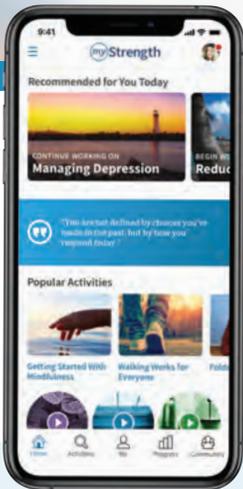


Extra support when you need it most

During these challenging times, it's important to take care of your emotional and mental health needs. Because the healthier you are, the better life can be all around. That's why as a part of your healthcare 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:

- › Overwhelming thoughts & emotions
- › Mindfulness & meditation
- › Anxiety
- › Juggling work & family responsibilities
- › Staying connected with others
- › 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.

The program is available at no cost to you through the end of August 2020. Visit bh.mystrength.com/healthlinkcovidsupport to sign up and then download the app.



The health club for your mind is a trademark of myStrength, Inc.

myStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. If you are currently thinking about or planning to harm yourself or someone else, please call 911, go to the nearest hospital emergency room or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

This health benefits plan is administered by RightCHOICE Benefit Administrators®. RightCHOICE Benefit Administrators®, the trade name for RightCHOICE Managed Care, Inc., provides administrative services only and does not underwrite benefits.

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