



MyStrength™: the health club for your mind

Aetna Resources For LivingSM

Now you can use myStrength to help boost your emotional wellbeing. What's myStrength? It's an online wellness suite. You can use it to support your mind, body and spirit. Best of all, it's free for you and your family to use.

Strengthen your whole self

myStrength offers free and secure tools to bolster your emotional health and help you with:

- Stress
- Anxiety
- Depression
- Nicotine recovery
- Mindfulness
- Being a new parent
- Chronic pain
- Sleep
- Substance misuse

You can choose a focus and learn by reading articles, watching videos and more.

Give the myStrength app a try for custom inspiration on the go.

Watch this [video](#) for and introduction to myStrength.

To get started, simply click [here](#) and enter **Reliant** as the access code.

You will then create your own personal account to use going forward.

Once your account is created, you can log in [here](#) and on the [myStrength mobile app](#)

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