

Now available: Teletherapy through myStrength Complete

We're excited to introduce a new wellness resource for members: myStrength Complete for behavioral health services. myStrength Complete is a comprehensive, flexible digital program with proven tools and support for stress, sleep management, depression, anxiety, and more.



myStrength Complete offers many services and resources

- **Teletherapy.** Phone and video appointments with a licensed therapist from the comfort of home, seven days a week.
- **Telecoaching.** Live video sessions with a certified coach.
- **Structured digital courses.** Based on gold-standard, evidence-based clinical protocols.
- **Recommended digital content.** Personalized for your interests and goals.
- **In-the-moment tools.** Short, actionable digital activities to help you cope with periods of high stress.



Get started today! Just visit **mystrength.com/start**, click **Join today**, and follow the instructions to register. Enter your registration code **KaiserMSC** when prompted.

myStrength Complete is the latest in our suite of behavioral health resources.
Explore your options at **kp.org/mentalhealthservices**.



Psychiatry is not included in the myStrength Complete membership.

myStrength Complete by Teladoc Health is available to members 18 and older who do not have a Maryland Medicaid health plan.

Some of these services may not be covered under your health plan benefits and may not be subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice.
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