

# myStrength






## Personalised mental wellbeing support



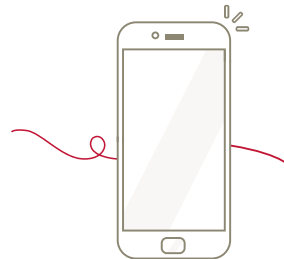
### You have access to myStrength

myStrength is your mental wellbeing app. Choose the support you need and get personalised guidance to help you overcome life's challenges. From guided meditation to improving sleep, you can learn from hundreds of activities at your own pace, helping you make simple everyday changes to improve your mental wellbeing.

### What's included?

-  Personalised support based on your situation and preferences
-  Hundreds of activities, articles and videos covering a wide range of wellbeing topics
-  Chat with a myStrength guide for one-to-one support with exercises
-  Set goals and track your mood within the app
-  Exercises and practical guidance on mindfulness, meditation, improving mood, managing anxious thoughts, pregnancy, early parenting, improving sleep, reducing stress and much more

### Key benefits



- 1 Personalised support in easy-to-follow steps
- 2 Hundreds of activities, articles and videos
- 3 Free for you and your immediate family
- 4 Available 24/7 through the app or online

### How to get started

- 1 Download the 'Teladoc myStrength' app or head to [www.mystrength.org.uk](http://www.mystrength.org.uk)
- 2 Create a new account and enter your company's access code:
- 3 Complete a short wellbeing assessment to personalise your experience and determine your focus areas

### Download the app

The app is available for both iOS and Android and is downloadable on the **App Store** and **Google Play**.



+ This service is a non-contractual benefit provided through Canada Life and can be altered or withdrawn at any time.



## Frequently asked questions

### Who can use myStrength?

You and your immediate family.

Immediate family includes your spouse, civil partner, partner, parent, brother or sister who lives in the same household as you. It also includes any legal dependant under the age of 21 and in full time education, or any other legal dependant who is dependent on you because of disability.

Users must be aged 16 or over to access myStrength.

### Is there any cost?

The service is completely free for you and immediate family.\*

### Where can we find our access code?

Ask your employer or HR team for your company's access code.

### Is the service confidential?

The service is completely confidential. No information will be shared with your employer aside from anonymous usage statistics.

### Any questions?

Please speak to your employer or HR team to find out more.



We're happy to help if you need more support. Please let us know if you'd like a document provided in an alternative format, such as Braille, large print, or an audio file.

If you have difficulties communicating over the phone, you can contact us via Relay UK by using your Relay app or dialing 18001 before our phone number.

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