

*“Anxiety is one little tree
in your forest. Step back and
look at the whole forest.”*

–Anonymous

Let Go of Anxiety, Fear, and Nervousness

Worry can be a quiet, lingering problem. It can come on quickly and become more intense. When anxiety becomes constant, you may feel restless, or even experience head or stomach pain.

If you’ve been feeling anxious, start taking advantage of myStrength by Livongo today! You can learn strategies to help you handle anxious feelings and reduce them over time.

[JOIN MYSTRENGTH](#)

Use Registration Code: BLUECROSSMI-START

The program is offered at no cost to you and your eligible dependents (age 13 and older) with coverage offered through your Blue Cross Blue Shield of Michigan, Blue Care Network health plan.

Try “Snacking on Anxiety”



Plan time to worry. For example: Set aside 10 minutes to think about your worries at lunch. Having the freedom to worry at a certain time may help you manage anxiety the rest of the day.

Find Support for Challenges

Get a customized program for your needs and goals.

- ▼ Stress
- ▼ Substance Use
- ▼ Parenting
- ▼ Mindfulness
- ▼ Sleep
- ▼ Pregnancy
- ▼ Emotions
- ▼ Depression
- ▼ Chronic Pain

[GET STARTED](#)

Use Registration Code: BLUECROSSMI-START

We’re Here to Help

Call our Member Support at **(800) 945-4355**,
and have your registration code
BLUECROSSMI-START ready.

We take your privacy seriously. Your identifiable health information is protected through federal and state laws, including Health Insurance Portability and Accountability Act, and will not be shared with any third party in a manner that violates federal or state law.

Livongo Health Inc. is an independent company contracted by Blue Cross Blue Shield of Michigan and Blue Care Network to provide behavioral health services to their members.