

myStrength

Personalised mental wellbeing support

How to get started

- 1 Download the 'Teladoc myStrength' app or head to www.mystrength.org.uk
- 2 Create a new account and enter your company's access code:

A17722

- 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**.

