



Mental Health App Now Available to Members at No Cost

April 2, 2020

myStrength app is part of Kaiser Permanente's effort to provide valuable tools to support mental and emotional health, particularly during stressful times.

Oakland, Calif. —As part of its commitment to offer members innovative ways to promote personal health and wellness, particularly during increasing levels of stress and anxiety, Kaiser Permanente is adding the digital mental health app myStrength to its portfolio of self-care tips and tools on kp.org/wellnessresources. Kaiser Permanente members in most regions can download the app and support their mental health and wellness 24/7 using their kp.org sign-in information on their smartphone, computer, or tablet at no cost and without a referral.

myStrength is designed to help people improve well-being and enhance sleep, mood, and more. Within the app, members can personalize their experience and learn how to cultivate mindfulness and resilience, and strengthen skills to improve emotional health. Kaiser Permanente mental health therapists and members evaluated and chose myStrength based on many factors, including evidence of effectiveness and high-quality interactive programming.

"Our expanded digital self-care portfolio puts evidence-based practices at members' fingertips, helping them navigate life's changes and challenges in the moment," said Don Mordecai, MD, psychiatrist and national leader for mental health and wellness at Kaiser Permanente. "Everyone can benefit from caring for their emotional well-being, particularly in times of increased stress and anxiety, and myStrength can make it easier to do that."

myStrength is the behavioral health solution within [Livongo's](#) integrated chronic condition management platform.

"Livongo is proud to partner with Kaiser Permanente to offer myStrength's breadth of behavioral health tools, including strategies to manage heightened stress, tips for parenting during challenging times, ideas to manage social isolation, and other information for emotional support," said Livongo president Jennifer Schneider, MD, MS. "During these challenging times, it is more important than ever to offer people behavioral health solutions to best manage their stress and anxiety."

Kaiser Permanente plans to continue growing its digital self-care portfolio by making the best products available to its members. While most mental health and wellness resources on kp.org are available to the general public, access to the myStrength app is currently limited to Kaiser Permanente members who have active kp.org accounts. Members will need to register on a desktop computer before accessing the app. These self-care resources are safe and confidential and not intended to replace treatment or clinical support.

About Livongo

Livongo empowers people with chronic conditions to live better and healthier lives, beginning with diabetes and now including hypertension, weight management, diabetes prevention, and behavioral health. Livongo pioneered the category of Applied Health Signals to offer Members clinically-based insights that focus on the whole person and make it easier to stay healthy. Using its AI+AI engine, Livongo's team of data scientists aggregate and interpret substantial amounts of health data and information to create actionable, personalized and timely health signals delivered to Livongo Members exactly when and where they need them. The Livongo approach delivers better clinical and financial outcomes while creating a different and better experience for people with chronic conditions. For more information, visit: www.livongo.com or engage with Livongo on [LinkedIn](#) or [Twitter](#).

About Kaiser Permanente

Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We currently serve 12.2 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal Permanente Medical Group physicians, specialists and team of caregivers. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease management. Kaiser Permanente is dedicated to care innovations, clinical research, health education and the support of community health.