

# myStrength by Livongo

## Full-spectrum digital emotional wellness support

Magellan Healthcare has added myStrength by Livongo to our product portfolio. myStrength is an evidence-based digital platform that addresses the full spectrum of emotional health needs. myStrength helps deliver better outcomes, including 55% reduction in depression scores, while creating a different and better experience for your employees/members.

### Core focus areas

- Managing depression
- Controlling anxiety
- Improving sleep
- Drug or alcohol recovery
- Chronic pain
- Opioid recovery
- Reducing stress
- Mindfulness and meditation
- Balancing intense emotions
- Pregnancy and early parenting
- Nicotine recovery
- Moving beyond trauma
- Bipolar disorder

### Evidence-based approaches

- Cognitive behavioral therapy
- Behavioral activation
- Mindfulness
- Motivational interviewing
- Positive psychology
- Acceptance and commitment therapy
- Dialectical behavior therapy
- Medication-assisted treatment (MAT) for opioid recovery

### Technology makes personalization possible

myStrength provides your employees/members with personalized, actionable and timely support that helps deliver lasting outcomes.

#### Connected technology

- Multi-surface, multimodal experience for resilience and clinical conditions
- Self-monitoring to track mood, sleep, stress and goals
- Machine learning to optimize the individual experience

#### Human-centered approach

- Interactive, self-paced programs matched to individual preferences
- In-the-moment tools for coping in daily situations
- Coordination across conditions to optimize care
- Access to expert coaches throughout the digital experience

The myStrength program is easy to launch, promote and monitor, with reporting to provide meaningful insights. Contact us at [gensales@magellanhealth.com](mailto:gensales@magellanhealth.com) to learn how myStrength extends access and improves outcomes.