



Digital Behavioral Health Platform Empowering Individuals with Engaging, Clinically-Proven Resources

myStrength is a recognized leader in digital behavioral health and wholly owned subsidiary of Livongo Health, the leading Applied Health Signals company empowering people with chronic conditions to live better and healthier lives. myStrength's evidence-based resources uniquely empower consumers with interactive applications to address depression, anxiety, stress, substance use disorders, chronic pain/opioid management and insomnia. myStrength's highly secure and scalable web and mobile applications are proven to extend care, improve outcomes, and reduce cost of care delivery. Founded in 2010, myStrength currently partners with more than 140 of the largest health plans and health systems in the country including Medicaid-funded community healthcare organizations across 32 states.

Hope, Health and Happiness

myStrength is secure and personalized, integrating multiple programs to uniquely help manage comorbid challenges. myStrength addresses:

- Depression
- Stress
- Anxiety
- Drug, Alcohol and Opioid Recovery
- Chronic Pain
- Mindfulness and Meditation
- Insomnia
- Balancing Emotions
- Weight Management
- Smoking Cessation
- Lifestyle Topics (Parenting, Relationships and More)

Payer and Provider Benefits

Empowers Consumers to partner with their care teams to cultivate overall health and well-being.

Improves Outcomes through evidence-based tools that facilitate peer-reviewed, demonstrated results.

Reduces Costs with scalable, consumer-directed resources that extend and enhance care models.

Boosts Engagement via a tailored, consumer-centric interface and engaging outreach.

Increases Access for non-treatment-seeking members, waitlist management, rural consumers, etc.

www.myStrength.com

¹ Average number of sessions over time across myStrength's full book of business user base.
² In a case study with 2 large commercial partners, 74% of myStrength users with severe depression improved by at least one severity category in the DASS-21 depression scale within 6 months.
³ Abhulimen, S. & Hirsch, A. (2018). Quantifying the Economic Impact of a Digital Self-Care Behavioral Health Platform on Missouri Medicaid Expenditures. Journal of Medical Economics, DOI: 10.1080/13696998.2018.1510834.
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Engaging, Effective, Economical

myStrength demonstrates exceptional user engagement and rapid symptom reduction while facilitating substantial cost savings to healthcare payers and providers.

6 myStrength sessions in the first 45 days¹

74% experience improvement in depression scores²

4.8X myStrength ROI on physical and behavioral health claims³

\$382 greater cost reduction in annual all-cost claims for myStrength users, relative to the standard of care control group³

