



We all have our daily struggles.

Get the emotional health support you want and deserve.

Focusing on your emotional health is essential. As a Priority Health member, we encourage you to take advantage of Teladoc Health's Mental Health program, formerly called myStrength. This free mental wellness resource offers support for stress, depression, sleep and more to help you live your happiest and healthiest life.

Teladoc Health Mental Health empowers you with:



A personalized plan. Answer a series of questions and Teladoc Health will create a plan designed just for you.



Recommended digital content and resources. Explore self-guided activities and tools based on your goals and needs.



In-the-moment tools. Mindfulness and meditation techniques to boost your mood and help you focus on the present.

How do I get started? Visit priorityhealth.com/mentalhealth and use access code **PHMH** when signing up* for your free Teladoc Health account. You'll answer a few questions about what's on your mind. From there, your personalized account will be ready to use.



*Teladoc Health Mental Health is available to Priority Health members ages 13 and up.

Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia en su idioma. Consulte al número de Servicio al Cliente que está en la parte de atrás de su tarjeta de identificación de miembro. (TTY: 711).

ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم خدمة العملاء على الجانب الخلفي من بطاقة عضويتك الشخصية. (رقم هاتف الصم والبكم: 711).

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