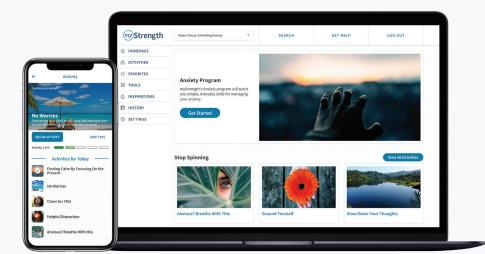
PERSONAL SUPPORT For you

Recharge, Refresh and Improve Your Mood with myStrength

Now you can use myStrength's web and mobile tools to support your goals and well-being. Learning to use myStrength's tools can help you overcome the challenges you face and stay mentally strong. And it's all safe, secure and personalized – just for you.



What myStrength users are saying:

"It's nice to have selfguided help that is so accessible."

"myStrength gives me back some of the 'light' I had lost."

SIGN UP TODAY

- 1. Visit www.mystrength.com and click on "Sign Up,"
- 2. Enter the Access Code marked below.
- 3. Complete the myStrength sign-up process and personal profile.
 - JeffersonCounty

Go Mobile! Download the **myStrength** mobile app, log in, and get started today.



PM04741.B | ©2019 myStrength, Inc. All rights reserved. | FPF-JC-0719 | Program includes trends and support on your secure account and mobile app but does not include a phone or laptop. The testimonials, statements, and opinions presented are applicable to the member. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid. Google Play and the Google Play logo are trademarks of Google LLC. Apple, the Apple logo, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc.