

Get the emotional health support you want and deserve



At little or no cost to you

Discover MyStrength, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

MyStrength empowers you with:



A personalized plan.

Answer a series of questions and MyStrength will create a plan designed just for you.



Teletherapy your way.

Connect with a licensed therapist of your choice by appointment 7 days a week from the comfort of home.



Recommended digital content and resources.

Explore self-guided activities and tools based on your goals and needs.

Teladoc Health® takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our [Notice of Privacy Practices](#) for more information on how Teladoc Health uses your health information.

Get started

You can join by visiting Strength.Livongo.com/KAISERMSC/Comfort or call **800-945-4355** and use registration code: **KAISERMSC**

MyStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification, and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the MyStrength Terms of Service for more information.

Program includes trends and support on your secure MyStrength account and mobile app but does not include a phone, tablet or smartwatch.

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite Strength.Livongo.com/KAISERMSC

© Teladoc Health, Inc. All rights reserved. Teladoc Health marks and logos are owned by Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.

PM017495.B

CM-MHD-20ES-A24-02_KAISERMSC-COMMER-