myStrength – Tools for Your Mind, Body and Spirit
PERSONAL SUPPORT – ON DEMAND!

myStrength is a confidential online resource, personalized to help improve your mood. The program provides a variety of self-help tools designed to help empower you to become – and stay – mentally and physically healthy.

**Why myStrength? Here are just a few reasons:**

- A variety of mood-improving resources.
- Interactive tools.
- Daily inspiration.
- Step-by-step eLearning modules.
- Weekly action plans.
- A site that’s confidential and HIPAA-compliant for your privacy.

**Experience Mindfulness with myStrength**

Mindfulness is a suite of wellness activities that trains us to focus on the present moment, often by using all our senses. You can use mindfulness activities to help with panic attacks, reduce stress and worry, and enhance your overall wellness.

**HERE ARE SOME WAYS TO REWARD YOURSELF USING MYSTRENGTH’S MINDFULNESS ACTIVITIES:**

- Start your day with a mini-meditation session.
- Practice mindful eating at lunch or snack time.
- Practice mindfulness activities with co-workers.
- Practice mindful noticing during your commute on the bus/train or in the car.
- Create a “letting go” moment at the end of your day.

(continued)
With mindfulness activities and just a few minutes a day, you can treat yourself to some precious “quality me time.”

**Pain management**

In addition to addressing depression, anxiety, stress, substance abuse, prenatal and postpartum behavioral health, insomnia, and mindfulness, myStrength also offers a guided program to help you manage pain and to live a more meaningful life, despite your condition.

Through exercises and online content, you can explore the different pain management techniques that work best for you, while learning about the careful use of medications.

The program uses approaches such as cognitive behavioral therapy and mindfulness. These methods offer low-risk, effective solutions for managing most types of chronic pain. The goal of the pain management program is to create a positive experience for you by:

- Providing education on pain management options beyond medications/opioids.
- Strengthening the doctor-patient relationship and increasing your sense of control.
- Helping to focus the goals of pain treatment on long-term functioning and overall well-being.
- Extending activities that foster mindfulness, positivity and physical activity.

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**Sign up today!**

1. Log into [www.healthnet.com](http://www.healthnet.com) (Group members) or [www.myhealthnetca.com](http://www.myhealthnetca.com) (Individual & Family Plan members) and click on the Wellness Center tab to find myStrength; then click Discover myStrength > Go to myStrength from Health Net.
3. Complete the myStrength sign-up process with a brief wellness assessment and personal profile.
4. Go mobile! After setting up an online account, download the myStrength app for iOS and Android devices, and register using the same email and password.

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Members have access to myStrength through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company (Health Net). myStrength is not part of Health Net’s commercial medical benefit plans. It is not affiliated with Health Net’s provider network, and may be revised or withdrawn without notice. myStrength services, including clinicians, are additional resources that Health Net makes available to its enrollees. Health Net of California, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, LLC. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.
Nondiscrimination Notice
In addition to the State of California nondiscrimination requirements (as described in benefit coverage documents), Health Net of California, Inc. and Health Net Life Insurance Company (Health Net) comply with applicable federal civil rights laws and do not discriminate, exclude people or treat them differently on the basis of race, color, national origin, ancestry, religion, marital status, gender, gender identity, sexual orientation, age, disability, or sex.

HEALTH NET:
• Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, accessible electronic formats, other formats).
• Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact Health Net’s Customer Contact Center at:
**Individual & Family Plan (IFP) Members On Exchange/Covered California** 1-888-926-4988 (TTY: 711)
**Individual & Family Plan (IFP) Members Off Exchange** 1-800-839-2172 (TTY: 711)
**Individual & Family Plan (IFP) Applicants** 1-877-609-8711 (TTY: 711)
**Group Plans through Health Net** 1-800-522-0088 (TTY: 711)

If you believe that Health Net has failed to provide these services or discriminated in another way based on one of the characteristics listed above, you can file a grievance by calling Health Net’s Customer Contact Center at the number above and telling them you need help filing a grievance. Health Net’s Customer Contact Center is available to help you file a grievance. You can also file a grievance by mail, fax or email at:

Health Net of California, Inc./Health Net Life Insurance Company Appeals & Grievances
PO Box 10348, Van Nuys, CA 91410-0348
Fax: 1-877-831-6019
Email: Member.Discrimination.Complaints@healthnet.com (Members) or
Non-Member.Discrimination.Complaints@healthnet.com (Applicants)

For HMO, HSP, EOA, and POS plans offered through Health Net of California, Inc.: If your health problem is urgent, if you already filed a complaint with Health Net of California, Inc. and are not satisfied with the decision or it has been more than 30 days since you filed a complaint with Health Net of California, Inc., you may submit an Independent Medical Review/Complaint Form with the Department of Managed Health Care (DMHC). You may submit a complaint form by calling the DMHC Help Desk at 1-888-466-2219 (TDD: 1-877-688-9891) or online at www.dmhc.ca.gov/FileaComplaint.

For PPO and EPO plans underwritten by Health Net Life Insurance Company: You may submit a complaint by calling the California Department of Insurance at 1-800-927-4357 or online at https://www.insurance.ca.gov/01-consumers/101-help/index.cfm.

If you believe you have been discriminated against because of race, color, national origin, age, disability, or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights (OCR), electronically through the OCR Complaint Portal, at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019 (TDD: 1-800-537-7697).

Small Business 1-888-926-5133 (TTY: 711) Group Plans through Health Net

California marketplace IFP On Exchange 1-888-926-4988 (TTY: 711)

For plans for small businesses, call 1-888-926-5133 (TTY: 711).


If you need help reading documents in your language, you can use the service in your language. You can also request an interpreter and document reading services. If you need assistance, you can contact the Customer Contact Center at the number on your ID card or call the Individual & Family Plan (IFP) Off Exchange at 1-800-839-2172 (TTY: 711).
Spanish
Servicios de idiomas sin costo. Puede solicitar un intérprete, obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, comuníquese con el Centro de Comunicación con el Cliente al número que figura en su tarjeta de identificación o llame al plan individual y familiar que no pertenece al Mercado de Seguros de Salud al 1-800-839-2172 (TTY: 711). Para planes del mercado de seguros de salud de California, llame al plan individual y familiar que pertenece al Mercado de Seguros de Salud al 1-888-926-4988 (TTY: 711); para los planes de pequeñas empresas, llame al 1-888-926-5133 (TTY: 711). Para planes grupales a través de Health Net, llame al 1-800-522-0088 (TTY: 711).

Tagalog

Thai
ไม่มีค่าบริการด้านภาษา คุณสามารถใช้งานได้ คุณสามารถให้ผู้แปลเอกสารให้ฟังเป็นภาษาของคุณได้ หากต้องการความช่วยเหลือ โทรศัพท์ที่ระบุในบัตรสมาชิกนี้สำหรับผู้สัมพันธ์ของคุณ หรือโทรศัพท์แผนข้ามแผนยุคและครอบครัวของเอกชน (Individual & Family Plan (IFP) Off Exchange) ที่ 1-800-839-2172 (โมดี TTY: 711) สำหรับแผนยุคของเรือนริเริ่ม (Small Business) ที่ 1-800-926-5133 (โมดี TTY: 711) สำหรับแผนข้ามแผนของ Health Net โทร 1-800-522-0088 (โมดี TTY: 711)

Vietnamese