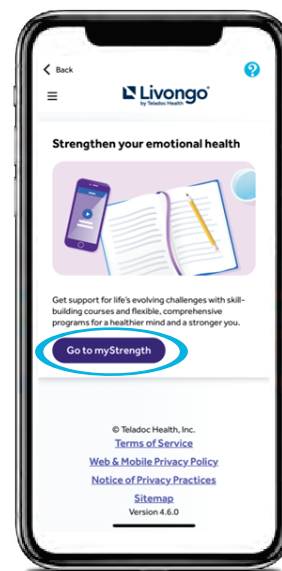
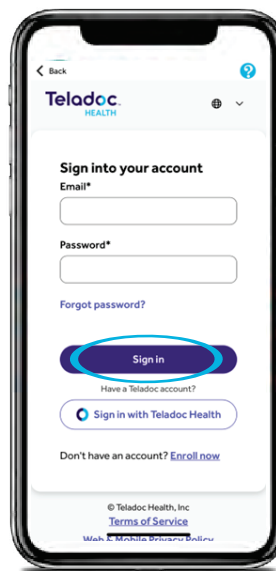
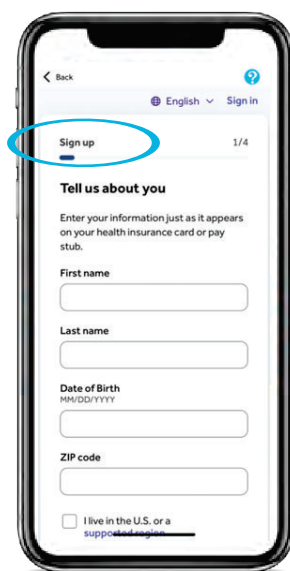
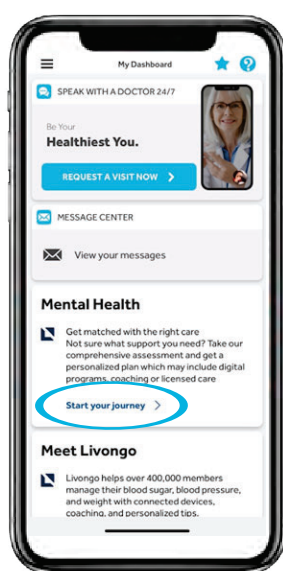




How To Access MyStrength Complete

Our MyStrength service provides specialized digital mindfulness programs that employees can work through on their own.

1. [SIGN IN](#) to the HealthiestYou App
2. Go to the [MENTAL HEALTH](#) file on the dashboard
3. Click [START YOUR JOURNEY](#)
4. [SIGN UP](#) (this will take you out of the *HealthiestYou* dashboard and you will need to Sign Up for MyStrength).
5. [SIGN IN](#) using the new login info that you just created.
6. Click [GO TO MYSTRENGTH](#)



Recommended digital content and resources.
Explore self-guided activities and tools based on your goals and needs.