

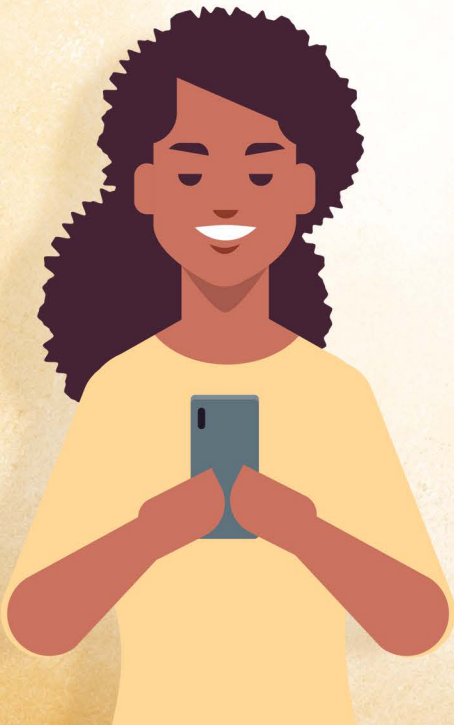
EMPLOYEE ASSISTANCE PROGRAM

DIGITAL SELF-CARE PROGRAMS AND APP

Emotional wellness support to help you live your best life

On March 1, 2021, Magellan Healthcare will implement myStrength by Livongo, a full-spectrum digital behavioral health program, to replace the current self-care tools and apps on the EAP website. myStrength is a digital resiliency tool designed to help you with common concerns, from managing stress, anxiety, and depression, to improving sleep and mindfulness.

myStrength provides support through personalized and self-directed programs, in-app coaching, uplifting stories, videos, and daily inspiration.



Key features

- Interactive, self-paced programs matched to your preferences.
- Access to expert coaches for direction and assistance.
- Self-monitoring to track mood, sleep, stress, and goals.
- In-the-moment tools for coping with daily situations.
- Thirteen core focus areas including anxiety, depression, balancing emotions, and trauma.
- 30+ life topics including caregiving, chronic conditions, and LGBTQ+.
- 1600+ activities to help you live your best life.
- Available via web and smartphone/tablet app, at no cost to you or your eligible dependents.

How to get started

- Go to eap.calhr.ca.gov.
- In the Explore section, click on the "Self-Care Programs" icon.
- Follow the instructions to access the myStrength website. Once you are on the myStrength website, you will take a short quiz to get your customized program. As you participate in programs and activities, the myStrength engine will provide personalized recommendations for continued learning. You can also choose to work with a coach, who can help you navigate the programs and suggest next steps.

Call EAP at **866-327-4762** or visit eap.calhr.ca.gov for helpful resources.