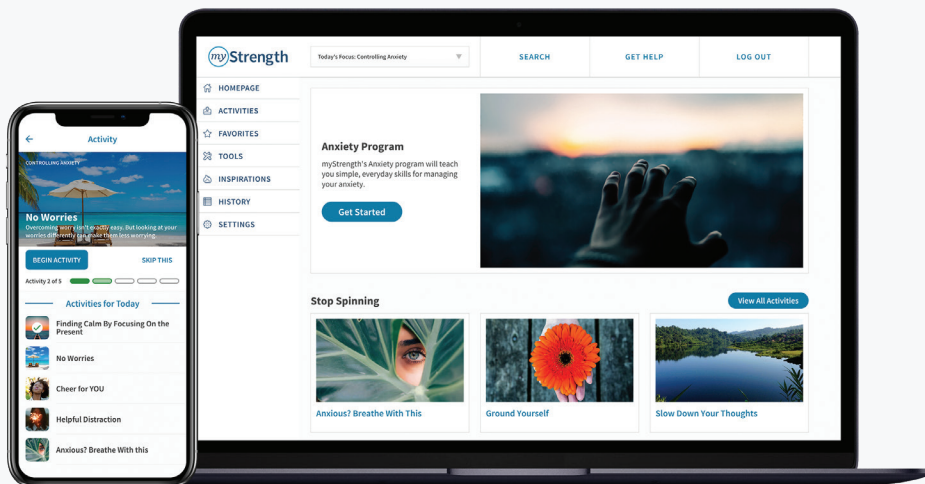


# Emotional Health and Well-being Support For You

## Recharge, Refresh and Improve Your Mood with myStrength by Livongo

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. It's all safe, secure and personalized – just for you. And best of all it's available through your health plan at no extra cost.



### What myStrength users are saying:

*"It's nice to have self-guided help that is so accessible."*

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

### SIGN UP TODAY

1. Visit [bh.mystrength.com/regencewa1](https://bh.mystrength.com/regencewa1) and click on "Sign Up."
2. Enter the access code: "REGENCEWA1"
3. Complete the myStrength sign-up process and personal profile.

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



Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association. Livongo is a separate and independent company that does not provide Blue Cross and Blue Shield products or services, and is solely responsible for their products or services. Livongo is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it. Also available via the myStrength app; use access code REGENCEWA1.

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.