Take a deep breath with myStrength
Your go-to for emotional well-being and peace of mind

Life gets busy. And sometimes it's hard to keep up. That's why as a part of your health care benefits you have access to myStrength, a free online and mobile program that supports emotional health and well-being.

The program's tools and resources are available to help you and your eligible dependents manage:

- Addiction
- Anxiety
- Chronic pain
- Depression
- Problems with sleep
- Stress

Think of myStrength as a private, 24/7 health club for your mind™. You can try out:

- Positivity-training tools.
- Inspirational videos, articles and quotes.
- A daily mood tracker.
- Step-by-step eLearning programs.

It's time you felt your best again! Let myStrength help you get there. Visit anthem.com/ca/mystrength to get started today.