



myStrength

Recharge, refresh, and improve your mood

myStrength is an online tool to empower you to feel better and stay better. You can find help for depression, stress, anxiety, chronic pain, and emotional health issues. It's safe, secure, and personalized.

myStrength offers tools and resources to help your employees:

Build emotional strength



Find inspiration and stories of hope



Support mind, body, and spirit



Track progress



myStrength is available at anthem.com/mystrengthmo.