

# myStrength Plus

Personal support  
for a healthier mind



**You have access to myStrength Plus from Teladoc Health (Teladoc), a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep, and more. So, you'll get the emotional health support you want and deserve.**

MyStrength Plus makes finding the right mental health support easy. It offers evidence-based self-guided digital content and tools to support you wherever you are on your mental health journey.

## With myStrength Plus you'll feel empowered with:

- **A personalized plan.** Answer a series of questions and myStrength Plus will create a plan designed just for you.
- **Recommended digital content and resources.** Explore self-guided activities and tools based on your goals and needs.
- **In-the-moment tools.** Calm yourself down, shift your thinking, get inspired, and feel more hopeful.
- **Additional support.** You can access care when you need it, whether in-person or virtually, through the myStrength Plus app.

## Receive support for some of the following conditions:

- Depression
- Anxiety
- Insomnia
- Trauma
- Bipolar disorder
- Chronic pain
- Substance use (Alcohol, drugs, opioids, and nicotine)



## MyStrength Plus on the go

Strengthen your emotional health whenever, wherever you need to with the myStrength Plus app. Download the app to your smartphone from the App Store or Google Play.

## Two easy ways to enroll

- Log in to [ibx.com](https://ibx.com) and click on *Benefits* at the top of the page. From there, you can choose myStrength Plus from the drop-down menu.
- Visit [myStrength.Livongo.com](https://myStrength.Livongo.com) and use the code: **INDEPENDENCE.**

Teladoc Health, Inc. provides digital mental health services.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Independence 

 myStrength<sup>®</sup>  
by Teladoc Health

**IBX**