



You Deserve to Live Your Best Life

MyStrength helps you manage sleep, stress, anxiety, and much more.



A simple place to start getting support, no matter what your needs are.



Ongoing care that adjusts as your needs evolve.



A clinically based digital assessment so we can create a plan designed just for you.



Teletherapy your way. Connect with a licensed therapist of your choice by appointment and seven days a week from the comfort of home.

Enroll Now

Online: mystrength.com/join

Phone: **(800) 945-4355**

Use registration code: **UNITEDAG**

MyStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the myStrength Terms of Service for more information.