

A hand is holding a tablet computer. The screen shows a blue pie chart with several segments and a table with columns and rows of data. The background is blurred, showing what appears to be an office setting.

myStrength:

A health club for the mind

myStrength.com
The health club for your mind.™

To support employees using the latest in engagement technology, Anthem is pleased to offer *myStrength* to our expanding line of services and features.

It's online learning about stress and depression

It's evidence based

It's innovative

myStrength utilizes smart engagement technology to connect and supply our team with tools and information manage stress, anxiety & depression.

<http://view.vzaar.com/1293302/player>

MyStrength

- Online learning resource
- Evidence based content
- Innovative consumer engagement
- Self paced
- It's confidential
- It's user friendly & engaging
- Registration is easy thru the EAP website.
- Log onto www.anthemep.com / Password = **SISC**
 - Click on *myStrength*
 - Create a personal profile
 - Complete a brief wellness assessment