



## DIGITAL TOOLS FOR EMOTIONAL WELLNESS

Self-care at  
your fingertips  
— at no cost  
to members

Everyone needs support for total health — mind, body, and spirit. Digital tools can help you navigate life's challenges, make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

- Thoroughly evaluated by Kaiser Permanente clinicians
- Easy to use and proven effective
- Safe and confidential

Explore activities and techniques that can benefit anyone — either as self-guided self-care or complements to clinical support. They're not intended to replace treatment or advice, but they can help you build resilience, set goals, and take meaningful steps toward becoming a healthier, happier you.

## Just three steps to a healthier you

1. Go to [kp.org/selfcareapps/ncal](https://kp.org/selfcareapps/ncal) to download the myStrength app.
2. Click on the **Get Started** button
3. Follow the prompts to download the app. Please have your KP user ID and password ready.



### myStrength helps with:

Depression | Anxiety | Sleep | Stress | Substance use | Chronic pain

**myStrength** is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. You can track preferences and goals, current emotional states, and ongoing life events to improve your awareness and change behaviors.