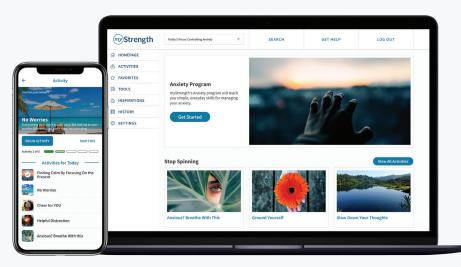


## Emotional Health and Well-being Support For You

## Recharge, Refresh and Improve Your Mood with myStrength by Livongo

Now you can use myStrength's web and mobile tools to support your goals and well-being. Learning to use myStrength's tools can help you overcome the challenges you face and stay mentally strong. It's all safe, secure and personalized – just for you. And best of all it's available through your health plan at no extra cost.



What myStrength users are saying:

"It's nice to have selfguided help that is so accessible."

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

## **SIGN UP TODAY**

- 1. Visit **bh.mystrength.com/regenceor1** and click on "Sign Up."
- 2. Enter the access code: **"regenceor1"**
- 3. Complete the myStrength sign-up process and personal profile.

Go Mobile!
Download the **myStrength** mobile
app, log in, and get
started today.





Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. Livongo is a separate and independent company that provides behavioral health services for Regence members. Also available via the myStrength app; use access code REGENCEOR1.