Everyone needs support for total health—mind, body, and spirit. Digital tools can help you navigate life’s challenges, make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

- Thoroughly evaluated by Kaiser Permanente clinicians
- Easy to use and proven effective*
- Safe and confidential

Explore activities and techniques that can benefit anyone—either as self-guided self-care or complements to clinical support. They’re not intended to replace treatment or advice, but they can help you build resilience, set goals, and take meaningful steps toward becoming a healthier, happier you.

**Just 3 steps to a healthier you**

1. From a desktop computer, go to kp.org/wa/mhw to access myStrength for the first time.
2. Click on the Get myStrength button and sign in to your Kaiser Permanente Washington online account with your user ID and password.
3. Follow the prompts to complete registration and begin using myStrength.

myStrength® helps with:

- Depression
- Anxiety
- Sleep
- Stress
- Substance use
- Chronic pain

myStrength® is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. You can track preferences and goals, current emotional states, and ongoing life events to improve your awareness and change behaviors.

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