with myStrength, you get



Personalized plan. Answer a series of questions, and we'll create a plan designed just for you.



Teletherapy your way. Connect with a licensed therapist of your choice by appointment seven days a week from the comfort of home.



Recommended activities and content. Explore skill-building tools and resources based on your ongoing needs and preferences.

Ready to get started?

Login to your profile using the **HealthiestYou** mobile app or member website and chose the [Start Your Journey](#) link from the [Mental Health](#) tile on the main dashboard!

Download the app for access to healthcare on the go
member.healthiestyou.com



HealthiestYou is now part of Teladoc Health, the global leader in virtual care. Teladoc Health, Inc., on its own behalf and on behalf of its affiliates and/or wholly owned subsidiaries including but not limited to Best Doctors, Inc.; HealthiestYou, Inc.; Teladoc Physicians, P.A.; and Teladoc Behavioral Health, P.A. (collectively referred to as "Teladoc Health," "we," "us," or "our"), owns and operates the websites located at www.teladoc.com, www.bestdoctors.com, www.askbestdoctor.com, members.bestdoctors.com, www.healthiestyou.com and various mobile applications (collectively, the "site" or "sites"). Through these sites we operate various online services that enable eligible individuals ("members") to receive various types of healthcare information and telehealth services ("services"). The sites also have public portions that allow anyone to educate themselves on the services available from Teladoc Health. 578249937_10152020_EM <EC_ItemNumber>