Take your health assessment to access the activities and more at **healthpartners.com/wellbeing** or using the myHP app.

# Be there for yourself

We all go through ups and downs, but you don’t have to tackle your emotional well-being struggles on your own. myStrength is a new digital program that can support you in managing and overcoming challenges with stress, anxiety, depression, sleep and more.

Learn from hundreds of activities, articles and videos that are   
all personalized based on your goals and preferences.