



Blue Cross  
Blue Shield  
of Michigan

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## BLUE CROSS BLUE SHIELD OF MICHIGAN – RESILIENCE AND BEHAVIORAL HEALTH SOLUTIONS

### Livongo for Behavioral Health by myStrength

At **Blue Cross**, we recognize the effect that behavioral health conditions can have on your employees' overall health and productivity. That's why we are offering high-quality and effective behavioral health care tools that promote resilience and give your employees the help they need to cope with life's adversities.

One example is our partnership with Livongo to bring you **Livongo for Behavioral Health by myStrength**. myStrength is a digital resiliency solution designed for members to help them with everyday stressors through self-guided tools and video modules.

The myStrength tool consists of a full spectrum of subclinical to clinical behavioral health needs:

- Depression
- Anxiety
- Sleep
- Substance use disorders
- Chronic pain
- Opioid/medication assisted treatment
- Stress
- Mindfulness
- Balancing emotions
- Pregnancy and early parenting
- Nicotine
- Trauma

### REMOVING BARRIERS

Often, people with behavioral health issues don't seek help due to lack of access, stigma around mental health care or cost. The myStrength solution helps with all of these potential barriers:

- It's easy for your employees to sign in and use the tools from the comfort of their own home.
- Employees can access the tool at their own discretion, anytime and anyplace.
- There is no additional out-of-pocket cost for your employees with myStrength.

By making it easy for your employees to access myStrength, there's a better chance that they'll be able to manage or overcome behavioral health conditions.

## HOW IT WORKS

- Members receive information about the myStrength program from Blue Cross or Livongo with details on how to sign up online.
- After filling out a brief questionnaire to help tailor their experience with the tool, they'll have access to personalized program features.
- **It's that easy.**

The myStrength solution launches in 2021.  
Contact your Blue Cross sales representative  
to learn more about myStrength  
and our approach to behavioral health.



**Blue Cross  
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A nonprofit corporation and independent licensee  
of the Blue Cross and Blue Shield Association



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