

Large Group, Small Group | CO, CT, GA, IN, KY, ME, MO, NV, NH, NY, OH, VA, WI

# Emotional Well-being Resources program replaces MyStrength in 2022

November 2, 2021

Emotional, psychological, and social well-being deserve the same care as physical health concerns. Mental health conditions can significantly impact day-to-day life, including overall happiness and productivity. We are introducing new Emotional Well-being Resources to provide comprehensive whole-health support and promote skill-building, resiliency, and mindfulness.

These digital resources use proven Cognitive Behavioral Therapy (CBT) techniques to expand access to support and eliminate social stigma barriers. A comprehensive self-assessment provides appropriate program recommendations for employees and their families on a variety of topics, including:

- Social anxiety
- Depression
- Stress, anxiety, worry
- Insomnia
- Substance use

Once enrolled in a program, Emotional Well-being Resources offer master's level clinical coaches available by text, email, and phone for encouragement and extra support. Employees can also add family and friends as teammates, opt into weekly mindfulness moments, and view helpful webinars to support ongoing care.

Please contact your sales representative if you would like more information.