

## *Sending on behalf of Contra Costa County Administrator's Office*

**From:** Mail Broadcast <[MailBroadcast@doit.cccounty.us](mailto:MailBroadcast@doit.cccounty.us)>

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**Subject:** Mail Broadcast - Magellan Healthcare EAP and myStrength



### **On February 1, 2021, Magellan Healthcare is launching new digital self-care tools with myStrength by Livongo!**

We are pleased to introduce myStrength by Livongo, an evidence-based digital program for your employees that addresses the full spectrum of emotional health, from managing depression and stress to improving sleep and mindfulness. myStrength provides support through personalized self-guided tools, content, videos and in-app engagement coaching. This improved experience will replace our existing suite of self-care programs on February 1, 2021.

#### **Key features:**

- Leading-edge technology, with machine learning to personalize the user experience
- Interactive, self-paced programs matched to individual preferences
- Self-monitoring to track mood, sleep, stress and goals
- In-the-moment tools for coping with daily situations
- 30+ life topics including caregiving, substance use, chronic conditions and LGBTQ, regularly updated to reflect current events (e.g., COVID-19 and racial tensions)
- Over 1,600 activities to help individuals live their best lives
- Access to expert coaches for direction and assistance

[View the myStrength demo here](#)

#### **Benefits**

- Will enjoy personalized, timely and actionable support through an app based on the latest technology
- Can privately address situations that may be uncomfortable to discuss with others
- Will be alerted when their use and inputs indicate a problem may be getting worse, helping them understand when to ask for more help

[www.MagellanHealthcare.com](http://www.MagellanHealthcare.com)