**EVERYDAY STRONG**

**Boost your mental health**

Having trouble with stress, anxiety or depression? We all go through ups and downs. You don’t have to manage it alone. HealthPartners is here to help.

As a HealthPartners member, you have access to myStrength. It’s a digital program that can support you in managing and overcoming challenges with stress, anxiety, depression, sleep and more.

Learn from hundreds of activities, articles and videos, all personalized based on your goals and preferences.

**Get started today.**

Go to **healthpartners.com/wellbeing**. Choose the *myStrength activity card* after you log in. Or, access myStrength through your myHP mobile app by selecting the Living Well icon.

Don’t have a HealthPartners account? Visit **healthpartners.com/signupnow** to get started.

Need help finding a provider?

Call Behavioral Health Navigators
at **952-883-5811** or **888-638-8787**, Monday through Friday,
8 a.m. to 5 p.m. CT.