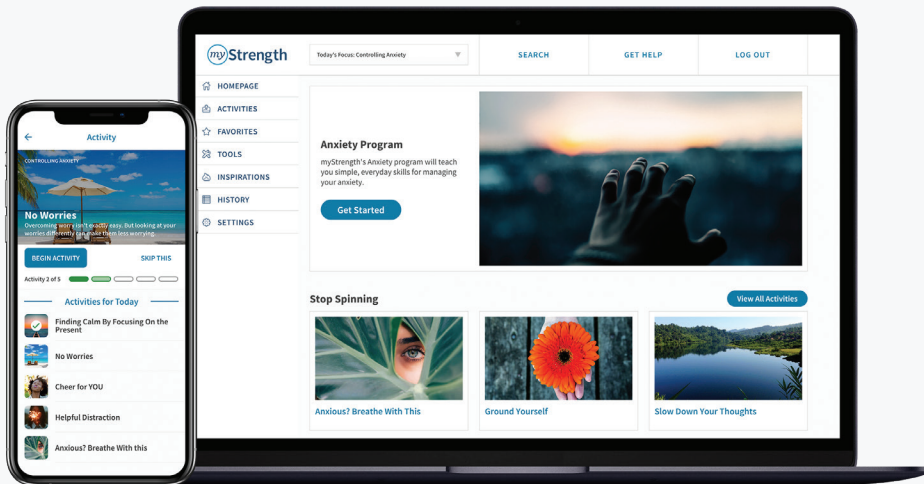


Emotional Health and Well-being Support For You

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 self-guided 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.

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

