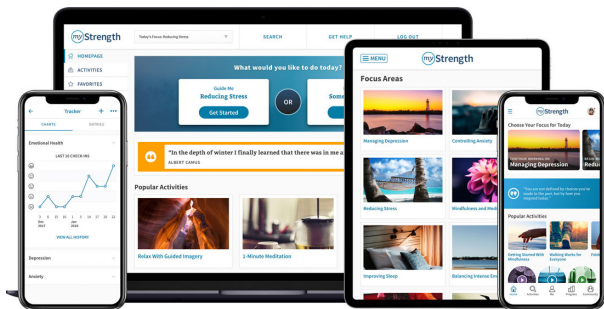




Digital Self-Care Programs and App

Emotional wellness support to help you live your best life

Full-spectrum digital emotional wellness tools from myStrength by Livongo can help with common concerns, from managing stress, anxiety and depression to improving sleep and mindfulness. myStrength provides support through personalized and self-directed programs, in-app coaching, uplifting stories, videos and daily inspiration.



Key features

- Interactive, self-paced programs matched to your preferences
- Access to expert coaches for direction and assistance
- Self-monitoring to track mood, sleep, stress and goals
- In-the-moment tools for coping in daily situations
- Thirteen core focus areas including anxiety, depression, balancing emotions and trauma
- 30+ life topics including caregiving, chronic conditions and LGBTQ+
- 1600+ activities to help you live your best life
- Available via web and smartphone/tablet app at no cost to you or your household members

How to get started:

- Go to MagellanAscend.com.
- Click the blue "Find My Company | Log In" button in the upper right corner.
- Enter your company name or log in to your account.
- In the Explore section, click on the "Self-Care Programs" icon. Or, in the Your Apps section, click on the "myStrength" icon.
- Follow the instructions to access the myStrength website. Once you are on the myStrength website, you will take a short quiz to get your customized program. As you participate in programs and activities, the myStrength engine will provide personalized recommendations for continued learning. You can also choose to work with a coach who can help you navigate the programs and suggest next steps.



If you have any questions, call your Employee Assistance Program at 1-800-327-0638 (TTY 711).

