

Behavioral Health Division of LifePath Systems

Have you heard about myStrength?

LifePath Systems has teamed up with myStrength to provide a digital behavioral health platform available on any computer or mobile device for **FREE** that can be used to extend your treatment outside of appointments with your care provider.

myStrength empowers you with innovative self-care resources to manage and overcome challenges with depression, anxiety, stress, substance use disorders, chronic pain, sleep, and much more.



How to Sign Up:

Here are the sign up instructions for you, your employees, or the individuals you serve to set up personal wellness account:

If you do not have myStrength account, we invite you to sign up today!

1. Visit www.myStrength.com, and in the upper right corner click "Sign Up."
2. Enter the following Access Code: **LPSCOMM**
3. Use your email address_ when asked for an email address
4. Complete the myStrength sign-up process, and begin exploring the site!

* GoMobile! Download the myStrength app for iOS and Android devices at www.mystrength.com/mobile and SIGN IN using your myStrength email and password.