Take a deep breath with myStrength
Your go-to for emotional well-being and peace of mind

Life gets busy. And sometimes it's hard to keep up. That's why your Employee Assistance Program (EAP) offers myStrength, a free online and mobile program that supports emotional health and wellness.

The program's tools and resources are available to help you and your household members manage:

- Addiction
- Anxiety
- Chronic pain
- Depression
- Problems with sleep
- Stress

Think of myStrength as a private, 24/7 health club for your mind™. You can try out:

- Positivity-training tools.
- A daily mood tracker.
- Inspirational videos, articles and quotes.
- Step-by-step eLearning programs.

It's time you felt your best again! Let myStrength help you get there. Go to your EAP website, anthemEAP.com, and enter SISC or call 800-999-7222 to learn more.